

Cardiovascular Disease Prevention and Control: Interventions Engaging Community Health Workers

Summary Evidence Table - Physical Activity Outcomes

Author (s) (Suitability of Design)*	Outcome Name	Baseline:	End of Intervention:	Change in physical activity outcome (Diff. in diff of means OR absolute pct pt change)
Becker et al. 2005 (Greatest)	Change in energy expenditure (mJ/d)	Intervention (n=196): 10.6 mJ/d Comparison (n=168): 10.8 mJ/d	12 mo. Intervention (n=196): 10.8 mJ/d Comparison (n=168): 10.4 mJ/d	0.80 mJ/d (p=0.02) Favorable direction
Hayashi et al. 2010 (Greatest)	Change in high" degree of improvement in physical activity relative to "no change"	NR	12 mo. NR	RR=2.1 Favorable direction
Plescia et al. 2008 (Greatest)	Does not meet any physical activity recommendation	Intervention (n=911): 31.9 % Comparison (n=1086): 23.1 %	60 mo. Intervention (n= 884): 27.4 % Comparison (n= 2844): 25.5 %	-6.9 pct pts (NS) Favorable direction
Balcazar et al. 2005 (Least)	Change in physical activity (Score on 0-100 scale)	Intervention (n=223): 30 pts	6 mo. Intervention (n=190): 47 pts	17 pts (p<0.001) Favorable direction
Fernandes et al. 2012 (Least)	% Performing aerobic exercise	Intervention (n=92): 16.7%	12 mo. Intervention (n=92): 39.1%	22.4 pct pts (p<0.001) Favorable direction
Medina et al. 2007 – Arm 1 (Least)	Change in physical activity level (Likert scale)	Intervention (n=62): 2.06	6 mo. Intervention (n=62): 2.34	0.28 pts (p<0.01) Favorable direction
Medina et al. 2007 – Arm 2 (Least)	Change in physical activity level (Likert scale)	Intervention (n=36): 1.60	6 mo. Intervention (n=36): 2.15	0.55 pts (p<0.01) Favorable direction
Shlay et al. 2011 (Least) †	% attended exercise class in last 6 months	Intervention (n=343): 10.2%	12 mo. Intervention (n=340): 29.1%	18.9 pct pts (p<0.001) Favorable direction
Shlay et al. 2011 (Least) †	% physical activity level (≥ recommended level)	Intervention (n=343): 40.5%	12 mo. Intervention (n=340): 38.2%	-2.3 pct pts (NS) Unfavorable direction
Spinner et al. 2012 (Least) †	% did physical activity outside of work	Intervention (n=385): 57.0%	2 mo. Intervention (n=385): 78.0%	21.0 pct pts (p<0.001) Favorable direction
Spinner et al. 2012 (Least) †	% did physical activity several days a week	Intervention (n=385): 35.6%	2 mo. Intervention (n=385): 52.2%	16.6 pct pts Favorable direction

Author (s) (Suitability of Design)*	Outcome Name	Baseline:	End of Intervention:	Change in physical activity outcome (Diff. in diff of means OR absolute pct pt change)
Spinner et al. 2012 (Least) †	% did physical activity everyday	Intervention (n=385): 16.1%	2 mo. Intervention (n=385): 20.0%	3.9 pct pts Favorable direction
Zoellner et al. 2011 (Least)	6-minute walk test (distance = meters)	Intervention (n=269): 440m	6 mo. Intervention (n=190): 449.2m	9.2m (NS) Favorable direction

* Included studies were stratified based on suitability of study designs. Study designs of greatest/moderate suitability include: individual or group randomized controlled trial, non-randomized trial, prospective cohort, case-control, and other designs that have a concurrent comparison group. Study designs least suitable include before-after studies without a comparison group.

† overall study has greatest suitability of design, but health behavior outcomes not reported for comparison group

Abbreviations:

pct pts, percentage points

NR, not reported

NS, not significant

mJ/d, millijoules per day