| **Study, Year****Quality** | **N** **Population** **Intervention Focus & Intensity** | **Physical Activity Behavioral Outcomes** |
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| CouPLES, 201367Fair | 255CholesterolHD+PA, Medium |  BL 6 mo 11 mo**Frequency of moderate PA/wk** IG 8.3 10.5 10.1CG 8.3 8.9 8.4 p=0.06; incidence rate ratio: 1.2 (95% CI, 1.0 to 1.5)**Duration of moderate intensity PA/week (hr)** IG 6.9 7.5 7.3 CG 6.9 6.7 6.6 p=0.37; incidence rate ratio: 1.1 (95% CI, 0.9 to 1.4)  |
| PRO-FIT, 201268Fair | 340CholesterolHD+PA, Medium | **MVPA (min/wk)**, **mean (SD)** BL 12 mo IG 422.0 (3.1) 501.0 (3.3)CG 363.1 (3.5) 428.0 (3.7)Difference between groups at 12 mo: NS (β, 1.11 [95% CI, -0.12 to 0.33]) |
| RHPP Trial, 199369 Fair  | 1,197CholesterolHD+PA, Medium | **PA, min/wk, mean (SD)** BL 6 moIG 413.16 (300.72) 451.48 (367.13)CG 497.91 (432.85) 440.95 (357.81)p=NS |
| Anderson, 199270Fair | 177CholesterolHD, High | **Exercise, total energy (kJ\*kg/lb\*d), mean (SD), mean change from BL (SD)** BL 12 moIG1 155.5 (22.5) -5.73 (19.0)IG2 155.0 (27.2) -0.08 (16.9)CG 148.4 (11.5) 13.7 (28.2)p=NR |
| Delahanty, 200172Good | 90CholesterolHD, High | **Activity (min/wk), mean (SD)**  BL 6 mo 12 moIG 119 (126) 144 (130) 148 (102) CG 92 (97) 108 (109) 135 (185)p=NS  |
| NFPMP, 200279  | 143CholesterolHD, Medium |  BL only**No exercise, %**IG 20CG 13**Exercise <3 times/wk, %**IG 37CG 30**Exercise 3 times/wk, %**IG 18CG 26**Exercise >3 times/wk, %**IG 25CG 31Note: No significant changes in physical activity (p>0.85) |
| ADAPT, 2006138Fair | 241HTNHD+PA Medium | **At least moderate-intensity exercise (hr/wk), mean (95% CI) at BL & 36 mo, mean change (95% CI) at 12 mo followup (min/wk)** BL 12 mo 36 mo IG 2.7 (2.3 to 3.1) 41 (19 to 63) 3.8 (3.3 to 4.3)CG 2.7 (2.5 to 3.1) 0 (-2 to 41) 3.1 (2.7 to 3.6)p† 0.185 0.007 |
| Arroll, 1995128Fair  | 208HTNHD+PA, Medium |  BL 6 mo**Moderate exercise, kJ/kg/d (SE)** IG1 15.7 (3.9) 43.5 (7.0)IG2 15.1 (4.0) 53.4 (7.1)IG3 10.6 (4.0) 38.0 (7.1)CG 13.5 (4.0) 21.0 (7.2)**Total exercise, kJ/d (SE)** IG1 145.2 (2.7) 161.4 (4.6)IG2 145.2 (2.8) 169.2 (4.7)IG3 143.0 (2.8) 157.9 (4.7)CG 145.5 (2.8) 152.5 (4.7)p=NR; text states only significant for IG1 and IG2 |
| HIP, 2009136Fair | 574HTNHD+PA, High (Pt, MD&Pt); Medium (MD only) | **Moderate to vigorous activity, min/wk**  BL ∆ @ 6 mo (SD) ∆ at 18mo (SD)IG1 37.9 (89.1) 6.2 (103.2) -21.5 (138.8)IG2 28.8 (106.7) 28.4 (134.9) -0.7 (112.3)CG1 43.9 (122.5) -15.7 (122.0) -13.0 (145.7)CG2 36.4 (127.1) 18.5 (287.8) 5.0 (95.1)MDI main effect at 6 mo, p=0.15; at 18 mo, p= 0.07PTI main effect at 6 mo, p=0.07; at 18 mo, p=0.10 |
