

American Journal of Preventive Medicine

INFORMATION FOR CATEGORY 1 CME CREDIT

Mortality Risk Reductions for Replacing Sedentary Time With Physical Activities

Erika Rees-Punia, PhD, Ellen M. Evans, PhD, Michael D. Schmidt, PhD, Jennifer L. Gay, PhD,
Charles E. Matthews, PhD, Susan M. Gapstur, PhD, Alpa V. Patel, PhD
(see page 736)

This article has been chosen to participate in the AJPM CME program. Please read and follow the instructions below:

Educational objectives

After reading this article, the learner should be able to:

1. Describe the purpose of an isothermal substitution model.
2. Discuss the associated mortality benefits of replacing 30 minutes of sedentary time with LPA (light physical activity) or MVPA (moderate to vigorous physical activity).
3. Describe differences in replacement benefits by habitual activity level.

Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME). ACPM is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

ACPM designates this educational activity for a maximum of 1 *Category 1 credit toward the American Medical Association (AMA) Physician's Recognition Award (PRA)*TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosures

In accordance with the disclosure policy of the American College of Preventive Medicine (ACPM) and the American Journal of Preventive Medicine (AJPM), as well as the standards

set forth by the Accreditation Council of Continuing Medical Education (ACCME), authors and any individuals in a position to control the content of a CME activity are required to disclose relevant financial relationships in any amount with commercial interests (within the past 12 months).

The authors, Erika Rees-Punia, Ellen M. Evans, Michael D. Schmidt, Jennifer L. Gay, Charles E. Matthews, Susan M. Gapstur, and Alpa V. Patel, have disclosed that no relevant financial relationships exist.

Term of approval

May 2, 2019–May 2, 2022

Estimated time to complete this activity is 1 hour.

Instructions to receive CME credit

Once you have read the CME article, please visit www.ajpmonline.org/cme to complete the CME exam (with a score of at least 70%) and the CME evaluation survey. You will be able to download your CME certificate and will also receive an email with a link to your certificate.

Privacy policy

ACPM collects personal information from participants in this online activity for purposes of assigning CME credit only. We will not share or sell your contact information, and your answers to quizzes and feedback forms will be kept confidential.

Copyright information

The copyright for this material is held by the American Journal of Preventive Medicine.