

Public health technology assessment report
“THE EFFICIENCY OF ADULT PERSONS’ PHYSICAL ACTIVITY PROMOTION
INTERVENTIONS AND THEIR APPLICATION PRACTICE IN LITHUANIA”

Project implementation period: 2013–2014

Aim – to determine the efficiency of interventions for promoting adult persons’ physical activity and their application practice in Lithuania.

Tasks:

1. To collect information confirmed by scientific research on the efficiency of interventions applied for promoting adult persons’ physical activity;
2. To determine the interventions for promoting adult persons’ physical activity carried out in Lithuania and to assess the extent of efficient interventions.

Material and methods. Scientific evidence on the efficiency of interventions applied for promoting adult persons’ physical activity was collected by carrying out a systemic review of scientific publications, published in 2003-2013. Article search was conducted in PubMed, Ovid, EBSCO, Sportdiscus, and PsycInfo databases. 32 pieces of research were included in the systemic review. The data on the interventions applied for promoting adult persons’ physical activity in Lithuania in the period from 2012 to 2014 were collected by carrying out a questionnaire survey of municipality public health office employees and municipality administrations.

Results. Middle-age adult persons’ physical activity can be encouraged by consultations provided by occupational healthcare specialists or other specialists by way of direct contact or remotely. Favourable results in changing the physical activity behaviour were observed in applying interventions for self-control, especially if they are adapted to individual physical activity result monitoring. The collected evidence was insufficient for assessing the efficiency of group activities. Physical activity changes measured by subjective assessment methods were positive to groups with interventions applied: physical activity duration was longer by 47.17 minutes a week on average (95% confidence interval [24.68 – 69.67]); experiment group participants engaged in physical activity of average intensity 1.4 days a week more (95% confidence interval [0,44 – 2,39]). In measuring physical activity with objective measurement methods, the concluded results are also positive to groups with interventions applied: experiment group participants increased the number of steps taken a day by 375 steps on average more as compared to investigated control group participants (95% confidence interval [-340,21 – 1090,03]). The received concluded intervention effect size results should be interpreted with caution since only 18 (out of 32) results of pieces of research included in the meta-analysis were concluded.

During the period of investigation (2012 – 2014) various physical activity promotion activities were conducted in Lithuanian municipalities. The most attention was given to physical workout interventions, physical activity promotion events, one-day events/practices. Interventions for developing residents’ physical activity behaviour self-control by recommending the use of pedometers, or those for raising the residents’ motivation to be more physically active by organising specialists’ consultations for individual persons or target groups were applied quite seldom. The physical activity promotion measures carried out in the countries are mostly chose with regard to the residents’ needs according to municipality administrations as well as office representatives.

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