| Hyman, 2007135Fair | 281HTNHD+PA, Medium | **Pedometer steps per day** BL 6 mo 18mo IG1 3624.4(2917.5) 4149.4(3446.8) 3751.4 (2697.0) IG2 3306.0(2785.3) 3715.0(4025.6) 3744.9 (5515.7) CG 3933.0(3363.6) 3852.0(3675.6) 3648.5 (4285.0)p\* 0.41 0.78 0.99 |
| LIHEF, 2002137Fair | 715HTNHD+PA, High | **Moderate PA ≥3 time/wk for 30 min (self-reported), %**  BL 12 mo 24 mo p\* IG 51 34.7 34.1 NR CG 51 24.0 22.8Difference at 12 mo: 10.7 (95% CI, 1.2 to 20.3)Difference at 24 mo: 11.3 (95% CI, 1.8 to 20.8)\*NR, but text states that the change at 12 & 24 mo was significant between groups |
| Migneault, 2012126Fair | 337HTNHD+PA, High |  BL Change @ 8 mo **Moderate or greater PA (min/wk), mean (SD)** IG 162.4 (169.0) -3.44CG 126.3 (144.3) 2.77p=NS (NR)**>150 min/wk of moderate or greater PA (%)** IG 38.5 -2CG 26.2 5p=NS (p NR)12-mo outcomes in figure only, text states no statistically significant effects at 12 mo**Total energy expenditure, kcal/d** IG 3234.7 (860.7) 43.8 CG 3188.5 (820.3) -36.2p<0.05 |
| PREMIER, 2003116Good | 304HTNHD+PA, High | **Fitness (HR at stage 2 or last available at stage 1), mean (SD), at 6 mo**  BL ChangeIG1 128.4 (12.7) -6.8 (10.3) IG2 128.5 (14.1) -7.4 (10.3) CG 130.5 (13.6) -6.1 (9.4) p=NR |
| Rodriguez, 2012113Fair (poor for diet) | 533HTNHD+PA, Medium | **7-day PA recall (continuous score), mean (SD), hr/wk** BL 6 mo 12 moIG 5.26 (7.55) 4.58 (4.43) 4.25 (5.91)CG1 4.45 (6.22) 4.84 (7.00) 4.38 (6.40)CG2 4.95 (6.39) 4.32 (3.98) 5.47 (7.50) p=NR, text states no significant difference between 3 groups |
| Vitalum105Fair | 1,629HTNHD+PA, Medium (IG 2&3); Low (IG1) | **PA, hr/wk, mean (SD)** BL 25 wk 47 wk 73 wkIG1 4.86 (3.98) 6.92(5.40) 6.85(5.22) 5.73(4.70)IG2 4.84 (3.96) 6.75 (5.17) 5.67 (4.43) 5.58 (4.49)IG3 4.31 (3.73) 6.69 (5.19) 6.13 (4.40) 5.91 (4.55)CG 5.61 (3.63) 5.92 (4.70) 5.32 (4.53) 5.37 (4.53)p (see text) |
| Arroll, 1995128Fair  | 208HTNHD+PA, Medium |  BL 6 mo**Moderate exercise, kJ/kg/d (SE)**IG1 15.7 (3.9) 43.5 (7.0)IG2 15.1 (4.0) 53.4 (7.1)IG3 10.6 (4.0) 38.0 (7.1)CG 13.5 (4.0) 21.0 (7.2)**Total exercise, kJ/d (SE)** IG1 145.2 (2.7) 161.4 (4.6)IG2 145.2 (2.8) 169.2 (4.7)IG3 143.0 (2.8) 157.9 (4.7)CG 145.5 (2.8) 152.5 (4.7)p=NR, text states only significant for IG1 and IG2 |
| Arroll, 1995128Fair  | 208HTNPA, Medium |  BL 6 mo**Moderate exercise, kJ/kg/d (SE)** IG1 15.7 (3.9) 43.5 (7.0)IG2 15.1 (4.0) 53.4 (7.1)IG3 10.6 (4.0) 38.0 (7.1)CG 13.5 (4.0) 21.0 (7.2)**Total exercise, kJ/d (SE)** IG1 145.2 (2.7) 161.4 (4.6)IG2 145.2 (2.8) 169.2 (4.7)IG3 143.0 (2.8) 157.9 (4.7)CG 145.5 (2.8) 152.5 (4.7)p=NR, text states only significant for IG1 and IG2 |
| Moreau, 2001104Fair | 24HTNPA, Medium | **Pedometer step counts, km/d-1 (SD)**  BL ∆ at 24 wkIG 3.4 (±0.3) 2.9 (±0.2) CG 4.7 (±0.4) -0.3 (±0.3)p <0.05 <0.05  |
