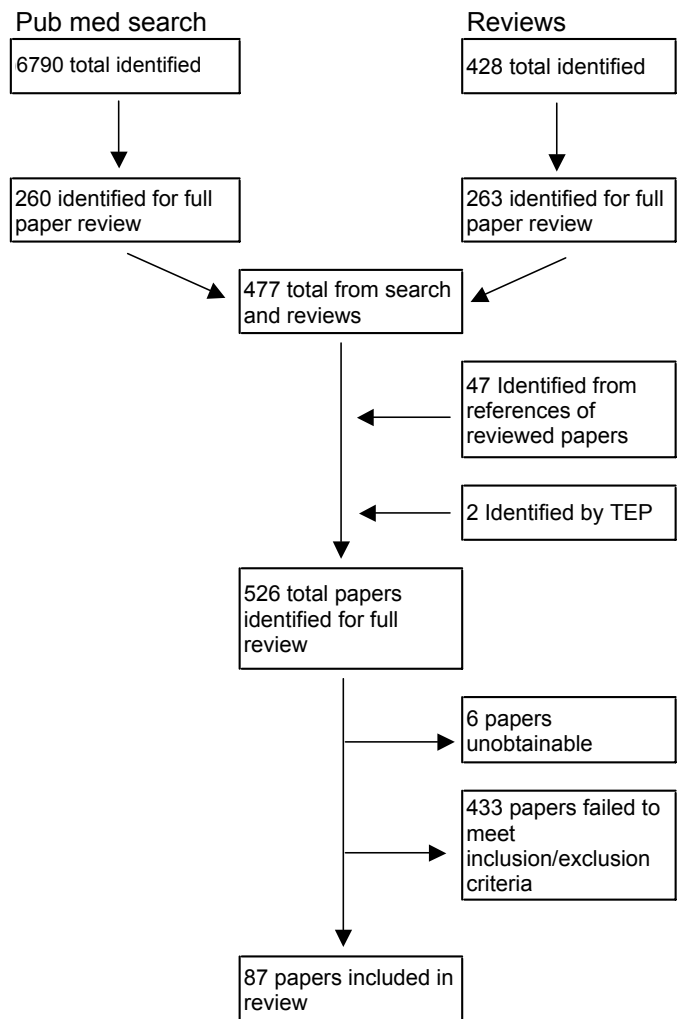


Figure 3. Identification and disposition of references for general population



Reason for exclusion	Number	Percent
Non english language	1	0.2%
Abstract only	2	0.5%
No behavioral intervention or policy change	40	9.2%
No physical activity or fitness outcome	46	10.6%
No concurrent control group	44	10.2%
Fewer than 75 subjects total	75	17.3%
Less than 3 months between end of intervention and follow-up	219	50.6%
Targeted subjects with acute disease	2	0.5%
Targeted subjects with vascular disease	2	0.5%
Targeted subjects with osteoarthritis	2	0.5%