

UNE VIE À LA FOIS ACTIVE ET SÉDENTAIRE : UN DUO D'ENFER ?

René Maréchal, M.Sc., PhD(c) | Kinésiologue

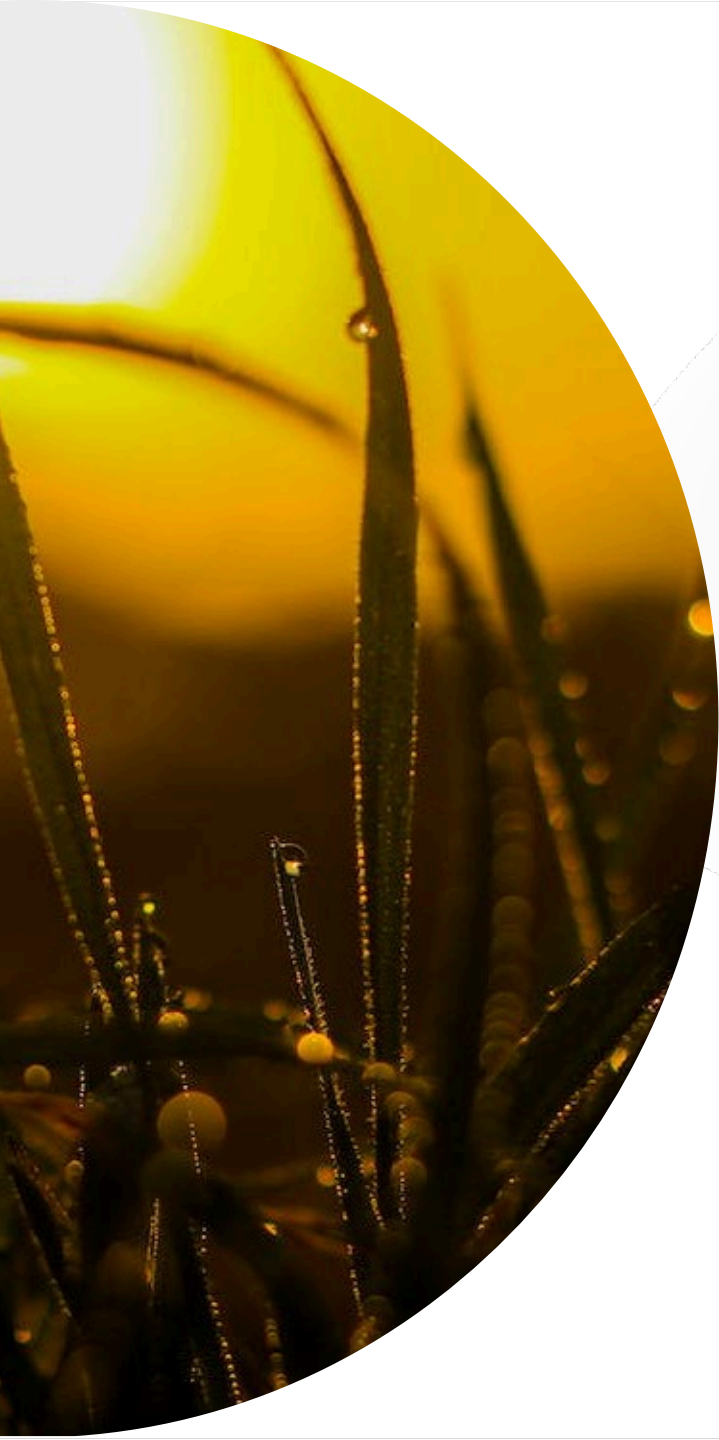
Sommet de la santé durable
31 janvier 2024



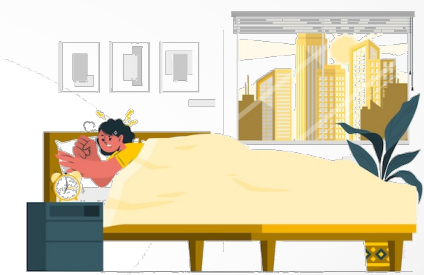
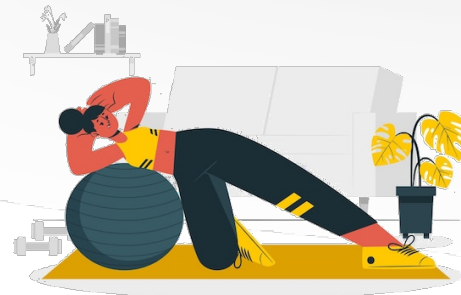
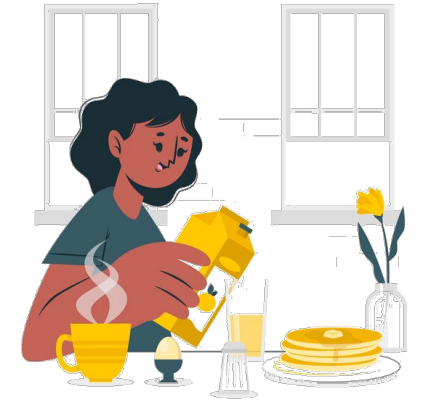
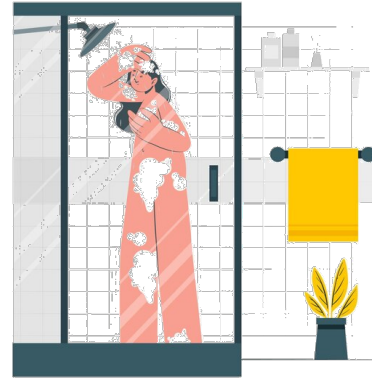
UDS

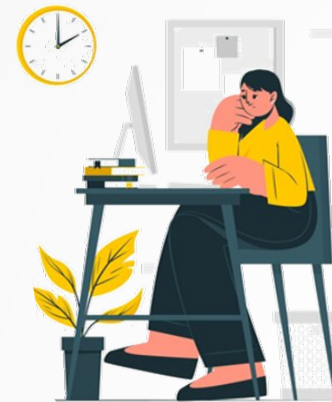
PLAN

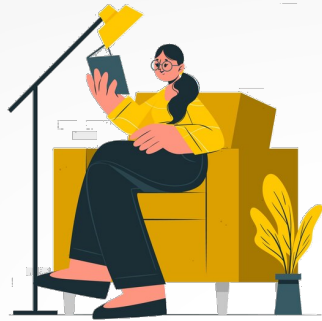




MANON





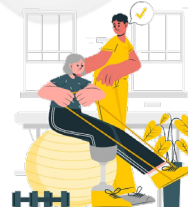
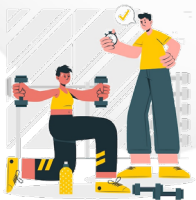


A black and white photograph of an open, antique book. A hand is visible at the bottom, turning a page. The pages are filled with dense, handwritten text and some diagrams. The book is resting on a dark surface.