| APHRODITE, 201188Fair  | 925 IFGHD+PA, High |  BL ∆ 6 mo ∆ 18 mo**Total activity, min/wk, mean (SD)**IG 1502 (914) 248 (949) -84 (1023)CG 1629 (1005) 31 (1014) -290 (994) p=0.02**Average- to high-intensity activity, min/wk, mean (SD)** IG 658 (564) -1 (461) 70 (562)CG 649 (521) 28 (494) 29 (512)p=0.34 |
| DPP, 200289Good | 2,161 IFGHD+PA, High | **Mean change in PA from BL, MET-hr/wk**  1 y 2 y 3 y 4 yIG 7.2 5.9 5.3 7.7 CG 0.9 1.4 0.3 1.8 p<0.001 (“over time”) |
| EDIPS, 200190Fair | 78 IFGHD+PA, Medium |  BL 6 mo **Vigorous activity >3 times/wk, n (%)**IG 5 (14.3) 14 (41.2) CG 6 (18.8) 5 (15.6) Difference between groups: 30.1 (95% CI, 4.3 to 52.7); p=0.02 BL 24 mo p**Regular activity ≥1 time/wk, % (N)**IG 25.0 (7) 57.1 (16) <0.02 CG 50.0 (12) 45.8 (11)**Regular, vigorous PA ≥1 time/wk; BL is n (%), all others are % change from BL (95% CI)** BL 6 mo 12 mo 24 moIG 8 (24.2) 33.3 (13 to 50) 34.3 (16 to 49) 32.1 (12 to 48)CG 17 (53.1) -3.1 (-14 to 8.5) 7.1 (-8 to 21) -4.2 (-23 to 14)p 0.017 0.030 0.020 0.030  |
| EDIPS-Newcastle, 200991Fair | 102IFGHD+PA, High | N (%) of participants with sustained benefit change **Physical activity score†**IG 18 (35) CG 19 (37) †Based on annual 3-day PA diaries; scores were calculated (using MET) based on reported activityNo significant difference between IG and CG at BL or annual F/U in any year |
| FDPS, 2001118Good | 522IFGHD+PA, High | Self-reported change in exercise during year 1, %**Increased exercise\***IG 36CG 16p=0.001**Meeting goal of exercise >4 hr/wk**IG 86CG 71p=0.001\*Subjects reported exercise in terms of a shift to a higher category among 4 levels of activity BL 1 Year p 3 Year p**Median change (IQR) from BL in total LTPA, min/wk** IG 339 (193 to 545) 16 (-126 to 115) 0.9045 50 (-126 to 115) 0.2415 CG 329 (173 to 586) 21 (-133 to 138) 23 (-142 to 171)**Median change (IQR) from BL in moderate to vigorous LTPA, min/wk** IG 156 (62 to 288) 49 (-41 to140) 0.0073 61 (-33 to 168) 0.0057 CG 169 (65 to 352) 14 (-47 to 90) 6 (-91 to 104) BL Early FU† Late FU‡ p§**Median change (IQR) in** **total activity (hr/wk)**IG 5.7 (3.2 to 9.1) 6.3 (3.8 to 9.9) 6.2 (3.5 to 9.5) 0.54 CG 5.5 (3.0 to 9.7) 5.9 (3.1 to 9.4) 5.7 (3.3 to 9.3)**Median change (IQR) in moderate to vigorous activity (hr/wk)**IG 1.8 (0.6 to 3.8) 3.5 (1.5 to 5.5) 3.1 (1.5 to 5.1) 0.15CG 1.6 (0.4 to 4.2) 2.8 (1.3 to 4.8) 2.8 (1.4 to 5.4)†1–3 y after intervention phase; ‡4–9 y after intervention phase; §Adjusted for BL & sex at late FU |
| HLC, 201192Fair | 307IFGHD+PA, High | **PA, min/wk, mean (SD)** BL 6 moIG 413.16 (300.72) 451.48 (367.13)CG 497.91 (432.85) 440.95 (357.81)p=NS |
