

海外の運動・スポーツ ガイドラインの事例

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アメリカ: Office of Disease Prevention and Health Promotion

■2008年: U.S. Department of Health and Human Services (HHS)

■対象者: 6歳以上の人々へのガイドライン

✓子どもと青少年

✓成人

✓高齢者

✓妊娠中と産後期の女性

✓障がい者

✓安全な身体活動についてのガイドライン

Be Active, Healthy,
and Happy!

1. 身体活動は健康保持に不可欠
2. 強度・頻度・活動の内容

2008 Physical Activity Guidelines for Americans

■13名のexercise science とhealth promotionの専門家による科学的知見

■Physical activity:身体活動は健康を向上させるからだの動き全て

1. Baseline activity: 立つ・ゆっくり歩く・軽い物を持つ

2. Health enhancing physical activity: 身体活動:ウォーキング、縄跳び、ヨガ、ウエイトトレーニング、登山など

■身体活動促進の理由:健康+α

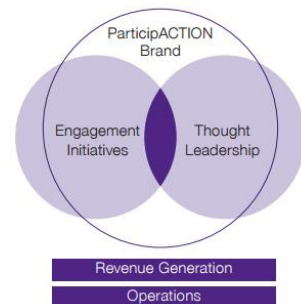
楽しむ、友人や家族との時間を持つ、野外での活動、容姿の変化、体力増進などにより、スポーツへの参加が可能になることや運動強度を高めることも可能となる

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カナダ: NPO法人 ParticipACTION

OUR VISION	A Canada where physical activity is a vital part of everyday life.
OUR MANDATE	As Canada's premier physical activity brand, ParticipACTION helps Canadians sit less and move more through innovative engagement initiatives and thought leadership.
OUR VALUES	As an expression of our principles, beliefs and philosophy, six values support our vision, shape our culture, guide our decisions and dictate priorities.

身体活動はスポーツと家庭、仕事、学校、遊び、そして地域におけるすべての活動を含む



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カナダ: NPO法人 ParticipACTION

- 1971年創設
- 成人の83%が「知っている」と回答
- 様々なプログラムを展開
- ✓ ParticipACTION Teen Challenge
- ✓ UPnGO with ParticipACTION
- ✓ ParticipACTION Open House at Goodlife
- ✓ Sneak It In Week
- ✓ RBC Sports Day in Canada
- ✓ RBC Learn to Play

UPnGO with ParticipACTION

UPnGO To address the 9.5 hours Canadians sit each day—mostly in the workplace—we created and piloted an innovative new workplace wellness program developed in partnership with the Government of BC, the Public Health Agency of Canada, PUBLIC Inc., the Ontario Trillium Foundation, AstraZeneca, Garmin and Sprout. The program uses nudges and incentives to encourage employees to get up, walk and move more during their workdays. The program shifts social norms to make physical activity expected and accepted at work.

Staff I talk with at the [pilot] sites say that the ParticipACTION program has changed the culture! There is more staff interpersonal interaction between units, and staff are more aware of the importance of activity and are finding short periods during the day to be active. All the sites now have walking clubs!

UPnGO with ParticipACTION pilot site participant



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オーストラリア: The department of health

- 0-5歳: National Physical Activity Recommendations for Children 0-5 years
 - “Move and play everyday”
- Australia’s Physical Activity and Sedentary Behaviour Guidelines:
 - “Make your move – Sit less – Be active for life!”
- ✓ 5-12歳: for children
- ✓ 13-17歳: for young people
- ✓ 18-64歳: for adults
- ✓ 高齢者: for older Australians
- ✓ ファミリー: for families

システマティックレビューを基盤:

1. Physical activity & health outcome
2. Sedentary behavior & health outcome

2つの内容について提案

1. Physical activity recommendations
2. Sedentary behavior recommendations

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What about TV and computer games?

TV, DVDs and computer games may be popular with kids, but they usually involve sitting for long periods. Children will benefit more from talking, singing, reading, listening to music or playing with a family member or a friend.

Regardless of how active kids may be at other times, it is still important to limit screen time.

RECOMMENDATIONS

Children aged 2 to 5 years

For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day.

Children aged less than 2 years

Children younger than 2 years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).

A variety of TV programs have been created for children under 2 years, however it is questionable whether TV enhances development in the first two years of life. For more information on the evidence in this area you may wish to visit www.health.gov.au. For healthy development, kids need regular activity and plenty of interaction with others.

TIPS AND IDEAS

Reducing screen time for all children

- Make meal time your family time and turn off the TV.
- Turn the TV off after the program has finished.
- Set limits and have rules around screen time.
- Make your kids' bedrooms TV and computer free.
- Play music or stories on CDs instead.



What about time spent sitting or being inactive?

RECOMMENDATION

All children (Birth to 5 years)

Infants, toddlers and pre-schoolers should not be sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.