TERMINOLOGIE

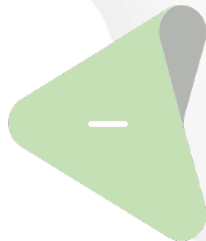
ACTIVITÉ PHYSIQUE

Activité qui génère une dépense énergétique
modérée à élevée



INACTIVITÉ PHYSIQUE

L'absence ou la non-atteinte des recommandations
en matière de pratique d'activité physique.



INACTIF



ACTIF

150 min/sem activité physique
+ 2 séances musculation [2]



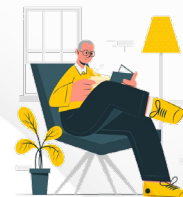
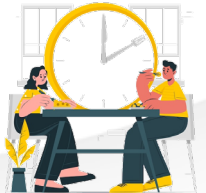
[1] Tremblay et al. (2017). *International Journal of Behavioral Nutrition and Physical Activity* 14: 75.

[2] Ross, R. et al. (2020). *Applied Physiology, Nutrition, and Metabolism*, 45(10 (Suppl. 2), S57-S102.



COMPORTEMENT SÉDENTAIRE

Toute activité en situation d'éveil caractérisée par une **faible** dépense énergétique en position assise, inclinée ou allongée.



SÉDENTARITÉ

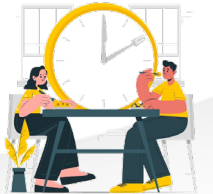




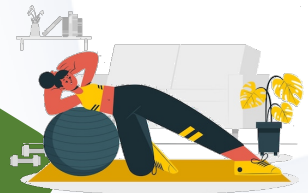
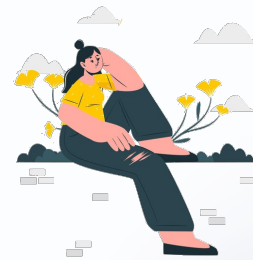
Photo : Pixabay

SÉDENTAIRE ?