| Live Well, Be Well, 201286Good | 238IFGHD+PA, High | BL mean (SE), within-group change (SE)  BL 6 mo 12 mo**PA, hr/wk**IG 8.0 (0.6) 0.7 (0.6) 0.7 (0.7) CG 7.0 (0.5) 0.4 (0.6) 1.1 (0.6)Between-group comparison of change NS at either time point**PA, MET-hr/wk**IG 25.6 (2.1) 3.0 (2.2) 2.2 (2.1)CG 23.6 (2.2) 0.4 (2.0) 6.4 (2.8)Between-group comparison of change NS**Walking, hr/wk**IG 4.4 (0.4) 0.4 (0.4) 0.6 (0.5) CG 3.9 (0.4) 0.3 (0.4) 0.6 (0.5)Between-group comparison of change NS |
| LLDP94 Good | 312IFGHD+PA, High | **Leisure time PA, min/wk**  BL, mean (SD) 1-year change (median, 95% CI) IG 247.50 (164.1) 5.8 (-12.8 to 21.7)CG 251.08 (158.4) 3.3 (-20.7 to 18.3) Intervention effect: 3.33 (95% CI, -26.7 to 33.3); p=0.82 |
| Melbourne DPS, 201285Fair | 92IFGHD+PA, High | **Achieved goal of ≥30 min/d moderate PA, n (%), at 12 mo** IG 4 (10.8)CG 4 (9.5)p=NR |
| PREDIAS, 200995Fair  | 182 IFGHD+PA, High | **Physical exercise, min/wk, mean (SD)**  BL 12 mo Change IG 104.2 (80.24) 150.8 (75.18) 46.6 (95.5) CG 96.9 (76.3) 114.0 (72.6) 17.9 (63.8) Between-group p=0.034 |
| SLIM149Fair | 147IFGHD+PA, High | **Active days/wk, mean (SD)** BL 3 y ChangeIG 2.9 (2.4) 3.8 (2.5) 0.9 (2.8)CG 3.0 (2.6) 2.5 (2.7) -0.55 (3.31)p=NR**VO2max, L/min, mean (SD)** BL 1 y 2 y EndIG 2.18 (0.59) 2.38 (0.63) 2.39 (0.62) 2.35 (0.63)CG 2.06 (0.57) 2.14 (0.60) 2.04 (0.59) 2.08 (0.61)Group x time p=0.04 |
| Enhanced Fitness Trial, 201298Fair | 302IFGPA, High  | **Endurance, min/wk, mean (SD)** BL 3 mo 12 moIG 73.39 (±119.81) 124.30(±127.15) 133.60 (±136.47)CG 115.29(±183.66) 92.87(±115.01) 112.62(±135.45)p<0.001 for group x time interaction, indicating between-group differences**Strength, min/wk, mean (SD)**IG 19.19 (±74.97) 20.92(±33.46) 28.44(±57.62)CG 25.11(±75.68) 27.42(±68.69) 40.15(±93.35)p=0.11, indicating no significant differences for group x time interactions**% Meeting goal of 150 min/wk** BL 12 moIG 16% 42%CG 31% 31%OR, 1.65 (95% CI, 1.08 to 2.53)**Cardiorespiratory fitness on SF-36, 6-min walk test, average (SD)** BL 3 mo 12 moIG 495.7 (±119.9) 516.5 (±128.2) 518.3 (±127.4)CG 500.9 (±109.3) 526.4 (±113.9) 517.2 (±129.1)p=0.81 for group x time interactions |
| Prepare Trial, 200999Fair  | 98IFGPA, Medium | **Ambulatory activity, mean (SD), change (95% CI) at F/U** BL 6 mo 12 mo IG1 6560 (4,424) 870 (-54 to 1,793) 549 (-290 to 1,390) IG2 6600 (2,402) 2093 (944 to 3,242) 1039 (135 to 1,943)CG 6873 (3,537) -152 (-778 to 573) -940 (-1,574 to -307)  6 mo p 12 mo p IG1 vs. CG 968 (-297 to 2,234) 0.132 1,401 (417 to 2,385) 0.06IG2 vs. CG 2,207 (989 to 3,246) 0.001 1,902 (954 to 2,859) <0.001**Self-reported walking activity (MET-min/wk), mean (SD), change (95% CI) at F/U** BL 6 mo 12 mo IG1 891 (297 to 2,079) 154 (-582 to 889) 421 (-224 to 1,067) IG2 1,386 (594 to 2,772) 1,083 (517 to 1,649) 708 (72 to 1,344)CG 801 (292 to 2,161) 123 (-619 to 864) -361 (-849 to 127) **Change from BL; adjusted intervention effect** 6 mo p 12 mo p IG1 vs. CG -23 (-889 to 842) 0.957 