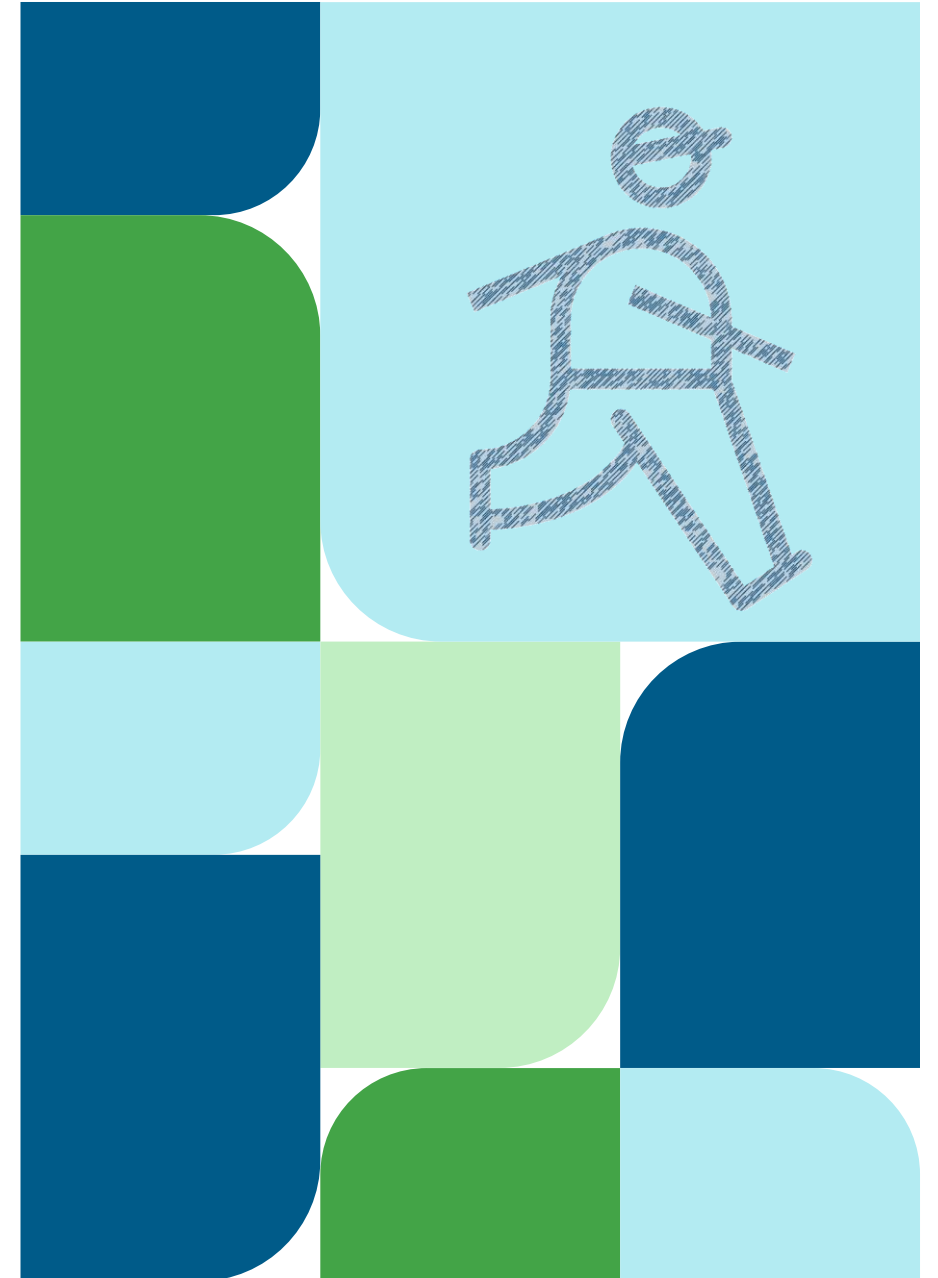


Physical activity, sedentary behaviour, and cardiorespiratory fitness in adult patients after Swedish physical activity on prescription interventions: a scoping review

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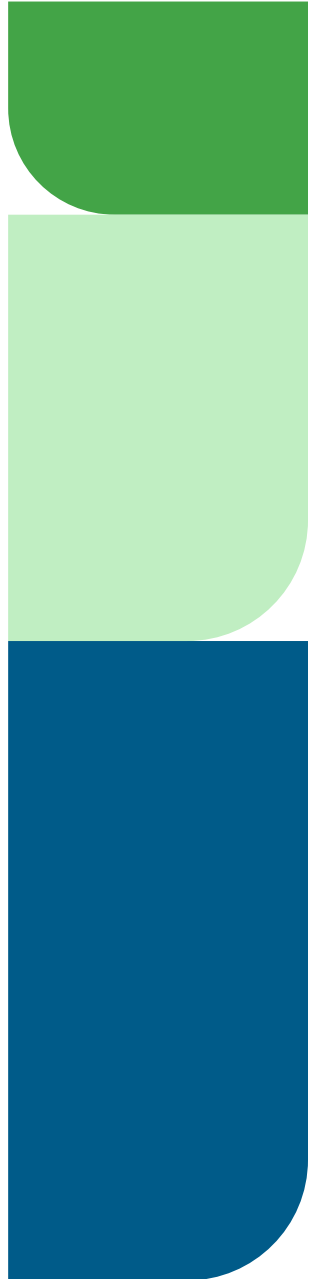


