



Meeting 2

Subcommittee 7 Promotion of Physical Activity

Chair: Abby King

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

Question 1

- What types of physical activity interventions are effective for physical activity change at different levels of impact?

Analytical Framework



Subcommittee: Physical Activity Promotion

Systematic Review Question

What types of physical activity interventions are effective for physical activity change at different levels of impact?

Target Population

People of all ages

Intervention/Exposure

Physical activity intervention(s) at different levels of impact

- Individual
- Built/Neighborhood Environment
- Community setting
- 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>).

Common Inclusion/ Exclusion Criteria



- Language
 - Exclude: Studies that do not have full text in English
- Publication Status
 - Include: Studies published in peer-reviewed journals, PAGAC-approved reports
 - Exclude: Grey literature
- Study Subjects
 - Exclude: Studies of animals only

Inclusion/Exclusion Criteria



- **Date of Publication**
 - Original Research: Include 2000 - Present
 - Existing Sources: Include 2000 - 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, PAGAC-Approved reports, Randomized controlled trials, Non-randomized controlled trials, Prospective cohort studies, Retrospective cohort studies, Case-control studies, Before-and-after studies, Time series studies*
 - Exclude: Cross-sectional studies, 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, Single acute session of exercise, Therapeutic exercise, Physical fitness only as the exposure
- **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.

Draft Search Terms



- **Levels of Impact Terms**
 - Individual (e.g., lifestyle, self-management)
 - Built Environment (e.g., land use, urban renewal)
 - Community Setting (e.g., school, worksite)
 - Policy & Legislative (e.g., law, policies)
 - Technology (e.g., activity monitor, mHealth)
- **Outcome (PA Change) Terms**
 - PAGAC general physical activity terms

Prioritized Questions



1. What types of physical activity interventions are effective for physical activity change at different levels of impact?
2. What are effective interventions for reducing sedentary behavior?

Areas for PAGAC Input or Discussion



- Potential subgroups of interest will be evaluated as part of this search if literature is sufficiently robust
- Anticipated size of review anticipated to be small (based on initial “scoping” exercise), given focus on existing reviews, meta-analyses, & reports
- Literature search will include PA interventions that are single interventions or part of multiple behavioral intervention studies (e.g., weight loss studies)
- For interventions that include or cut across multiple levels of impact, SC will discuss further