764 (14 to 1,515) 0.046 IG2 vs. CG 1,031 (206 to 1,755) 0.015 1,150 (428 to 1,872) 0.002**Total moderate to vigorous PA (MET-min/wk), mean (SD), change (95% CI) at F/U** BL 6 mo 12 mo IG1 2,359 (947 to 3,989) 1,533 (-254 to 3,320) 1,459 (327 to 2,571) IG2 3,480 (1,524 to 6,339) 3,830 (1,637 to 6,024) 1,589 (48 to 3,130)CG 2,335 (923 to 3,921) 340 (-1,048 to 1,729) -1,377 (-2,852 to 98) **Change from BL; adjusted intervention effect** 6 mo p 12 mo p IG1 vs. CG 928 (-2,008 to 3,242) 0.468 2,364 (513 to 4,214) 0.13IG2 vs. CG 3,557 (1,126 to 5,987) 0.005 3,060 (1,301 to 4,819) 0.001 |
| Bo, 2007146Fair | 375 MixedHD+PA, Medium |  BL 12 mo Difference (95% CI) **PA (MET-hr/wk)** IG 18.9 (13.3) 23.6 (17.7) 4.73 (2.91 to 6.55) CG 18.1 (16.0) 17.8 (15.2) -0.26 (-0.92 to 0.40) p<0.001 |
| Cochrane, 2012102 Fair | 601 MixedHD+PA, High | **Mean PA score from Primary Prevention Toolkit**  BL 12 moIG 2.67 2.81CG 2.65 2.8p NR for difference between groups at 12 mo ("no significant difference between groups on any of the measures") |
| Edelman, 2006129 Fair | 154 MixedHD+PA, High | **Days per week of exercise** IG 1.6 3.7 CG 1.4 2.4p=0.002  |
| EUROACTION, 2008106Fair | 2,384MixedHD+PA, High |  BL 12 mo**Physical activity (≥30 min ≥4 times/wk), N (%)**IG 313/1080 (29) 512/1018 (50)CG 107/331 (32) 222/1003 (22)Difference: 29.4% (95% CI, 10.7 to 48.0); p=0.01**Physical activity, %, change from BL to 12 mo (compared with CG subsample)**IG 23.5CG -10.2Difference: 32.9% (95% CI, 11.8 to 53.9); p=0.01 |
| GOAL, 2009139 Good | 457 MixedHD+PA, Medium | Mean (95% CI) for BL, mean change (95% CI) at 12 mo, mean change (SD) at 36 mo, based on self-reported SQUASH questionnaire BL ∆ at 12 mo ∆ at 36 mo **Total PA (min/wk)**IG 2304 (2095 to 2513) -126 (-304 to 53) -167 (1321)CG 2026 (1867 to 2185) -68 (-225 to 89) -92 (1218)p 0.52 0.387**Moderate- to high-intensity PA (min/wk)**IG 596 (496 to 695) 97 (1 to 194)CG 720 (616 to 823) -22 (-112 to 68)p 0.24**% Meeting Dutch national reccomendations for 150 min/wk of PA** BL 3 yIG 68.6 73.8CG 71.4 73.9p=0.28**% Meeting ACSM guidelines for 60 min/wk of vigorous PA**IG 53.4 64.1CG 50.4 61.3p=0.99Other nonsignificant PA measures reported for 12 and 36 mo: low-intensity (<4 METs); leisure time PA total; leisure time PA for individual activities. Two significant PA findings:At 12 mo, IG had significantly greater improvements in walking than CG (p=0.05)At 36 mo, IG had significantly more moderate-intensity sport min/wk than CG (p=0.042) |
