What Works in Community-Based Interventions Promoting Physical Activity and Healthy Eating? A Review of Reviews

Search Protocol

Update: 14 April 2014

Limits: publication date 2007–present, publication type “review”, publication language “English”.

1. ((((((systematic review or meta analysis[Publication Type])) AND (“2007”[Date-Publication]: “3000”[Date-Publication])) AND (prevention or intervention or promot* [Title/Abstract])) AND (community or neighborhood or quarter or population-based- or multi level or multi-component or environmental intervention or social environment or built environment)) AND (dietary or weight or nutrition or healthy eating or body mass index or obese or obesity or vegetable or fruit or overweight)))

2. ((((((systematic review or meta analysis[Publication Type])) AND (“2007”[Date-Publication]: “3000”[Date-Publication])) AND (prevention or intervention or promot* [Title/Abstract])) AND (community or neighborhood or quarter or population-based- or multi level or multi-component or environmental intervention or social environment or built environment)) AND (physical activity or physical inactivity or motor activity or exercise or ergonomic or musculoskeletal disorder or fitness or sedentary behav*)))

3. (1 or 2)

Hits: 2,091 → filters activated: 1,819

NICE:

Searched: 14 April 2014

Limits: areas of interest “Public Health”, types of information “systematic review”, date “2007–present”, Sources “DARE”, “NICE”, “NIHR Journals Library”

((prevention or intervention or promot*) and (community or neighborhood or quarter or population-based- or multi level or multi-component or environmental intervention or social environment or built environment) and (dietary or weight or nutrition or healthy eating or body mass index or obese or obesity or vegetable or fruit or overweight)) or ( (prevention or intervention or promot*) and (community or neighborhood or quarter or population-based- or multi level or multi-component or environmental intervention or social environment or built environment) and (physical activity or physical inactivity or motor activity or exercise or ergonomic or musculoskeletal disorder or fitness or sedentary behav*))

Hits: 148
Cochrane:

Searched: 14th April 2014

Limits: publication date: 2007–present, Database “Cochrane Reviews (Reviews only) and Other Reviews”.

1. prevention or intervention or promot*: ti,ab,kw and community or neighborhood or quarter or population-based- or multi level or multi-component or environmental intervention or social environment or built environment:ti,ab,kw and dietary or weight or nutrition or healthy eating or body mass index or obese or obesity or vegetable or fruit or overweight: ti,ab,kw Publication Date from 2007, in Other Reviews (Word variations have been searched)
2. prevention or intervention or promot*: ti,ab,kw and community or neighborhood or quarter or population-based- or multi level or multi-component or environmental intervention or social environment or built environment:ti,ab,kw and physical activity or physical inactivity or motor activity or exercise or ergonomic or musculoskeletal disorder or fitness or sedentary behave*: ti,ab,kw Publication Date from 2007, in Other Reviews (Word variations have been searched)
3. (1 or 2)

Hits: 113

Campbell:

Searched: 14 April 2014

Limits: publication date 2007–present, document type “review”

1. prevention OR intervention OR promot* in all text and community OR neighborhood OR quarter OR population-based- OR multi level OR multi-component OR environmental intervention OR social environment OR built environment in all text and dietary OR weight OR nutrition OR healthy eating OR body mass index OR obese OR obesity OR vegetable OR fruit OR overweight in all text and published from 2007 and document type is review
2. prevention OR intervention OR promot* in all text and community OR neighborhood OR quarter OR population-based- OR multi level OR multi-component OR environmental intervention OR social environment OR built environment in all text and physical activity OR physical inactivity OR motor activity OR exercise OR ergonomic OR musculoskeletal disorder OR fitness OR sedentary behav* in all text and published from 2007 and document type is review
3. (1 or 2)

Hits: 73

Two authors independently assessed the quality of all selected reviews according to the AMSTAR criteria, an 11-item questionnaire developed to assess the methodological quality of systematic reviews. Table S1 shows the results of the quality rating. In the last column, number of positive rating (“Yes”) was summed up for an overall quality score of the reviews.
## Table S1. Quality assessment of the included reviews.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleich et al., 2013</td>
<td>Narrative</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Hendrie et al., 2011</td>
<td>Narrative</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>6</td>
</tr>
<tr>
<td>Kellou et al., 2014</td>
<td>Narrative</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>7</td>
</tr>
<tr>
<td>van Sluijs et al., 2007</td>
<td>Narrative</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>7</td>
</tr>
<tr>
<td>Van Sluijs et al., 2011</td>
<td>Narrative</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>5</td>
</tr>
<tr>
<td>Waters et al., 2011</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>Yes</td>
<td>No</td>
<td>9</td>
</tr>
<tr>
<td>Wolfenden et al., 2014</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>9</td>
</tr>
<tr>
<td>Michie et al., 2009</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>6</td>
</tr>
</tbody>
</table>
### Table S1. Cont.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Kassavou et al., 2013</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Bock et al., 2014</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>6</td>
</tr>
<tr>
<td>Webel et al., 2010</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>No</td>
<td>Can’t answer</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>6</td>
</tr>
<tr>
<td>Soler et al., 2010</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>5</td>
</tr>
<tr>
<td>Baker et al., 2011</td>
<td>Narrative</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Ogilvie et al., 2007</td>
<td>Narrative</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Not applicable</td>
<td>Can’t answer</td>
<td>No</td>
<td>No</td>
<td>7</td>
</tr>
<tr>
<td>Garret et al., 2011</td>
<td>Narrative</td>
<td>Yes</td>
<td>No</td>
<td>Can’t answer</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Cleland et al., 2012</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>9</td>
</tr>
<tr>
<td>Norris et al., 2009</td>
<td>Meta-analysis</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>9</td>
</tr>
<tr>
<td>Baker et al., 2011</td>
<td>Narrative</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>Yes</td>
<td>Can’t answer</td>
<td>Yes</td>
<td>Yes</td>
<td>Not applicable</td>
<td>No</td>
<td>No</td>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>

Note: * After removal of duplicates, the 18 selected reviews included 195 primary studies (see section “Reference List of the Underlying Primary Studies”) of community-based interventions promoting physical activity and healthy eating. The following list shows the references of the underlying studies.
Reference List of the Underlying Primary Studies


• Lane, A.; Murphy, N.; Bauman, A.; Chey, T. Randomized controlled trial to increase physical activity among insufficiently active women following their participation in a mass event. *Health Educ. J.* 2010, 69, 287–296.


Nies, M.A.; Motyka, C.L. Factors contributing to women’s ability to maintain a walking program. *J. Holist. Nurs. 2006, 24, 7–14.*


The reference list includes the systematic reviews and meta-analyses which were selected for the review of reviews.

**References**


16. Cleland, V.; Granados, A; Crawford, D; Winzenberg, T.; Ball, K. Effectiveness of interventions to promote physical activity among socioeconomically disadvantaged women: A systematic review and meta-analysis. *Obes. Rev.* 2013, 14, 197–212.


© 2014 by the authors; licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution license (http://creativecommons.org/licenses/by/3.0/).