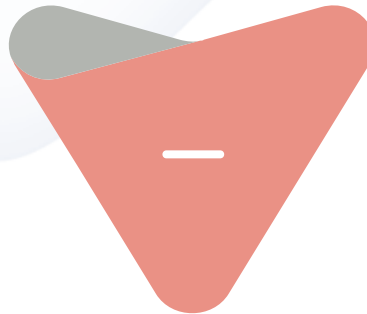




SÉDENTAIRE

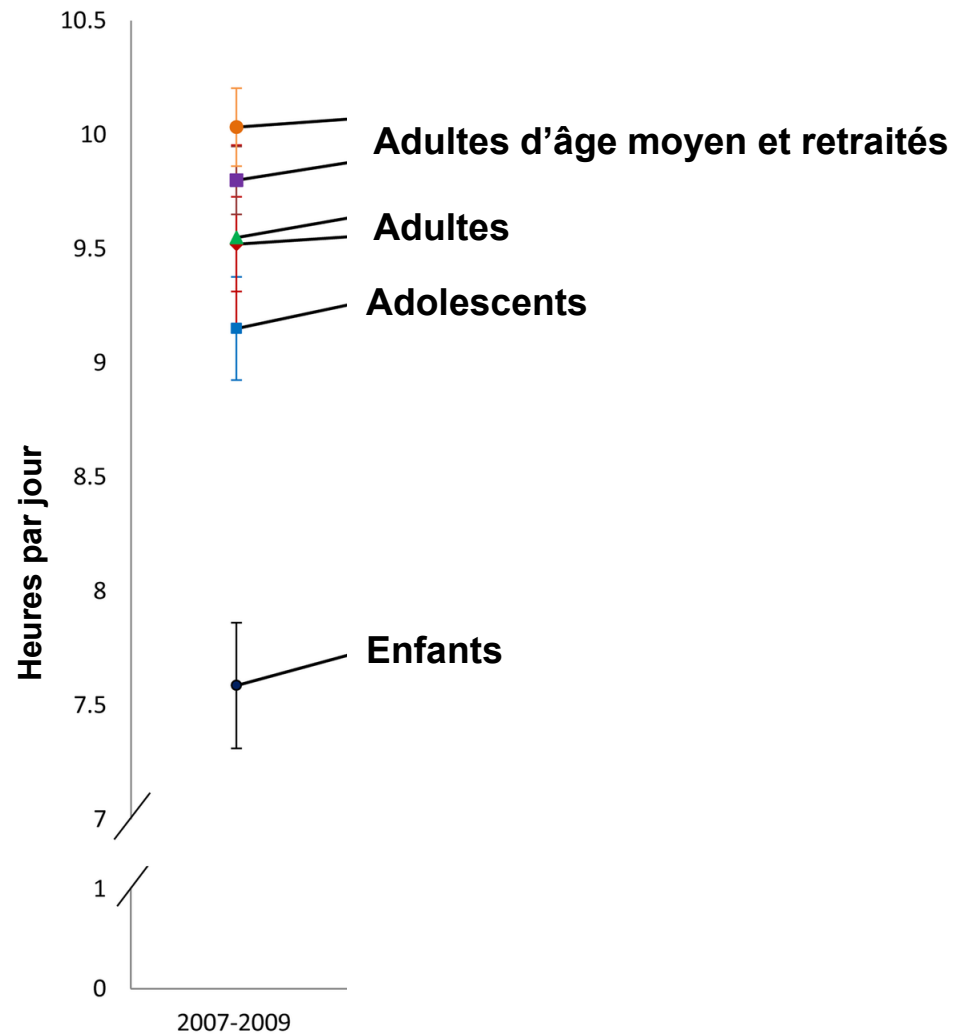


ACTIVE

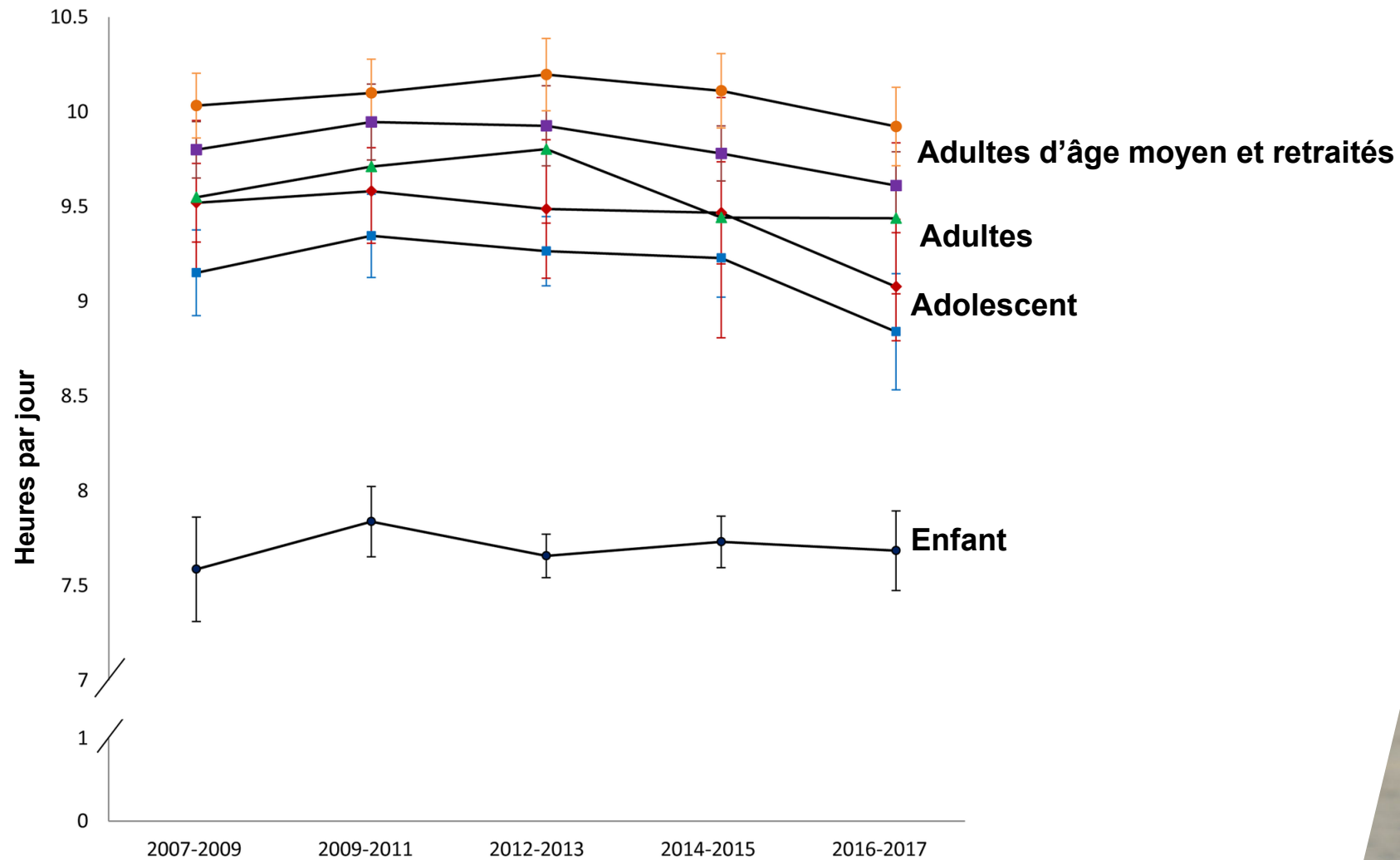


A topographic map with a compass and a white box containing the word 'SÉDENTARITÉ'. The map is a detailed contour map showing various geographical features such as 'ALPS', 'WILDERNESS', 'Munger', 'Garden', and 'FORESTS'. A compass is placed on the map, and a white rectangular box is overlaid on the center, containing the word 'SÉDENTARITÉ' in large, bold, white capital letters. The map also shows various elevation contours, peaks, and valleys, with labels like 'Rocky Point', 'Spring', 'Filtration Pond', and 'EAST WEAVER CAMPGROUND'. The word 'NATIONAL' is visible at the top of the map, and 'FORESTS' is visible at the top right. The word 'SÉDENTARITÉ' is the central focus of the image.

