Meeting 3

Promotion of Physical Activity

Chair: Abby King

Members: John Jakicic, David Marquez, Melicia Whitt-Glover

Experts and Consultants

- Invited experts: None

- Consultants:
  - Matthew Buman, PhD, FACSM
  - Arizona State University

Subcommittee Questions

1. What interventions are effective for increasing physical activity at different levels of impact?
   a) Does the effectiveness vary by age, sex, race/ethnicity, or socio-economic status?
2. What interventions are effective for reducing sedentary behavior?

Question 1

1. What interventions are effective for increasing physical activity at different levels of impact?
   - Levels: Individual; Community Settings; Built/Neighborhood Environment; Policy & Legislative; Information Technology
- Source of evidence to answer question
  - Systematic Reviews, Meta-Analyses, Pooled Analyses, High-Quality Reports

Analytical Framework

Systematic Review Question

What interventions are effective for increasing physical activity at different levels of impact**?**

Target Population

People of all ages

Intervention/Exposure

Physical activity intervention(s) at different levels of impact

- Individual
- Community settings
- Built/Neighborhood Environment
- Policy & Legislative
- Information Technology

Endpoint Health Outcome

Physical activity behavior change

Key Definition

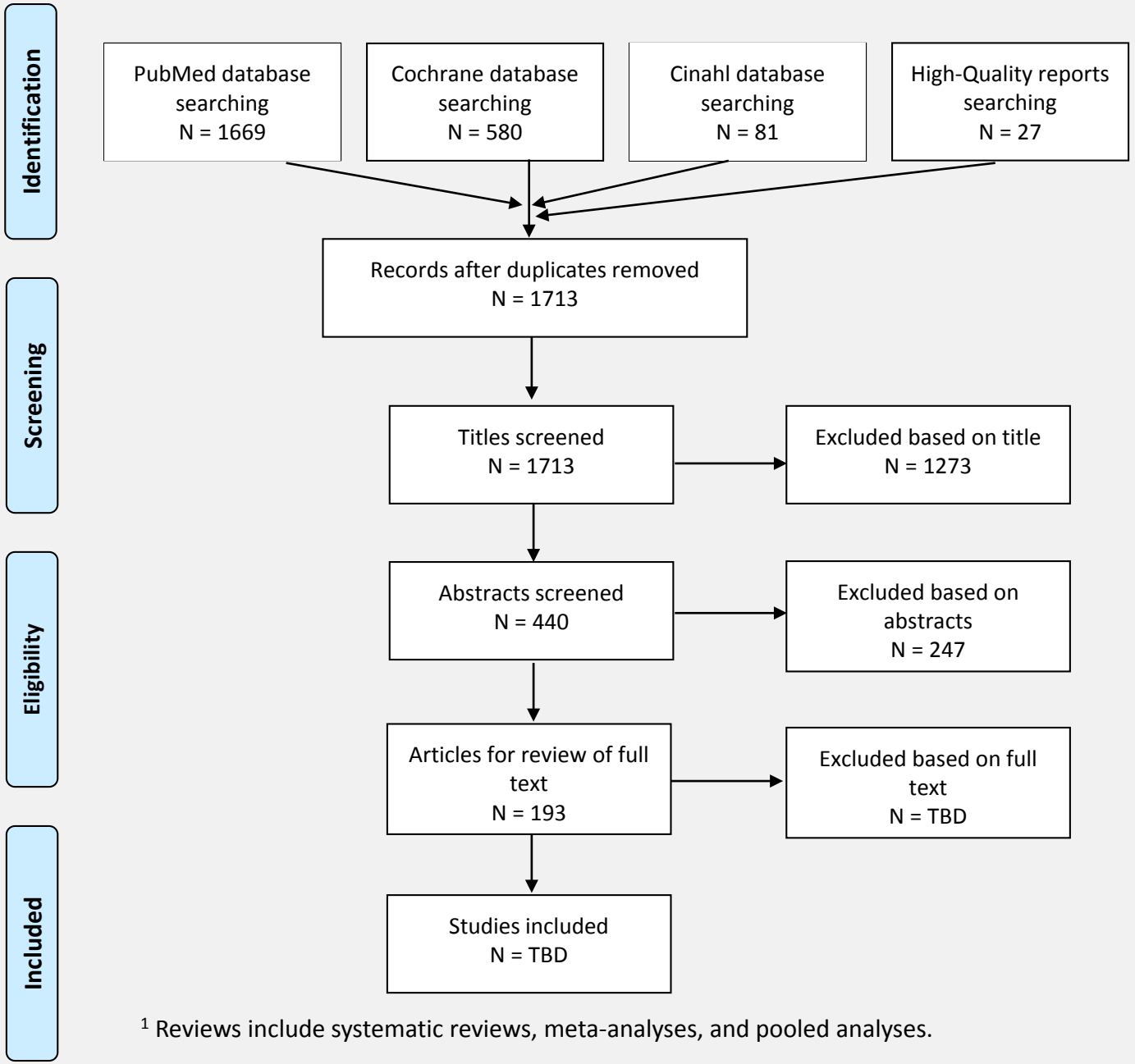
Intervention: any kind of planned activity or group of activities (including programs, policies, and laws) designed to prevent disease or injury or promote health in a group of people, about which a single summary conclusion can be drawn (*The Community Guide* http://www.thecommunityguide.org/about/glossary.html).

Inclusion/Exclusion Criteria Update

- Date of Publication
  - UPDATE: Previously publication criteria for inclusion was 2000 – Present, however due to the large volume of relevant existing sources this was revised during abstract triage to include only 2011 – Present
- Study Subjects
  - Include: People of all ages
  - Exclude: Studies with hospitalized patients or non-ambulatory individuals only
- Study Design
  - Include: Systematic reviews, Meta-analyses, Pooled-Analyses, PAGAC-Approved reports, Randomized controlled trials, Non-randomized controlled trials, Prospective cohort studies, Retrospective cohort studies, Cross-sectional studies, Case-control studies, Before-and-after studies, Time series studies*
  - Exclude: Case studies, Narrative reviews, Commentaries, Editorials
- Exposure/Intervention
  - Include: All types of physical activity interventions or programs
  - Exclude: No physical activity intervention, Missing physical activity behavior change outcome, Single acute session of exercise, Therapeutic exercise, Physical fitness only as the outcome
- Outcome
  - Include: Physical activity change

*Original research with these study designs will be secondary to the systematic review categories, and will be used to capture the latest evidence not reflected in the systematic reviews.

Search Results Q1: High-Quality Reviews[1] and Reports



[1] Reviews include systematic reviews, meta-analyses, and pooled analyses.

Search Results by Level

- Abundance of relevant existing SR/MA/Reports
- Articles included for extraction:
  - Individual: 37 SR/MA
  - Community Settings: 31 SR/MA/Reports
  - Built/Neighborhood Environment: TBD
  - Policy & Legislative:1 SR/MA
  - Information Technology: 33 SR/MA/Reports

Committee Discussion

1. What interventions are effective for increasing physical activity at different levels of impact?

Additional Prioritized Questions

2. What interventions are effective for reducing sedentary behavior?
   - Note: Question 2 will be answered using the results from Search 1
   - Articles included for extraction: 17

Note: During full-article review of Qs 1 & 2, articles in which PA interventions are combined with other behavioral interventions (e.g., dietary change) will be identified to provide additional insights in that area