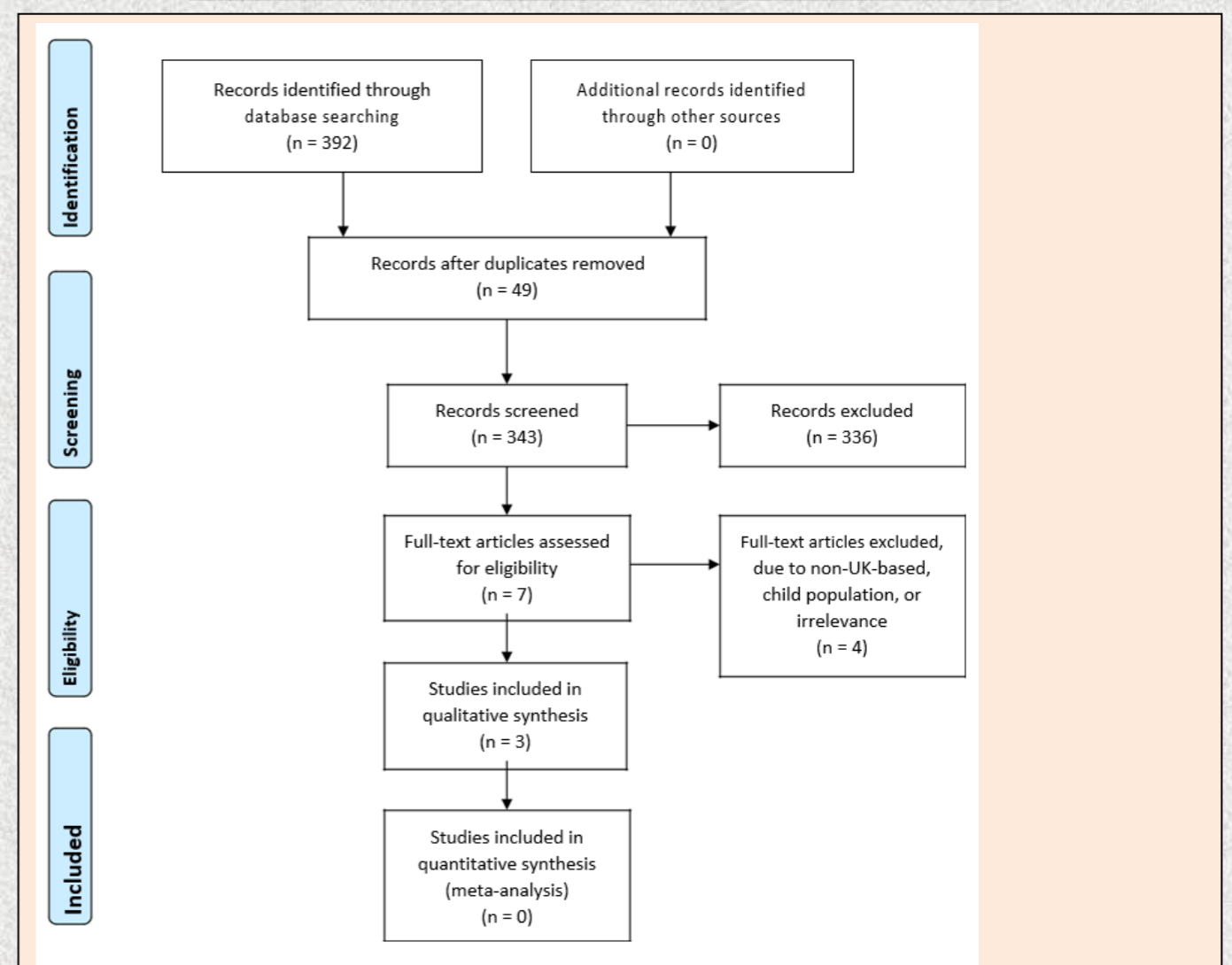




Prisma Flow Diagram Represents Study Findings



ABSTRACT

Physical inactivity causes 16.6% of UK deaths. This systematic review (SR) aims to investigate SRs published between 2016 and 2021 on the facilitators and barriers to physical activity (PA) participation among UK adults. Using the PICO framework and PRISMA method, an SR of SRs of studies on PA facilitators and barriers in UK adults published between 2016 and 3 December 2021 in PubMed, SCOPUS, or the Cochrane Database of Systematic Reviews was conducted. None of the SRs reviewed included studies from the COVID-19 pandemic, and primary PA studies on UK-based adult BAME populations were few. UK-based PA facilitators included understanding PA's benefits, social engagement or involvement, PA-related advice, and a safe PA environment. English, time, and health problems were PA's biggest challenges. This study found current research gaps on PA challenges among UK adults. The COVID-19 pandemic has affected UK lifestyles, notably PA; hence, an SR is needed to collect current primary research on PA facilitators and barriers for UK adults.

