Appendix B.
Brief Evidence Table of Included Reviews

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This table summarizes the number and type of review articles included in the literature review for each setting and lists the strategies described in each review article. Additional information about the review articles can be found in the Results section of the *Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity Among Youth*. The information presented does not indicate the quality of the review, nor does it take into account whether a specific study was cited in multiple review articles.

Strategies	Number of Studies			
	Strategy Had an Effect	Strategy Addressed, No Decision	Strategy Had No Effect	Strategy Not Addressed
School Setting				
School Setting—Multi-component School-based **(7 reviews: 2 systematic, 4 narrative, 1 review of reviews)**				
Multi-component interventions more effective	6			1
Effective in leisure time physical activity		1	1	5
Children	3	2		2
Adolescents	3	1	1	2
Intervened over 1 school year	2			5
Multi-component approaches including physical education (PE)	6			1
Education/behavioral modification lessons	2			5
Programs integrated into the regular school curriculum	1			6
Programs taught by PE experts	1			6
Involve families using written info	2			5
Computerized online program to provide individually tailored feedback	1			6
Organized physical activity opportunities during breaks or before and after school	1			6
After-school availability of activity space and equipment	1			6
Increase of PE lesson time	1			6
Printed education material	1			6
Community-based initiatives	1			6

Strategies	Number of Studies			
	Strategy Had an Effect	Strategy Addressed, No Decision	Strategy Had No Effect	Strategy Not Addressed
School Setting—Physical Education (PE) **(7 reviews: 1 systematic, 5 narrative, 1 review of reviews)**				
PE is beneficial for achieving moderate-to-vigorous physical activity	7			
Increasing out-of-class physical activity through interventions using PE component is less convincing, especially from older reviews	3			4
Intervention effects were consistently positive for physical activity in school, out-of-school, and overall	1			6
Studies showed significant intervention effects on fitness	4			3
Interventions can increase physical activity in PE classes with relatively simple modifications	5			2
Maximizing inclusion by adjusting activities	2			5
Teaching PE teachers to better manage and organize PE classes	2			5
Providing a PE curriculum that increases intrinsic motivation in students	1			6
Providing a PE curriculum that includes behavior modification lessons	1			6
Providing specialized PE teachers	4			3
Providing schools with more PE materials	2			5
Intervention over 1 school year	1			6
Multi-component approaches including PE	3			4
Programs integrated into regular school curriculum	1			6
Involved family with written info	2			5
Effects greater in children than adolescents	2			5
No convincing evidence of a positive effect of PE on physical activity later in life	1			6
School Setting—Active Transportation to School **(3 reviews: 3 narrative [1 of intervention studies])**				
Cross-sectional association between school travel and physical activity	2			1
Interventions to increase active transportation to school increase active transportation to school	1			2
School Setting—Activity Breaks **(2 reviews: 2 narrative)**				
Promoting physical activity during school break periods	1	1		
Breaks for activity (children)	1			1

Strategies	Number of Studies			
	Strategy Had an Effect	Strategy Addressed, No Decision	Strategy Had No Effect	Strategy Not Addressed
School Setting—School Physical Environment **(4 reviews: 1 systematic, 2 narrative, 1 review of reviews)**				
Children	1	2		1
Adolescents		4		
Short-term		3		1
Post-intervention		3		1
School Setting—After-school **(7 reviews: 2 systematic, 4 narrative, 1 meta-analysis)**				
Overall on physical activity	1	2	2	2
Overall on fitness	1			6
Targeting physical activity alone	1			6
Located in schools	1			6
Included a family component	1	1		5
Aimed at/culturally tailored for an African American population		2	1	4
Aimed at low socioeconomic status groups	1			6
Targeting weight gain prevention or diet and activity together			1	6
Activity outside after-school program		1		6
Sports		1		6
Preschool and Childcare Center Setting **(3 reviews: 2 systematic, 1 narrative)**				
Structured physical activity time with trained staff	2			1
Portable play equipment	2			1
Integrated physical activity in daily routines and curricula	2			1
High parent involvement	1			2
Behavior change theories	1			2
Extra free play			2	1
Fixed equipment/playground markings			2	1
Structured play at the expense of free play			1	2

Strategies	Number of Studies			
	Strategy Had an Effect	Strategy Addressed, No Decision	Strategy Had No Effect	Strategy Not Addressed
Community Setting				
Community Setting—Built-Environment (2 reviews: 2 systematic)				
Children:				
Access to recreation facilities	1			1
Land-use mix	1			1
Residential density	1			1
Walkability	1			1
Walking/biking facilities	1			1
Traffic speed/volume	1			1
Pedestrian safety structures	1			1
Incivilities/disorders	1			1
Vegetation	1			1
Traffic calming	1			1
Park access		1		1
Street connectivity		1		1
Adolescents:				
Residential density	1			1
Land-use mix	1			1
Traffic calming	1			1
Parks		1		1
Recreation facilities		1		1
Street connectivity		1		1
Community Setting—Camps and Youth Organizations (3 reviews: 3 narrative)				
Summer camp	1		2	
Scouts		1		2

Strategies	Number of Studies			
	Strategy Had an Effect	Strategy Addressed, No Decision	Strategy Had No Effect	Strategy Not Addressed
Community Setting—Other Community-based Programs **(6 reviews: 2 systematic, 3 narrative, 1 review of reviews)**				
Community-based interventions' effect on physical activity—all youth	1	2		3
Community-based interventions' effect on physical activity—child			1	5
Community-based interventions' effect on physical activity—adolescent		1		5
Cycling promotion projects				7
More out-of-hours use of school grounds				7
Social marketing interventions (primarily via TV advertisements)		1		5
School setting, including community—all youth	2		1	3
School setting, including community—child		1	1	4
School setting, including community—adolescent	2			4
Whole community with involvement of schools		1		5
Family and Home Setting **(3 reviews: 2 systematic, 1 review of reviews and systematic update)**				
Parents responsible for participation and implementation	1			2
Greater parental involvement	1			2
Behavior change techniques spanned the spectrum of behavior change process	1	1		1
Sending material home to families in the form of newsletters or homework			1	2
Engaging family in family physical activity or exercise program with children			1	2
Contacting families via organized activities	1			2
Parent training, family counseling, or preventive messages during family visits		1		2
Telephone interventions		1		2
Provision of information in group settings			1	2
Activity sessions for the children			1	2
Primary Care Setting **(3 reviews: 1 systematic, 2 review of reviews and systematic update)**				
Adolescents	2	1		