SÉDENTARITÉ



SÉDENTARITÉ AU CANADA



SÉDENTARITÉ AU CANADA

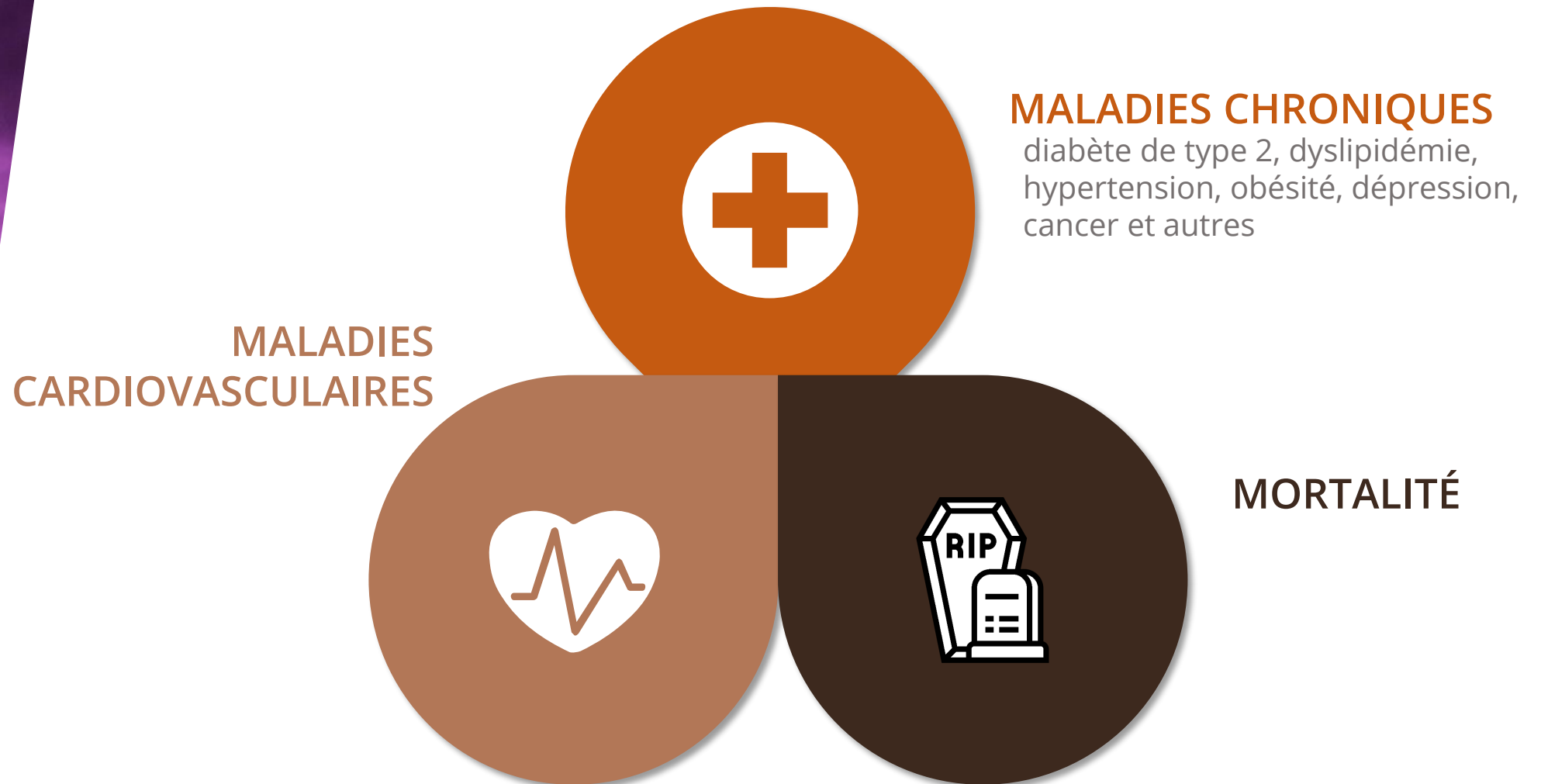


Photo : Anna Auza



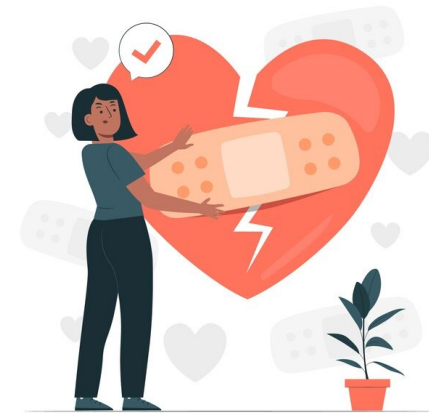
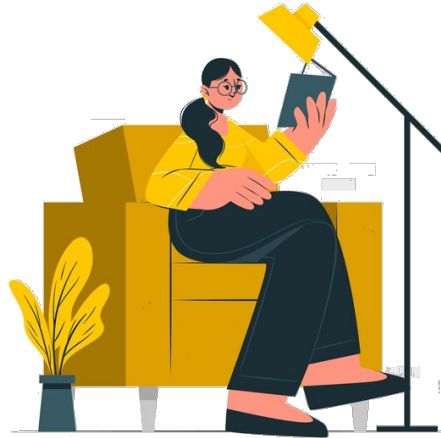
CONSÉQUENCES de la SÉDENTARITÉ

AUGMENTATION DES RISQUES





CARDIOVASCULAIRE

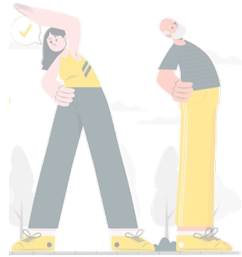


+150%



MALADIES CHRONIQUES

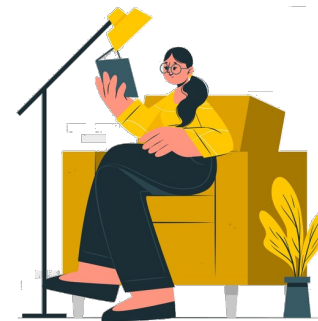
Exemple : diabète de type 2



INACTIF

1,4x >

ACTIF



SÉDENTAIRE

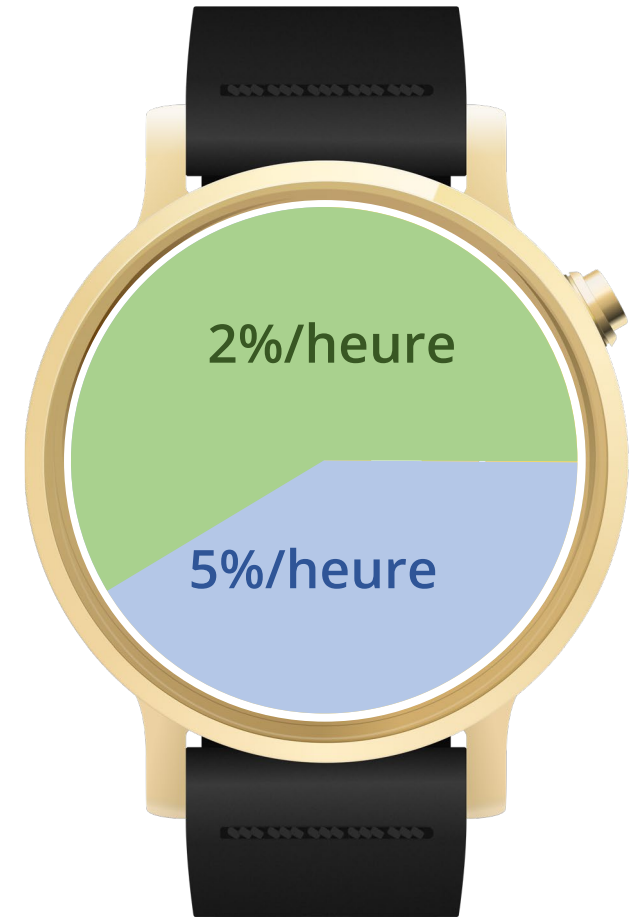
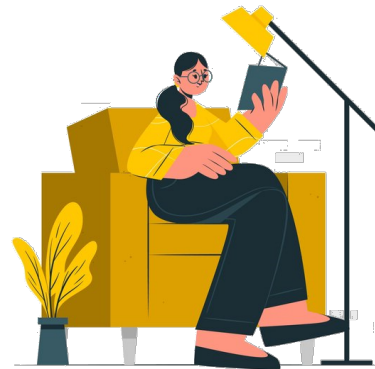
2x >

