

第139回スポーツサイエンス研究会

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演題

Too Much Sitting:
Implications for Chronic Disease Prevention

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Exercise is highly beneficial for cardio-metabolic health and other chronic disease outcomes. However, The Lancet's 2012 Physical Activity Series concluded that the wide-ranging potential health benefits of participation in moderate-to-vigorous physical activity (particularly reducing the risk of type II diabetes, cardiovascular disease and some cancers) remain largely unrealised. Furthermore, even among those who meet the current public health recommendations – for adults, 30 minutes of moderate-to-vigorous physical activity on most days each week; for children and youth, it is 60 minutes daily – there are likely to be deleterious health consequences of the 7 to 10 hours of sitting that they are exposed to each day. This talk will provide an overview of the evidence on too much sitting and health outcomes; describe new approaches and findings from objective measurement studies; consider implications of new evidence on the breaking up and patterning of sitting time; report findings from laboratory studies at Baker IDI that aim to understand mechanisms and dose response issues; review evidence on the likely environmental and other determinants of prolonged sitting time; and, highlight recent findings from real-world intervention trials examining the feasibility and potential benefits of reducing sitting time. Directions for future research and likely implications for chronic disease prevention will be discussed.



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