

## Evidence Analysis Library

### Nutrition and Physical Activity: General Population Systematic Review

#### Summary of Findings Describing the Effect of Nutrition and Physical Activity Interventions Provided by Qualified Practitioners for Adults who are Healthy

Outcome № of participants (studies)	Anticipated absolute effects (95% CI)	Risk of Bias	Inconsistency	Indirectness	Imprecision	Other	Certainty	What happens
Physical activity amount № of participants: 3339 (4 RCTs)	SMD 0.16 SD higher (0.03 higher to 0.29 higher)	■	□	□	□	□	⊕⊕⊕○ Moderate <sup>a</sup>	In adults who are healthy, nutrition and physical activity counseling/coaching likely increases physical activity amount slightly.
Fruit № of participants: 1839 (5 RCTs)	SMD 0.26 SD higher (0.13 higher to 0.4 higher)	■	□	□	□	□	⊕⊕⊕○ Moderate <sup>a</sup>	In adults who are healthy, nutrition and physical activity counseling/coaching likely increases fruit intake slightly.
Vegetable intake № of participants: 1839 (5 RCTs)	SMD 0.15 SD higher (0.01 higher to 0.28 higher)	■	□	□	□	□	⊕⊕⊕○ Moderate <sup>a</sup>	In adults who are healthy, nutrition and physical activity counseling/coaching likely increases vegetable intake slightly.
Waist circumference (cm) № of participants: 2776 (3 RCTs)	MD 0.95 cm lower (2.01 lower to 0.12 higher)	■	□	□	□	□	⊕⊕⊕○ Moderate <sup>a</sup>	In healthy adults, nutrition and physical activity counseling/coaching likely results in little to no difference in waist circumference.
Glucose Levels № of participants: 1378 (3 RCTs)	SMD 0.32 SD lower (0.62 lower to 0.07 lower)	□	□	□	■	□	⊕⊕⊕○ Moderate <sup>b</sup>	In healthy adults, nutrition and physical activity counseling/coaching likely reduces blood glucose levels.
Quality of Life № of participants: 295 (3 RCTs)	Not pooled	■	■	□	■	□	⊕○○○ Very low <sup>a,b,c</sup>	Very limited evidence described no effect of nutrition and physical activity interventions on quality of life in healthy adults, but results were heterogeneous.
Anxiety and depression № of participants: 850 (4 RCTs)	SMD 0.04 SD lower (0.29 lower to 0.22 higher)	■	□	■	□	□	⊕⊕○○ Low <sup>a,b</sup>	In adults who are healthy, nutrition and physical activity counseling/coaching may result in little to no difference in anxiety and depression.

■ Highlighted squares indicate the certainty of evidence was reduced for the domain indicated

CI= confidence interval; MD= mean difference; RCT= randomized controlled trial; RR= relative risk;  
SD= standard deviation; SMD= standardized mean difference; WC= waist circumference

- a. Some concerns or high risk of bias detected in some included studies.
- b. Small sample sizes
- c. Inconsistency in results between studies.