

Evidence Analysis Center
Nutrition and Physical Activity in the General Population
Scoping Review

Eligibility Criteria

	Inclusion Criteria	Exclusion Criteria
Peer-Review Status	Peer-reviewed and published in a juried publication in a peer-reviewed section within the publication	Non-peer-reviewed articles, such as government reports, gray literature
Population	<ul style="list-style-type: none"> • Humans • Non- or recreational athletes (<10 hours training/week) • Adults (≥18 years old) 	<ul style="list-style-type: none"> • Animal studies • <18 years old • Elite athletes (>10 hours training/week) <ul style="list-style-type: none"> ○ Highly trained ○ Well-trained ○ Wrestling, soccer or other team sport
Setting	Out-patient, community	In-patient
Health Status	<ul style="list-style-type: none"> • No diagnosed cardiometabolic diseases or mental health disorder • At risk for or diagnosed with non-acute cardiometabolic disease • Non-severe anxiety or depression • NAFLD • Osteoarthritis • Sarcopenia 	<ul style="list-style-type: none"> • Persons with medical conditions that limit their generalizability to the general population. • Studies targeting individuals with: <ul style="list-style-type: none"> ○ Acute, terminal or critical illnesses; ○ dialyzed or post-organ transplant; ○ post-surgical patients; ○ chronic diseases such as COPD or HIV/AIDS; ○ spinal cord injury; ○ cancer or studies targeting cancer survivors; ○ Heart failure; stroke ○ pregnancy; lactation; postpartum ○ morbidly obese (BMI ≥/ 40) or who have PCOS; bariatric surgery; ○ active military (include veterans); ○ IBD ○ severe and persistent mental illness, ○ institutionalized (nursing home, hospitalized, prison)
Interventions/ Exposures	Individual-level nutrition AND exercise counseling or therapy provided by a nutrition or exercise practitioner to	Group or organization level interventions (individualized counseling provided in the context of an organization were included)

	<p>achieve or maintain nutrition and PA recommendations.</p> <p>Counseling or coaching must be provided by at least one of the following: Dietitian, Diet Tech, Nutritionist (if in country where this is dietitian-equivalent), Health Coach, Personal Trainer, Exercise Practitioner Otherwise Specified</p> <p>Nutrition counseling can include</p> <ul style="list-style-type: none"> ● Increased consumption of fruits, vegetables, whole grains, fat-free or low-fat dairy, and lean proteins ● Limited consumption of sodium, saturated fat, trans fat, and sugar-sweetened food and beverages ● Balanced diet plans such as Mediterranean, DASH, MyPlate <p>Physical activity coaching can include</p> <ul style="list-style-type: none"> ● Aerobic activities that involve repeated use of large muscles, such as walking, cycling, and swimming ● Resistance training designed to improve physical strength ● Reduction of sedentary behaviors ● Optional or access to guided physical activity or exercise classes allowed 	<p>Counseling or coaching provided by: Physician, Nurse, Psychologist, Community Health Worker, Paraprofessional/Peer, any other provider not specified for included</p> <p>Nutrition interventions exclude special / controlled diets (ex: low-carbohydrate diet)</p> <p>PA interventions excluded:</p> <ul style="list-style-type: none"> ● Physical activity counseling solely focused on balance, flexibility, or gait ● Stress management interventions (e.g., meditation or yoga or tai chi-based interventions that have minimal aerobic or strength-building activities) ● Counseling interventions aimed at fall prevention, cognitive functioning ● Interventions or exposures that do not consider the combination of nutrition <u>AND</u> physical activity
Comparators	<p>Must have a comparison group that is a true control not receiving the intervention. Includes usual care, minimal intervention, attention control no intervention.</p>	<ul style="list-style-type: none"> ● No comparison group. ● Comparison group is an alternative intervention, with no true control. ● Comparison group includes counseling or coaching for nutrition only or PA only. ● Comparison group receives group counseling for nutrition and PA
Study Design Preferences	<ul style="list-style-type: none"> ● Systematic Reviews and Evidence-based practice guidelines ● Controlled Clinical trials (RCTs, NRCTs) 	<ul style="list-style-type: none"> ● Narrative reviews, commentary/letters to the editor, case studies ● Observational studies, including cross-sectional studies, cohort studies
Minimum Study Duration	No limits	No limits
Size of Study Groups	≥10 participants/group	<10 participants/group

Study Drop Out Rate	No limits	No limits
Outcome	<p>Diet and PA (behavior), Intermediate and Health Outcomes</p> <p>Intermediate Outcomes: Dietary intake, physical activity, body composition (FM, FFM, BMD), anthropometrics, glucose homeostasis measures/pre-diabetes, BP, lipid profile, intermediate CVD measures (ex: IMT, FMD), CRP</p> <p>Intermediate outcomes must be measured before and after the trial.</p> <p>Physical Activity should be specified in METs.</p> <p>Health Outcomes: mortality, quality of life, CVD/events, Type 2 diabetes, metabolic syndrome, malnutrition (overweight/obesity/underweight), anxiety disorders, depression, osteoarthritis, osteoporosis/osteopenia, joint pain</p>	Outcomes other than those specified. Studies examining kinetics only.
Year Range	<p>Primary Studies: 2005-May 4 2020</p> <p>Systematic Reviews/ Meta-Analyses: 2015- May 4, 2020</p>	<p>Primary Studies: Prior to 2005</p> <p>Systematic Reviews: Prior to 2015</p>
Language	Limited to articles in English	Articles not published in English
Location	Countries with developed economies	<p>Countries that are not economically developed</p> <p>https://www.un.org/en/development/desa/policy/wesp/wesp_current/2014wesp_country_classification.pdf</p>
Databases	Medline/PubMed, CINAHL, Cochrane Database of SRs, Guideline Clearinghouse	