

Physical activity promotion in children and adolescents using peer support. Systematic review of the literature

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Introduction

Physical inactivity is the fourth leading risk factor for global mortality (WHO, 2010), notwithstanding the wide spread knowledge about the multiple health benefits associated with regular physical activity (Physical Activity Guidelines Advisory Committee, 2008). Recent research seems to show that physical activity trials using peer support are effective in behavior change. Nevertheless, previous reviews on this issue have been essentially narratives.

Our purpose is to analyze, through a systematic review of the literature, if interventions using peer support can increase physical activity and decrease sedentary behavior among children and adolescents (5-17 years).

Methods

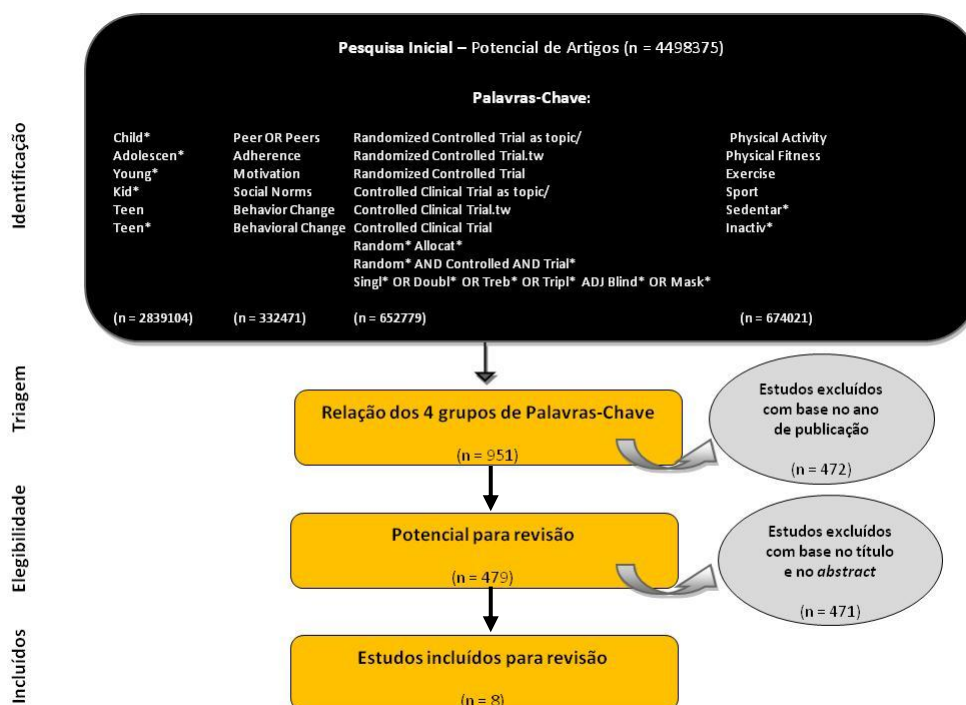
Inclusion Criteria	Exclusion Criteria
i) Research published in PubMed electronic database	i) Not <i>Randomized Controlled Trials</i>
ii) Research between 1.1.2008 and 21.1.2012	ii) Research with diseases
iii) Research with children and adolescents (5-17 years)	iii) Research with minority
	iv) Research involving drugs administration

• **Research Strategy:** PICO (Population, Intervention, Control and Outcomes) (Richardson, Wilson, Nishikawa & Hayward, 1995)

• **Assessment of Study Quality:** PEDro Scale (*Physiotherapy Evidence Database*)

• **Data Extraction:** Standardized form (study, participants, methods, results, and conclusions)

Results



Conclusions

Peer support in children and adolescents seems to be an effective mediator for physical activity promotion and sedentary behavior reduction. Thus, the implementation of programs to encourage physical activity should consider including peer support. The information gathered will help pediatric health promotion through an evidence-based practice

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