

WORKSHOP AGENDA

Institute of Medicine Workshop on the Adequacy of Evidence for Physical Activity
Guidelines Development
October 23–24, 2006
Washington, DC

October 23rd
National Academy of Sciences Building
2100 C Street, N.W.

October 24th
Keck Center of The National Academies
500 Fifth Street, N.W.

Monday, October 23, 2006 National Academy of Sciences Building (Lecture Room)

8:30 am–9:30 am	OPENING SESSION
8:30 am–8:40 am	Welcome <i>Linda Meyers</i> , Food and Nutrition Board, Institute of Medicine <i>RADM Penelope Slade Royall</i> , Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services
8:40 am–9:00 am	Workshop Purpose and Scope <i>William Haskell</i> , Chair, IOM Planning Committee and Stanford University Prevention Research Center
9:00 am–9:30 am	State of the Nation Relative to Physical Activity Recommendations <i>Russell Pate</i> , University of South Carolina
9:30 am–10:30 am	PLENARY SESSION 1 Physical Activity, Health Promotion, and Chronic Disease Prevention Moderator: <i>James Morrow</i> , University of North Texas
9:30 am–10:00 am	All-cause Mortality, Cardiovascular Disease, and Cancer <i>Steven Blair</i> , University of South Carolina
10:00 am–10:30 am	Bone, Joint, and Muscle Health and Performance <i>Wendy Kohrt</i> , University of Colorado
10:30 am–10:45 am	BREAK
10:45 am–12:30 pm	PLENARY SESSION 2 Physical Activity, Health Promotion, and Chronic Disease Prevention <i>(continued)</i> Moderator: <i>Rodney Dishman</i> , University of Georgia

10:45 am–11:15 am	Mental and Neurological Health <i>Patrick O’Connor, University of Georgia</i>
11:15 am–11:45 am	Diabetes and Other Metabolic Disorders <i>Judith Regensteiner, University of Colorado</i>
11:45 am–12:30 pm	DISCUSSION Discussants: <i>Laurie Goodyear, Harvard Medical School</i> <i>Bradley Hatfield, University of Maryland</i> <i>(Rodney Dishman presented Brad’s slides)</i>
	Other Panelists: <i>James Morrow, University of North Texas</i> <i>Rodney Dishman, University of Georgia</i> <i>Wendy Kohrt, University of Colorado</i> <i>Patrick O’Connor, University of Georgia</i> <i>Judith Regensteiner, University of Colorado</i>
12:30 pm–1:30 pm	LUNCH (on your own)
1:30 pm–2:30 pm	PLENARY SESSION 3 Physical Activity, Obesity, and Weight Management Moderator: <i>Peter Brubaker, Wake Forest University</i>
1:30 pm–2:00 pm	Effects of Physical Activity on Weight Gain, Weight Loss, and Weight Loss Maintenance <i>Joseph Donnelly, University of Kansas</i>
2:00 pm–2:30 pm	DISCUSSION Discussants: <i>Andrew Goldberg, Baltimore VA Medical Center</i> <i>Glenn Gaesser, University of Virginia</i>
	Other Panelists: <i>Peter Brubaker, Wake Forest University</i> <i>Joseph Donnelly, University of Kansas</i>
2:30 pm–3:30 pm	PLENARY SESSION 4 Physical Activity and Risk—Maximizing Benefits Moderator: <i>Carol Macera, San Diego State University</i>
2:30 pm–2:50 pm	Risks of Musculoskeletal Injury <i>Bruce Jones, U.S. Army Center for Health Promotion and Preventive Medicine, Aberdeen</i>
2:50 pm–3:10 pm	Cardiovascular Disease and Related Risks <i>David Siscovick, University of Washington</i>

3:10 pm–3:30 pm

DISCUSSION

Discussants:

Jennifer Hootman, Centers for Disease Control and Prevention
William Garrett Jr., Duke University

Other Panelists:

Carol Macera, San Diego State University
Bruce Jones, U.S. Army Center for Health Promotion
and Preventive Medicine, Aberdeen
David Siscovick, University of Washington

3:30 pm–3:45 pm

BREAK

3:45 pm–6:00 pm

PLENARY SESSION 5

**Special Considerations for Children and Youth, Pregnant and
Post-Partum Women, and Older Adults**

**Special Considerations for Children and Youth, Pregnant and
Post-Partum Women**

Moderator: *Patty Freedson*, University of Massachusetts

3:45 pm–4:15 pm

Physical Activity and Children and Youth

Robert Malina, Tarleton State University

4:15 pm–5:00 pm

DISCUSSION

Discussants:

Russell Pate, University of South Carolina
Heather McKay, University of British Columbia
James Pivarnik, Michigan State University

Other Panelists:

Patty Freedson, University of Massachusetts
Robert Malina, Tarleton State University

Special Considerations for Older Adults

Moderator: *Miriam Nelson*, Tufts University

5:00 pm–5:30 pm

Physical Activity and Older Adults

Roger Fielding, Tufts University

5:30 pm–6:00 pm

DISCUSSION

Discussant:

Anne Newman, University of Pittsburgh

Other Panelists:

Miriam Nelson, Tufts University
Roger Fielding, Tufts University

6:00 pm

ADJOURN

8:30 am–8:45 am	REVIEW OF PREVIOUS DAY’S PRESENTATIONS
8:45 am–10:00 am	PLENARY SESSION 6 Special Considerations (<i>continued</i>) Moderator: <i>Gregory Heath</i> , University of Tennessee at Chattanooga
8:45 am–9:15 am	<i>Special Considerations for Persons with Disabilities</i> <i>James Rimmer</i> , University of Illinois at Chicago
9:15 am–10:00 am	DISCUSSION Discussants: <i>Peter Brubaker</i> , Wake Forest University <i>Kerry Courneya</i> , University of Alberta <i>Richard Macko</i> , University of Maryland Other Panelists: <i>Gregory Heath</i> , University of Tennessee at Chattanooga <i>James Rimmer</i> , University of Illinois at Chicago
10:00 am–10:30 am	BREAK
10:30 am–12:45 pm	OVERVIEW OF WORKSHOP DISCUSSIONS
10:30 am–11:15 am	Brief Summary of Plenary Sessions by the Moderators <i>James Morrow</i> , University of North Texas <i>Rodney Dishman</i> , University of Georgia <i>Peter Brubaker</i> , Wake Forest University <i>Carol Macera</i> , San Diego State University <i>Patty Freedson</i> , University of Massachusetts <i>Miriam Nelson</i> , Tufts University <i>Gregory Heath</i> , University of Tennessee at Chattanooga
11:15 am–12:15 pm	Plenary Discussion Including Comments from Participants Moderator: <i>William Haskell</i> , Chair, IOM Planning Committee and Stanford University Prevention Research Center
12:15 am–12:45 pm	Summary of Key Elements of Workshop (30 min) <i>William Haskell</i> , Chair, IOM Planning Committee and Stanford University Prevention Research Center
12:45 pm–1:00 pm	CONCLUDING REMARKS <i>RADM Penelope Slade Royall</i> , Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services
1:00 pm	ADJOURN