

Table 4. Percent of outcomes, interventions, and studies that were statistically significant

	Statistically Significant Positive Effect
Studies	44.7% (21/47)
Interventions	31.9% (23/72)
Outcomes	22.3% (37/166)
Outcome Group	
Total activity group	8.3% (3/36)
Vigorous activity group	22.9% (19/83)
Moderate activity group	33.3% (15/45)
Other activity group	0% (0/2)