'Sedentary behaviour' refers to time spent being physically inactive. All children need some 'down time' but they are not naturally inactive for long periods of time.

Sitting in strollers, highchairs and car seats (being restrained) for long periods isn't good for children's health and development and goes against their natural tendency to be active and play.

The use of baby jumpers and baby walkers is also discouraged. The evidence shows they can restrict the muscle development required for independent walking and may cause injuries.

TIPS AND IDEAS

All children

- Take breaks on long car trips – stop at a park or rest area.
- Give kids a break from the stroller and let them walk for some of the journey.
- Try walking, pedalling or using a scooter for short trips.

What can I do?

Get involved! Remember you are the most important role model in your child's life. By being active with your child you can encourage their lifelong enjoyment of physical activity – and benefit your own health at the same time.

Don't forget that along with lots of play and activity, kids need a variety of good foods for healthy growth and development. For more information on healthy eating for kids see the nutrition resources outlined below.

Healthy living resources for all ages

- Get Up & Grow – Healthy Eating and Physical Activity for Early Childhood (for centre based care, family day care and pre-schools)
- Australia's Physical Activity and Sedentary Behaviour Guidelines. Make your move – Sit less – Be active for life!
 - Children (5-12 years)
 - Young People (13-17 years)
 - Adults (18-64 years)
 - Families
- Choose Health: Be Active – a physical activity guide for older Australians
- Eat for Health – www.eatforhealth.gov.au

To order resources, free of charge, call 1800 020 103.



FOR MORE INFORMATION, VISIT www.health.gov.au

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Move and Play Every Day

Australian Government
Department of Health

NATIONAL PHYSICAL ACTIVITY RECOMMENDATIONS FOR CHILDREN 0-5 YEARS



These recommendations are for children who haven't started school yet. If your child has started school, please refer to Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (5-12 years).

Australian Government
Department of Health

9 in 10 Australian young people don't move enough

Make your move – Sit less
Be active for life!

AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES
13-17 years

Australian Government
Department of Health

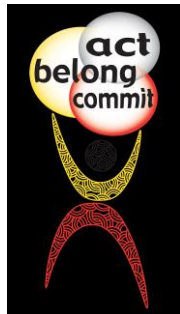
More than half of all Australian adults are not active enough

Make your move – Sit less
Be active for life!

AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES
Adults

地域密着型 : Western Australia

- Act-Blong-Commit Campaign
- 身体的、心理的、精神的、社会的健康の向上



A great way to
live life!

普及・啓発の手法
ロゴ・自己評価・HP・冊子・メディア・イベント

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ACT-BLONG-COMMIT <http://www.actbelongcommit.org.au/>

- Act:** keep active in as many ways as you can -physically, socially, mentally, and spiritually.
In short ...
“Do Something!”
- Belong:** keep connected to friends and family; get involved in groups you are a member of; join in local community activities. That is ...
“Do Something with Someone!”
- Commit:** commit to an interest or a cause; set goals to aim for; become a volunteer; learn a new skill; challenge yourself ...
“Do Something Meaningful!”

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海外の運動・スポーツガイドラインの事例

園田学園女子大学 荒木香織

1. 国名：アメリカ

機関：U.S Department of Health and Human Services

プロジェクト名：2008 Physical Activity Guidelines for Americans

キーワード：Be Active, Healthy, and Happy!

HP: www.health.gov/paguidelines

定義：定期的な身体活動は長期間にわたる健康の保持に有効である。

Physical activity: Baseline activity + Health enhancing physical activity

Aerobic Activity, Muscle-strengthening activity, Bone-strengthening activity

対象：子どもと青少年・成人・高齢者・妊娠中と産後期の女性・障がい者・安全な身体活動についてのガイドライン

特徴：1. “Safe&Active”のガイドラインが盛り込まれている：ケガの予防とアクティブでない対象者へのガイドライン 2. 健康保持増進以外の目的もあると明記されている

2. 国名：カナダ

機関：NPO 法人 1971年創設

プロジェクト名：Participation

キーワード：It's time for Canada to sit less and move more

HP: <https://www.participaction.com/en-ca>

定義：身体活動はスポーツと家庭、仕事、学校、遊び、そして地域におけるすべての活動を含む

対象：0-4歳・5-17歳・18-64歳・65歳以上

特徴：1. 身体的及び心理的健康を強調している 2. 健康保持増進以外の目的もあると明記されている：passion, corroboration, empowerment, fun, innovation, excellence

3. 国名：オーストラリア

機関：The Department of Health

プロジェクト名：Australia's Physical Activity and Sedentary Behaviour Guidelines

キーワード：Make your move – Sit less – Be active for life!

HP: <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>

対象：0-5歳・5-12歳・13-17歳・18-64歳・高齢者・ファミリー

特徴：1. Physical activity recommendations と Sedentary behavior recommendations について提案 2. ファミリーへの提案