| Hardcastle, 2008167Fair | 334 MixedHD+PA, Medium |  BL 6-mo difference in mean (SEM) **Overall PA (MET-min/wk)**IG 2039 (204) 245 (104)CG 2320 (294) -122 (158) 95% CI, -739 to 4.70; p≤0.05**Vigorous PA (MET-min/wk)** IG 679 (114) 149 (64) CG 752 (151) 50 (109)95% CI, -348 to 150; p=NS**Moderate PA (MET-min/wk)** IG 437 (82) 89 (72) CG 554 (107) -29 (97)95% CI, -358 to 121); p=NS**Walking (MET-min/wk)** IG 1089 (97) 198 (63) CG 1244 (141) -145 (109)95% CI, -592 to -94); p<0.01Mean (SD) for outcome measure (ITT analyses) BL 18 mo **Total MET-min/wk**IG 1854 (2175) 3154 (3394)CG 2278 (2820) 3272 (3875)Time x group p=NS**Vigorous PA (MET-min/wk)**IG 590 (1294) 1061 (2120)CG 747 (1672) 972 (2023)Time x group p=NS **Moderate PA (MET-min/wk)**IG 441 (1091) 862 (1526)CG 576 (1159) 1086 (1670)Time x group p=NS**Walking (MET-min/wk)**IG 996 (1117) 1265 (1352)CG 1243 (1433) 1327 (1642)Time x group p<0.01 |
| HIPS, 2012103 Fair | 814 MixedHD+PA, High | **Physical Activity Score at 12 mo, mean (95% CI)** BL 6 mo 12 moIG 3.71 (NR) 4.59 (4.30 to 4.88) 4.60 (4.33 to 4.87)CG 3.38 (NR) 3.89 (3.56 to 4.22) 4.09 (3.80 to 4.38)p 0.002 0.01 |
| HOORN, 2013132 Fair | 622 MixedHD+PA, Medium | Median (Q1;Q3); based on SQUASH questionnaire\* BL 6 mo 12 mo **Moderate activities**IG 56 (19;150) 47 (21;120) 52 (21;138) CG 47 (19;120) 47 (19;121) 56 (26;126) Difference (95% CI) -9.5 (-22.3 to 3.2) -9.4 (-22.0 to 3.2)OR (95% CI)† NR NR**Vigorous activities**IG 0 (0;17) 0 (0;17) 0 (0;17)CG 0 (0;17) 6 (0;17) 0 (0;17) Difference (95% CI) -0.8 (-3.3 to 1.8) -0.1 (-3.3 to 3.1)OR (95% CI)† NR NR**Met recommendations, n (%)**IG 201 (64.0) 161 (51.3) 162 (51.6) CG 184 (59.7) 167 (54.2) 160 (51.9) Difference NR NROR (95% CI)† 0.7 (0.5 to 1.1) 0.9 (0.6 to 1.4)†Adjusted for BL values |
| IMPALA, 2009133Fair | 615MixedHD+PA, High | **Moderate or vigorous PA on modified CHAMPS questionnaire** BL 12 mo p**Min/wk, mean (SD)**IG 405 (343) 460 (362) 0.74CG 447 (345) 449 (365)**Met recommendations for PA\*, n (%)**IG 183 (60) 163 (65) 0.97CG 181 (64) 153 (65)\*≥30 min of moderate-intensity activity ≥5 days per week |
| Inter99, 2008107 Fair | 4,053 MixedHD+PA, High | **PA in men, min/wk** BL, mean (SE) 12 mo 36 moIG 286 (3.1) +11\* NR\*\*CG 304 (9.1) NR\*\* NR\*\*\*p<0.05 for within-group change over time; \*\*p=NS for within-group change over time; p NR for between-group comparisons**PA in women, min/wk**IG 291 (3.0) NR\*\* NR\*\*CG 327 (9.3) NR\*\* NR\*\* \*\*p=NS for within-group change over time; p NR for between-group comparisons  |
| Logan Healthy Living, 2009114 Fair | 434 MixedHD+PA, Medium | Adjusted\* mean (SE)  BL Δ 12 mo Δ 18 mo **Moderate to vigorous PA, min/wk** IG 142.5 (22.2) 71.2 (14.3) 62.19 (14.20)CG 142.4 (197.3) 84.5 (14.9) 74.73 (14.91)12-mo difference between groups: -11.14 (95% CI, -51.56 to 29.28); p=0.589 18-mo difference between groups: -12.54 (95% CI, 52.95 to 27.88); p=0.543 **Moderate to vigorous PA, sessions/wk** IG 2.9 (3.6) 2.6 (0.4) 2.24 (0.33) CG 2.9 (3.8) 2.3 (0.4) 2.13 (0.35)12-mo difference between groups: 0.39 (95% CI, -0.55 to 1.33); p=0.491 18-mo difference between groups: 0.11 (95% CI, -0.83 to 1.05); p= 0.815 **% meeting PA guidelines (≥150 min, ≥5 sessions/wk)** BL 12 mo IG 57 (25.0) 103 (45.1) CG 52 (25.7) 77 (37.3) OR, 1.50 (95% CI, 0.73 to 3.03) |