MOINS
SÉDENTAIRE



MORTALITÉ

Possibilité qu'une personne
restant assise 16 heures / jour
↑ risques de 59-60%



IMPACTS SOCIO-ÉCONOMIQUES

**Royaume-Uni
1,2 milliards \$ [1]**



SÉDENTARITÉ

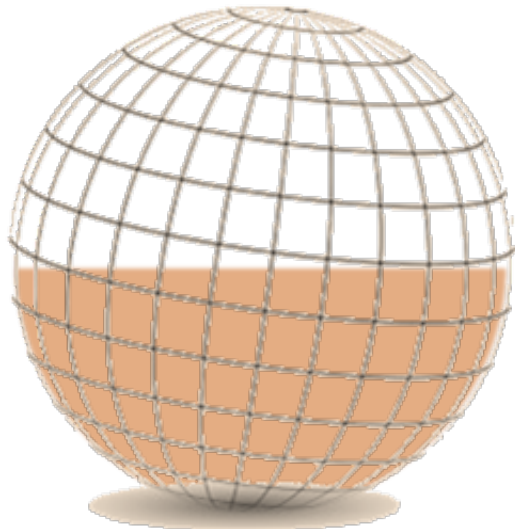


Photo : Pixabay

[1] Nguyen et al. (2022). *Preventive Medicine*, 156, 106964.

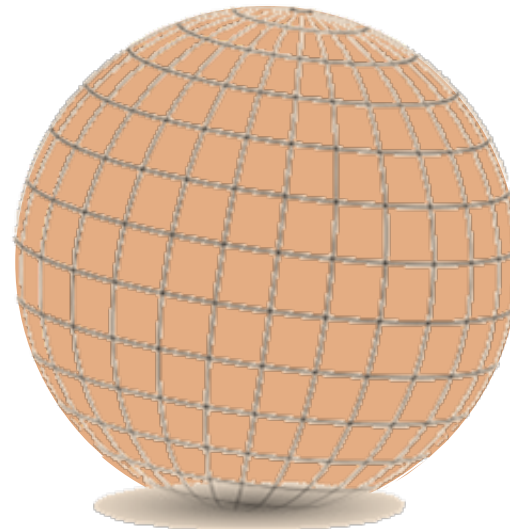
IMPACTS SOCIO-ÉCONOMIQUES

Mondial
69 milliards \$ [2]



INACTIVITÉ

141,5 milliards \$ *



SÉDENTARITÉ

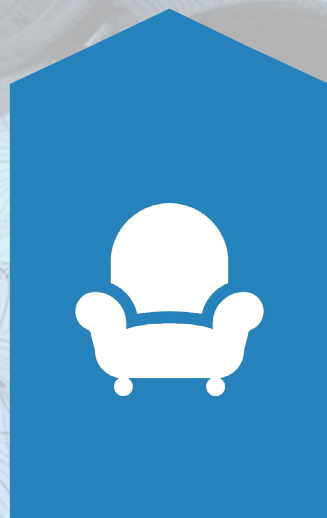


[1] Nguyen et al. (2022). *Preventive Medicine*, 156, 106964.

[2] Ding et al. (2016). *Lancet*, 388, 1311–1324.

* Estimation faite à partir du ratio de 1.2 milliards\$ au Royaume-Unis, si on extrapolait à la population mondiale

