



Submission to the Draft 24-hour Movement Guidelines for Adults and Older Australians

In October 2024, Cancer Council Australia completed a submission to the Australian Department of Health and Aged Care on the draft 24-hour Movement Guidelines for Adults and Older Australians.

The final 24-hour movement guidelines will inform future public facing health messaging on the recommended amount (frequency, intensity and duration) and the types of physical activity for adults and older Australians.

Cancer Council's submission called for the use of simplified language, explicit definitions and examples to support ease of use and promotion of the Guidelines. Cancer Council emphasised the need for regular evidence reviews and updates for health professionals to promote and integrate the Guidelines into practice. Further, Cancer Council suggested the inclusion of a definitions section in the Guidelines of the terminology used, for example, strength of recommendations and levels of certainty. The provision of sufficient information will support individuals to make informed decisions as well as to determine the adequacy of their physical activity in line with the recommendations.

Cancer Council also encouraged consideration of the varying impact that different classes and types of disability and chronic conditions can have on individuals, including the provision of examples of these broad range of conditions.

Cancer Council's submission will be made publicly available alongside information about the progress of the consultation on the Department of Health and Aged Care website here: [Draft 24-hour movement recommendations for adults and older Australians - Australian Government Department of Health and Aged Care - Citizen Space](#).