| PHPP, 2007121Fair | 99 MixedHD+PA, Medium | **Mean # of steps/d (SD)** BL 12 moIG 7345 (3890) 10373 (4089)\*CG 7196 (3682) 6815 (3421)\*p<0.001 |
| SPRING, 2012100 Fair | 201 MixedHD+PA, Medium | **Physically inactive participants, % (95% CI)** BL ∆ 12 mo IG 23 -11.8 (-20.6 to -5.5) CG 28 -4.5 (-11.2 to -1.3)Difference between groups: 7.3 (95% CI, -0.8 to 15.4)p=0.54 |
| WISEWOMAN California, 2010108 Fair | 1,093 MixedHD+PA, Medium |  BL 12 mo p†**Self-reported moderate level of exercise, n (%)**IG 309 (71) 365 (84) <0.001CG 328 (75) 335 (77) 0.57**Self-reported vigorous level of exercise, n (%)**IG 57 (13) 143 (33) <0.001CG 69 (16) 75 (17) 0.58Moderate activity defined as walking or running; vigorous as participating in exercise or sports†p-values are within group; between group p-values NR |
| WISEWOMAN NC, 2008110Fair | 236 MixedHD+PA, Medium | Mean (SE) BL 6 mo 12 mo **Physical activity, moderate, min/d†**IG 11.6 (1.3) 12.5 (1.0) 13.2 (1.1) CG 13.0 (1.2) 11.3 (1.1) 10.5 (1.1)Difference 1.2 (1.5) 2.7 (1.5)p 0.43 0.08**Physical activity assessment (self-reported), moderate**IG 13.3 (0.4) 14.5 (0.3) 14.0 (0.4) CG 13.4 (0.4) 13.4 (0.3) 12.9 (0.3)Difference 1.1 (0.5) 1.1 (0.5)p 0.013 0.027**Physical activity assessment (self-reported), vigorous**IG 8.8 (0.4) 9.5 (0.3) 9.0 (0.3) CG 9.1 (0.4) 8.7 (0.3) 8.5 (0.3)Difference 0.8 (0.4) 0.6 (0.5)p 0.05 0.23**Physical activity assessment (self-reported), all activity**IG 29.4 (0.8) 31.2 (0.7) 30.0 (0.7) CG 29.2 (0.8) 29.4 (0.6) 28.4 (0.6)Difference -4.1 (0.9) -3.4 (1.0)p 0.04 0.12 |
| Wister, 2007140Good | 315MixedHD+PA, Medium | **Adjusted change (95% CI) in physical activity** BL 12 moIG NR 0.17 (-0.06 to 0.40)CG NR 0.16 (-0.08 to 0.40)p=NR, NS |
| Green Prescription Programme (Walk to Heart, Health, & Activity Study), 2003123Fair | 878 MixedHD+PA, Medium |  BL (SD) ∆ at 12 mo (95% CI) Difference between groups (95% CI) p**Total energy expenditure (kcal/kg/wk)** IG 237.5 (42.2) 9.76 (5.85 to 13.68) 9.38 (3.96 to 14.81) 0.001CG 235.7 (45.3) 0.37 (-3.39 to 4.14) (975 kcal/wk)**Leisure PA (kcal/kg/wk)**IG 6.0 (12.2) 4.32 (3.26 to 5.38) 2.67 (0.48 to 4.86) 0.02CG 6.5 (11.1) 1.29 (0.11 to 2.47) (247 kcal/wk)**Moderate or vigorous exercise (min/wk)**IG 11.3 (21.7) 54.6 (41.4 to 68.4) 33.6 (2.4 to 64.2) 0.04 CG 12.0 (20.5) 16.8 (6.0 to 32.4) **% meeting recommended PA levels (2.5 hr/wk of moderate to vigorous PA)**IG 66/451 (14.6%)CG 21/427 (4.9%)p=0.003 |