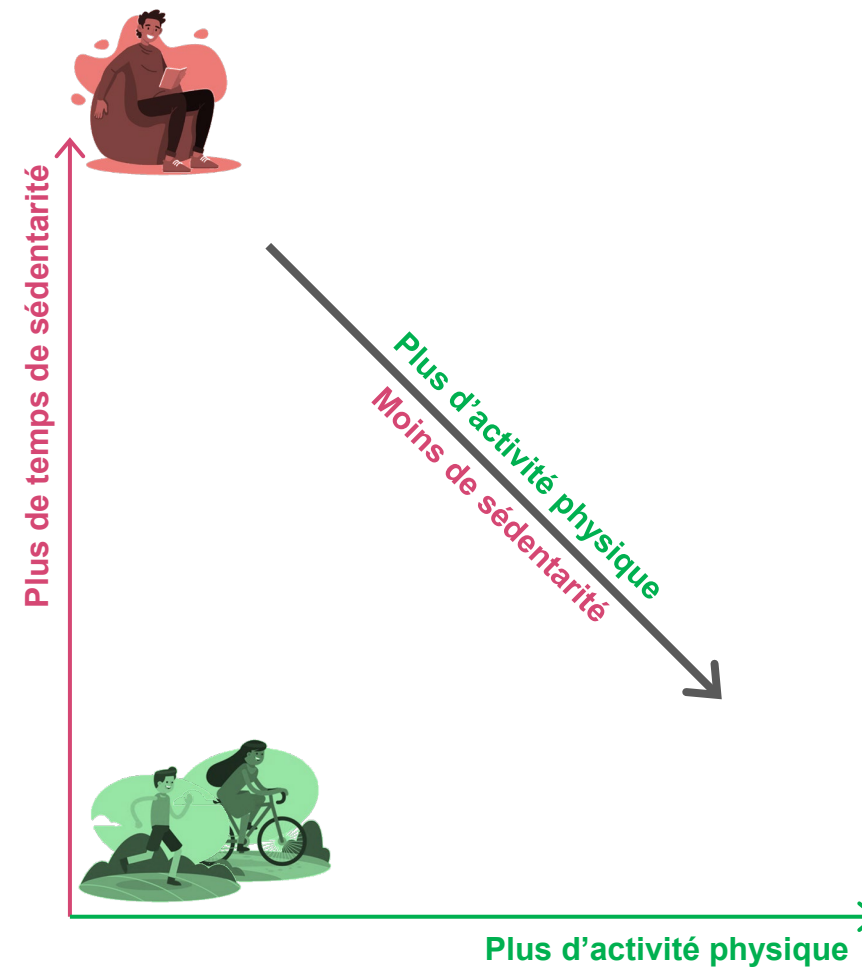
RÉSUMÉ DE LA SITUATION





PISTES DE SOLUTIONS

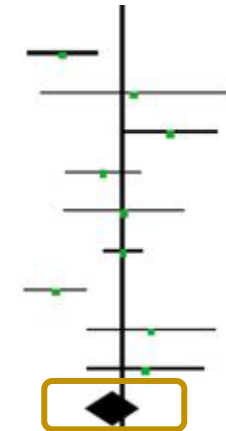
ACTIVITÉ PHYSIQUE



ADULTES

*Réduire la
sédentarité
par l'activité
physique?*

Andersen 2012	-60.00 [-94.81, -25.19]
De Cocker 2012	12.00 [-81.77, 105.77]
Dunn 1998	48.60 [1.66, 95.54]
Gilson 2009	-19.00 [-56.58, 18.58]
Lane 2010	1.90 [-58.02, 61.82]
Marshall 2003	1.20 [-17.99, 20.39]
Mutrie 2012	-67.50 [-97.97, -37.03]
Openacker 2008	29.50 [-35.13, 94.13]
Steeves 2012	24.00 [-35.00, 83.00]
Subtotal (95% CI)	-8.34 [-36.02, 19.34]

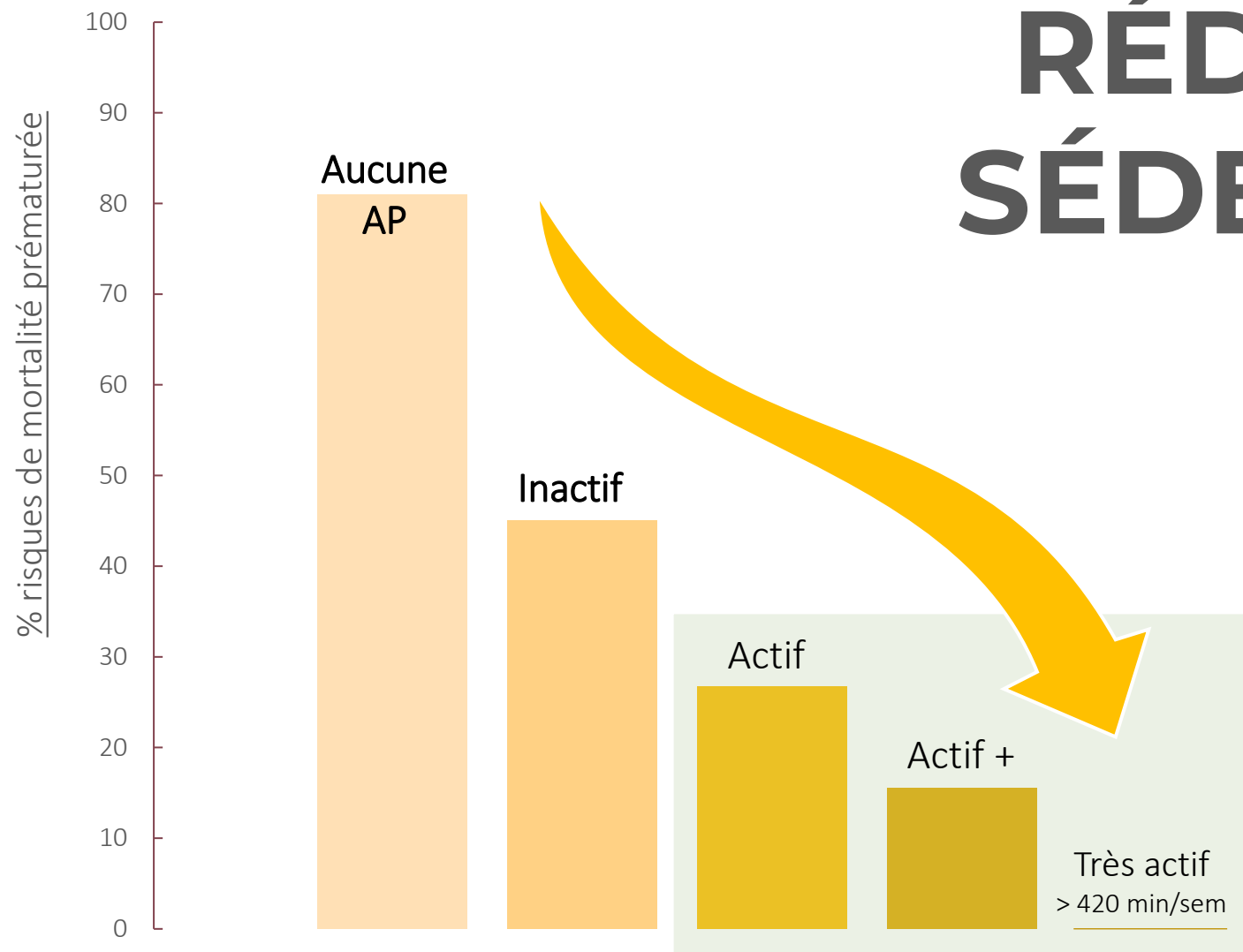


EXERCICE

CONTRÔLE

Figure adaptée de Martin et al. (2015). Interventions with potential to reduce sedentary time in adults: systematic review and meta-analysis. *Br J Sports Med*, 49(16), 1056-1063.