BACKGROUND



PA is any body movement generated by the contraction of skeletal muscles that raises energy expenditure.

Cancer, cardiovascular disease, diabetes, obesity, mental health, cognitive learning, growth and healthy development, and overall well-being can be managed and prevented by PA

The WHO recommends physical activity for all ages, including children, the elderly, individuals with disabilities and chronic diseases, and pregnant women<sup>3</sup>.

➤ Only 25%<sup>1</sup> of the world's adults don't get the WHO's recommended PA for their age, and 5 million die from low PA. PA is a major global health issue.

Physical inactivity, like smoking, kills 16.6% of Brits and costs £7.4 billion. By 2030<sup>2</sup>, 35% of UK residents will be less active.

METHODS

Table 1. Search strategy used for the study

Database	Search combination	Hits	Relevant articles
PubMed	((("physical activity"[Title/Abstract] AND "SR"[Title/Abstract] AND "UK"[Title/Abstract]) OR "United Kingdom"[Title/Abstract]) AND ((firt [Filter]) AND (Systematic review [Filter]) AND (2016:2021[mdat]) AND (English [Filter])))	319	2
SCOPUS	(TITLE-ABS-KEY (physical AND activity) AND TITLE-ABS-KEY (systematic AND review) AND TITLE-ABS-KEY (united AND kingdom)) AND (LIMIT-TO (PUBYEAR, 2021) OR LIMIT-TO (PUBYEAR, 2020) OR LIMIT-TO (PUBYEAR, 2019) OR LIMIT-TO (PUBYEAR, 2018) OR LIMIT-TO (PUBYEAR, 2017) OR LIMIT-TO (PUBYEAR, 2016) AND (LIMIT-TO (AFFILCOUNTRY, "United Kingdom") AND (LIMIT-TO (LANGUAGE, "English") AND (LIMIT-TO (SRCTYPE, "j"))	67	1
Cochrane Database of Systematic Reviews	"Physical activity" in Title Abstract Keyword AND "Systematic review" in Title Abstract Keyword AND "United Kingdom" in All Text - (Word variations have been searched)	6	0

RESULTS

Characteristics of Included SRs

The included SRs reviewed a range of 3 to 33 studies on PA published between 1995 and 2020

- SR having the highest number (n=33) of included studies.
- Only one of the analysed SRs included a longitudinal study in its review.
- Only two out of the three analysed SRs described the ethnic backgrounds of the participants in the included studies.
- None of the analysed SRs included a PA-related study conducted during the COVID-19 pandemic.

Quality assessment outcome of the included 3 SRs using the AMSTAR tool.

Score >8 Low quality; <8 High quality.

NB; Paper 1 by Horne et al., (2021) scored 12 /16 outcomes

Population Characteristics

Only two SRs revealed study participants' ethnicities. All but one SR reviewed UK adult population studies.

Themes were generated using thematic area

Two major themes were generated: Facilitators and barriers

Subthemes for each major theme: intrapersonal, interpersonal, environmental

DISCUSSION

- Current SR identifies paucity of primary studies on the facilitators and barriers of PA amongst UK-based adults, more especially amongst the BAME population group.
- Adult BAME UK individuals had lower PA levels.
- This study also discovered the lack of SRs for the facilitators and barriers of PA among UK adults.
- This overview is believed to be the first to be conducted on the facilitators and barriers of PA among UK adults.

CONCLUSIONS:

- This study identified contemporary research gaps regarding the current challenges related to PA amongst UK-based adults.
- It is a fact that COVID-19 has come to stay in the UK and, as a result, it has affected ways of living, especially PA.
- There is an imminent need for a SR to collate current primary evidence, with regards to the COVID-19 pandemic, on the facilitators and barriers of PA amongst UK-based adults.

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