The aim

To map and summarise existing research on

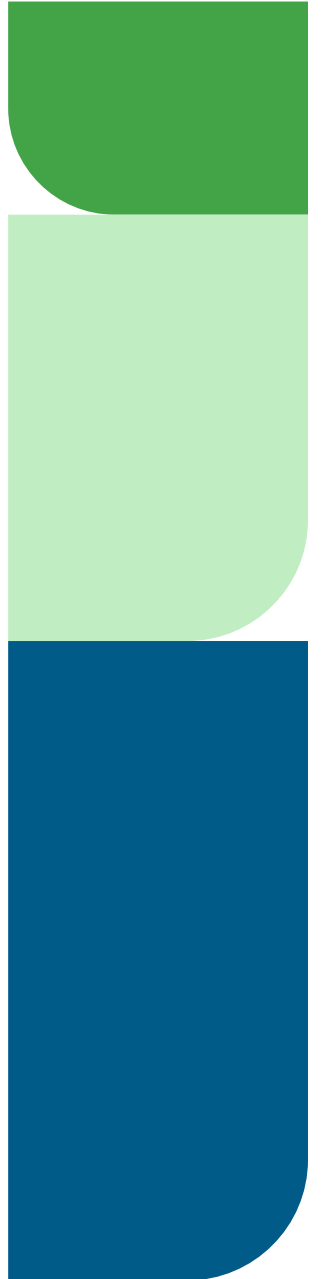
- physical activity (PA)
- sedentary behaviour (SED)
- cardiorespiratory fitness (CRF)

among adult patients with insufficient PA who participated in physical activity on prescription (PAP) interventions within Swedish healthcare.



Results

- 16 articles were included.
 - 1 systematic review
 - 4 RCTs
 - 8 observational
 - 3 quasi-experimental
- Outcome measures, follow-up durations and control group designs varied across studies.

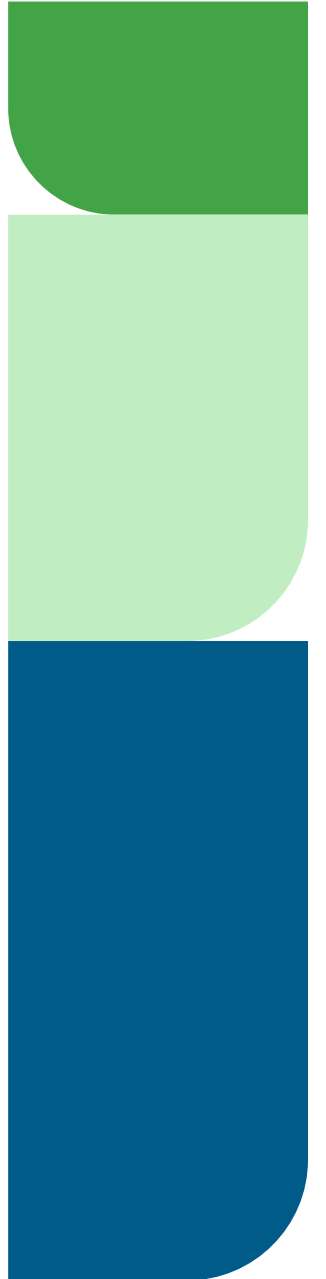


Results

- Systematic review (n=1):
Significant between-group differences favouring PAP.
- Randomised controlled trials (n=4):
Short-term positive effect of PAP on PA levels at 6 months.
Three found no significant advantage of PAP over control groups.

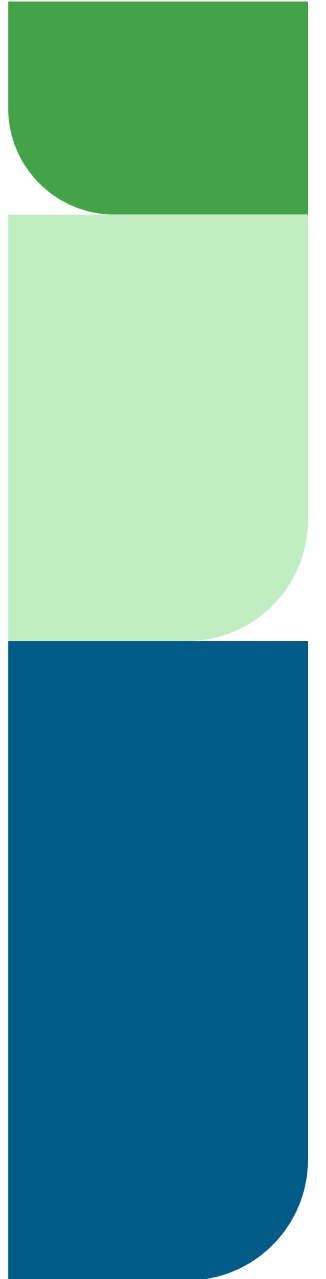
Results

- Short- to medium-term (<1 year) within-group improvements in PA across all included studies.
- Long-term (>1 year) within-group improvements in PA, SED and CRF.



Conclusion

- An overview of current evidence on PAP within Swedish healthcare.
- PAP shows potential for promoting PA.
- PAP may strengthen healthcare's ability to support patients in increasing PA for disease prevention and treatment.
- The findings emphasise PAP's contribution to sustainable, person-centred, and equitable care.



Thank you!



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