RÉDUIRE LA SÉDENTARITÉ



RISQUES SANTÉ

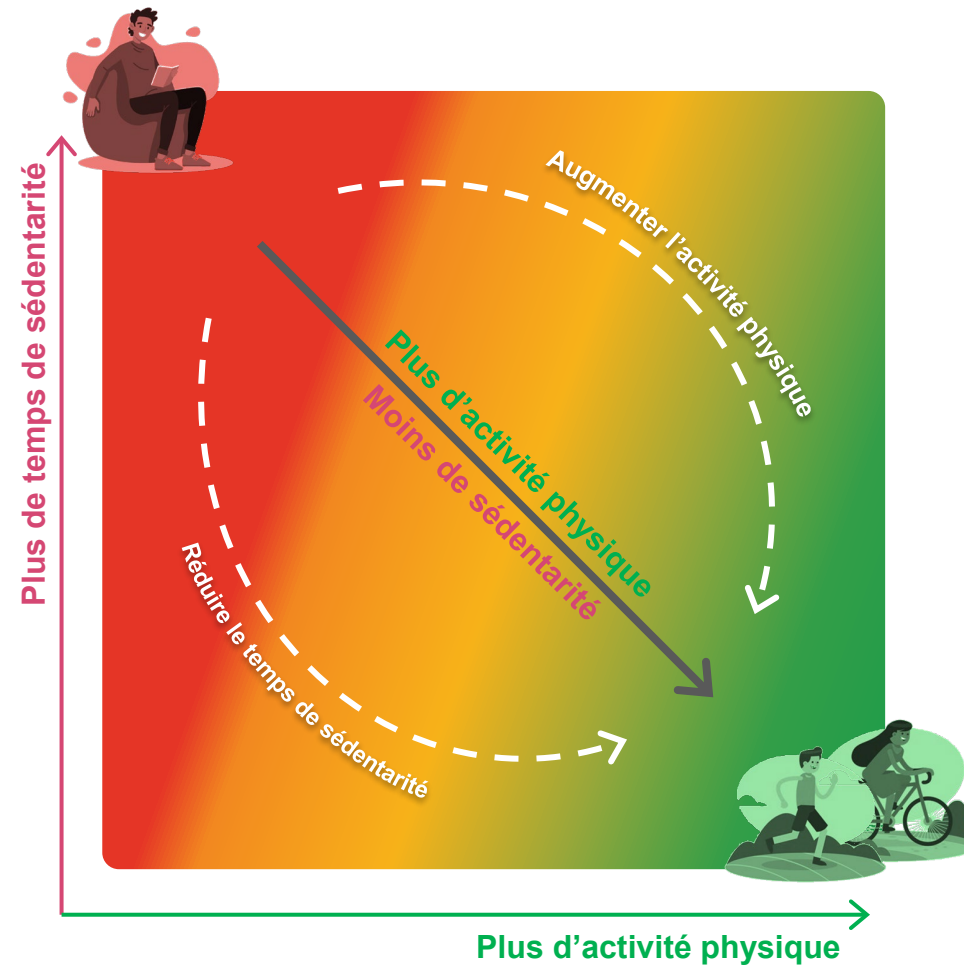
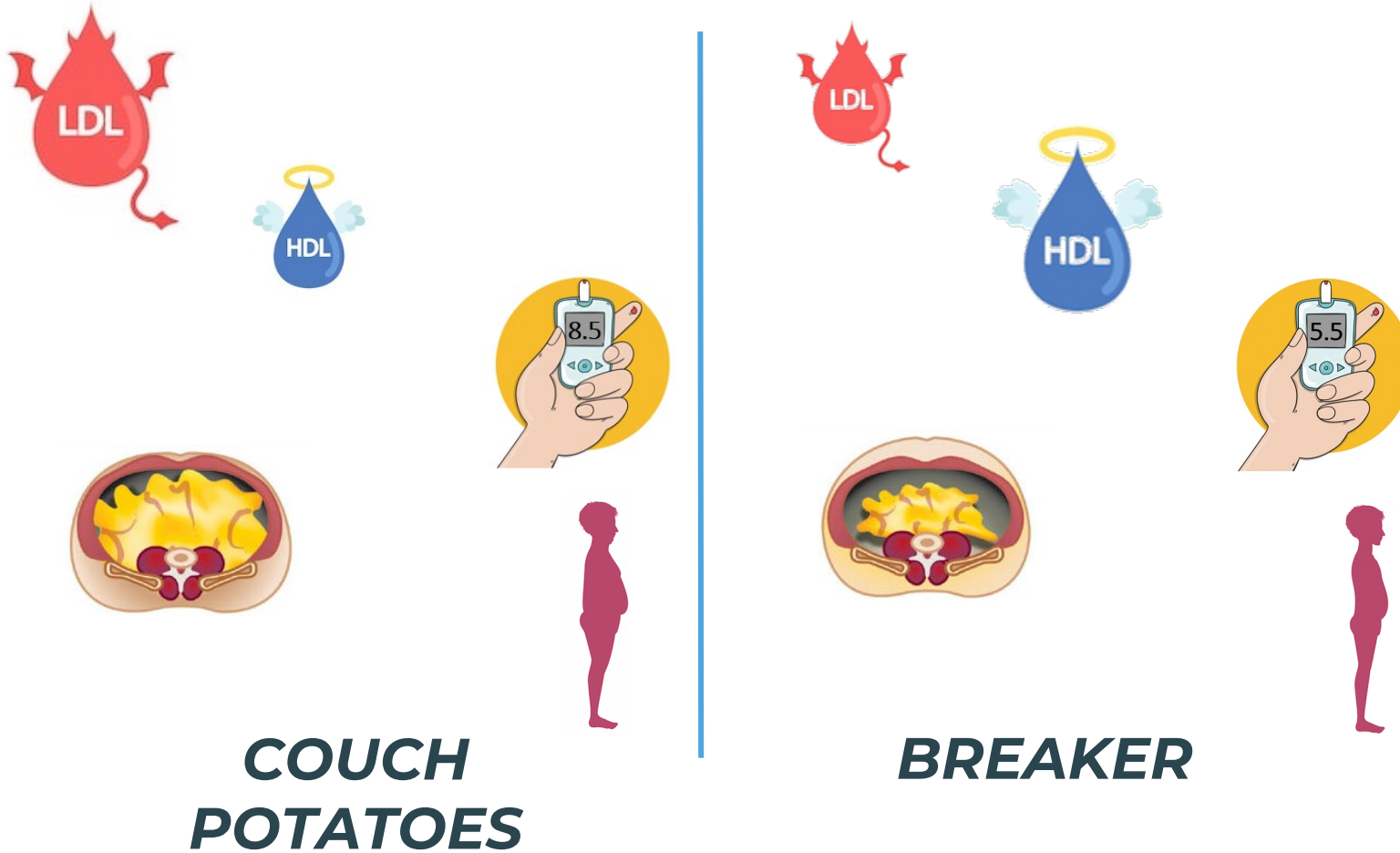


Figure adaptée de World Health Organisation. (2020). WHO guidelines on physical activity and sedentary behaviour.