| NERS, 2012109 Fair (poor for quality of life) | 2,160 MixedPA, Medium | **Total exercise (min), median (IQR), at 12 mo**IG 200 (60 to 435)CG 165 (50 to 370)Text states “of borderline statistical significance”; p=NR |
| PAC, 2011122 Fair | 120 MixedPA, Medium |  BL 13 wk 25 wk Adjusted mean ∆ (BL to 13wk) **Acitivity counts/min**IG 213.1 (79.8) 209.5(85.8) 199.4 (76.6) CG 231.5 (71.3) 218.6(68.2) 208.6 (64.2) **Moderate activity, min/d (%)**IG 13.36 (4.90) 12.28 (4.39) 12.08 (4.42) CG 15.67 (5.11) 14.11(4.16) 13.63 (3.62) **Vigorous activity, min/d (%)**IG 3.98 (2.64) 3.80 (2.74) 3.56 (2.44) CG 3.88 (2.31) 3.88(2.23) 3.54 (2.06) NS for all accelerometer measures**VO2 peak, LO2min-1**IG 2.3 (0.7) 2.4 (0.8) 2.4 (0.8) 0.079 (-0.02 to 0.17)CG 2.2 (0.7) 2.3 (0.7) 2.3 (0.7) 0.128 (0.01 to 0.24) |
| PACE, 2005131Fair | 771 MixedPA, Medium | Self-reported PA on SQUASH Questionnaire BL 6 mo 12 mo**Median amount of at least moderate PA, min, overall**IG 240 360 350CG 30 410 390**Median amount of at least moderate PA, min, leisure time**IG 215 300 295 CG 240 300 325  |
| Kallings, 2009141Good | 101MixedPA, Medium | **Increase of ≥3,000 steps/d**IG 32%CG 14%p<0.05 BL 6 mo **Moderate-intensity PA ≥30 min 5 times/wk** IG 17% 38% CG 7% 17%p<0.05**Vigorous-intensity PA ≥20 min 3 times/wk** IG 11% 21% CG 7% 7%p<0.05**Moderate- to high-intensity muscle strengthening ≥2 times/wk** IG 2% 21% CG 6% 9%p=0.09 |
| LIFE, 2010130Fair | 186 MixedPA, Medium |  BL BL to 6 mo ∆ 6 to 11 mo ∆ BL to 11 mo ∆**VO2max (mL/kg/min)**IG1 22.0 (±0.66) +2.3 +0.7 +3.0CG 22.3 (±0.63) +0.9 +1.1 +2.0p NS <0.05 NS NS **F static strength, peak torque in a knee-joint angle of 120º**IG1 137.7±5.8 +4.3 +2.8 +7.1 CG 137.3±5.4 +1.5 +0.0 +1.5p NS NS NS NS**F dynamic strength, peak torque of 6 contractions at 240º**IG1 70.0±2.9 +1.2 +0.4 +1.6CG 68.6±2.8 -0.6 +0.6 +0.0p NS NS NS NSOther strength endurance tests: arm curl test, IG significantly greater than CG from 6 mo to 11 mo and from BL to 11 mo; chair stand test, IG significantly greater than CG from BL to 6 mo, 6 to 11 mo, and BL to 11 mo; vertical jump, IG significantly greater than CG from BL to 11 mo |

**Abbreviations:** ACSM = American College of Sports Medicine; BL = baseline; CG = control group; CI = confidence interval; F/U = followup; HR = heart rate;

HTN = hypertension; IG = intervention group; IFG = impaired fasting glucose; IQR = interquartile range; ITT = intention to treat; LTPA = leisure time physical activity; MDI = medical doctor intervention; MET = metabolic equivalent; MVPA = moderate to vigorous physical activity; n = sample; N = study population;

NR = not reported; NS = not significant; OR =odds ratio; PA = physical activity; PTI = patient intervention; SD = standard deviation; SE = standard error;

SEM = standard error of the mean.