BRISER LA SÉDENTARITÉ



BRISER LA SÉDENTARITÉ



**COUCH
POTATOES**



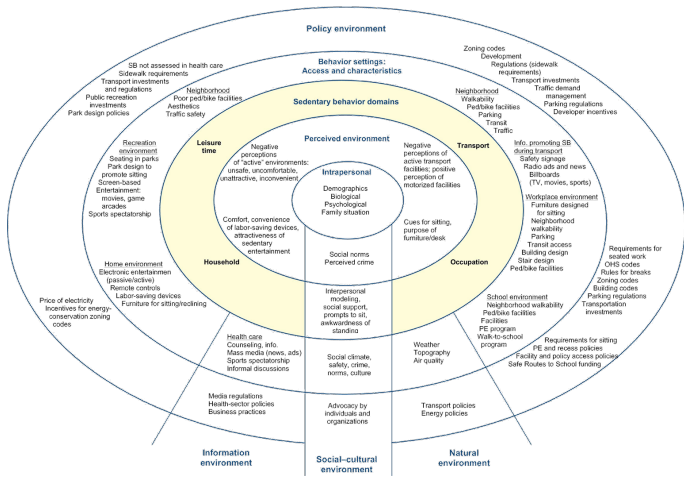
BREAKER



**MODÈLE ÉCOLOGIQUE
DE LA SÉDENTARITÉ**

4 DOMAINES

Comportements sédentaires



Vie DOMESTIQUE



TRANSPORT



TRAVAIL



Valeurs
Normes sociales
Perceptions...

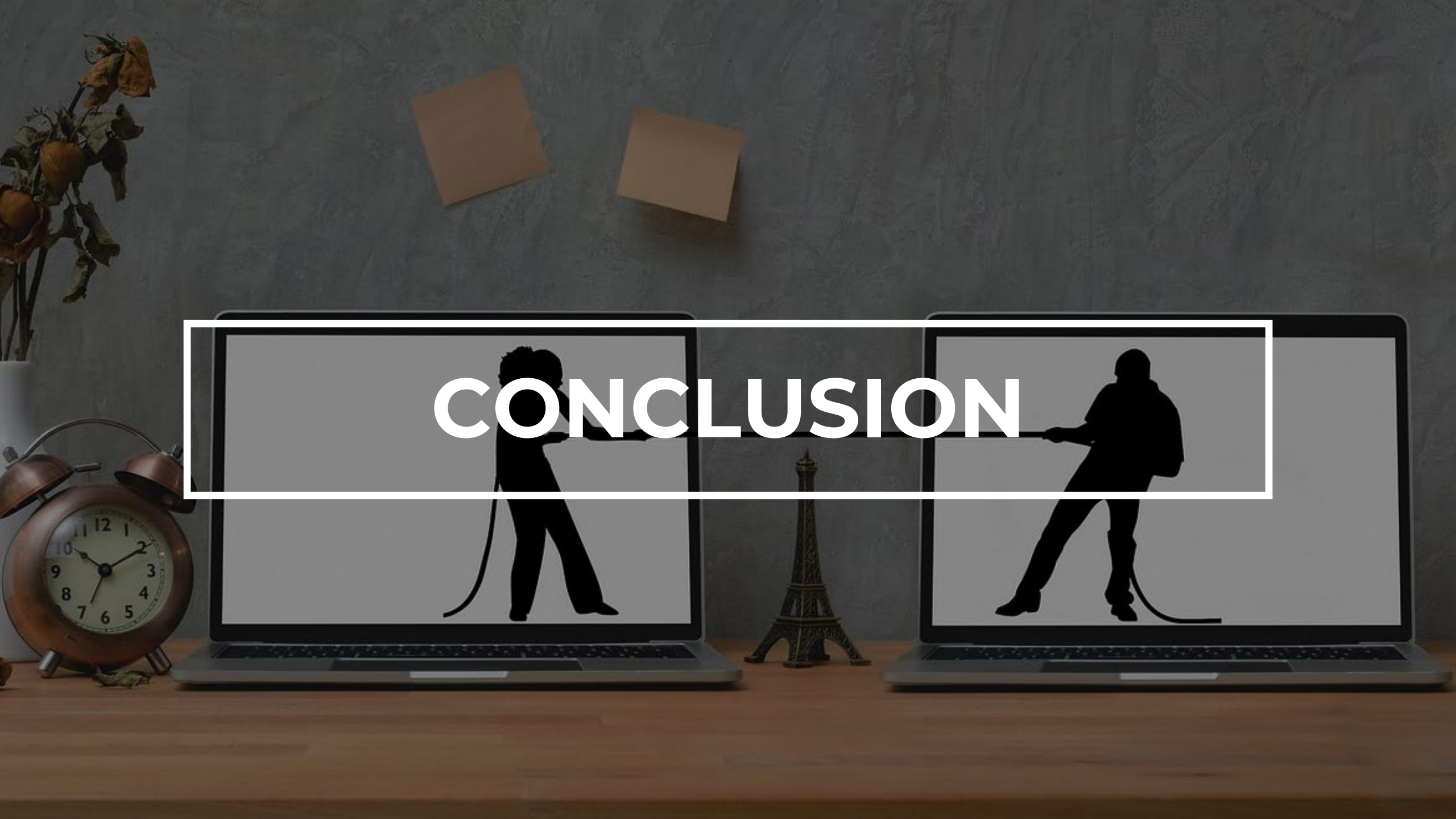
LOISIRS



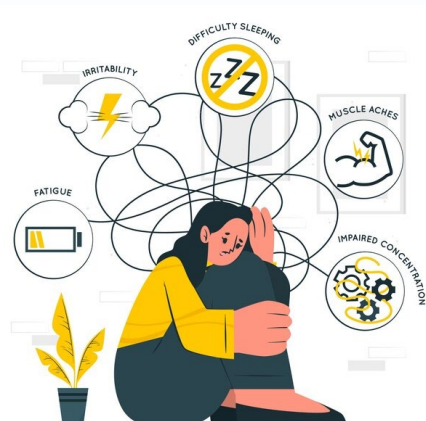
ÉCOLOGIE



CONCLUSION



RÉSUMÉ



**RÉDUIRE
ou
BRISER**

INACTIVITÉ PHYSIQUE
≠
SÉDENTARITÉ



Stratégies distinctes
1- Pratique régulière
d'activité physique
2- Réduire ou briser la
sédentarité au quotidien



MESSAGES À RAMENER À LA MAISON

A photograph of two hikers sitting on a rocky trail, viewed from behind. The hiker on the left is wearing a light-colored jacket and dark pants, with a backpack. The hiker on the right is wearing a dark t-shirt and dark pants, also with a backpack. The scene is outdoors with a rocky path and some vegetation. The entire image is overlaid with a semi-transparent green filter.

MERCI DE VOTRE ATTENTION

CRÉDIT DESSINS : STORYSET SUR [FREEPIK.COM](https://www.freepik.com)
CRÉDITS PHOTOS : UNSPLASH ET PIXIBAY