



<b>Title</b>	<b>Effects of Interventions for Increasing Physical Activity and Improving Diet in Different Socioeconomic Groups</b>
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## Aim

To determine the effects of interventions to: 1) improve diet in lower socioeconomic groups; 2) reduce differences in diet between lower and higher socioeconomic groups; 3) increase physical activity in lower socioeconomic groups; and 4) reduce differences in physical activity between lower and higher socioeconomic groups.

## Conclusions and results

This report includes 5 reviews and 14 primary studies. We found several studies that reported socioeconomic data at the start of intervention (baseline). However, authors of the primary studies did not use background variables, eg, income and education, to analyze differences between socioeconomic groups. We chose to categorize the included studies based on the intervention target groups.

## Methods

We systematically searched the literature in the following electronic databases: MEDLINE, EMBASE, Cochrane Library, PsychINFO, CINAHL, Social Services Abstracts, Sociological Abstracts, Eric, International Bibliography of the Social Sciences, Social Sciences Citation Index, Social Care Online, C2-SPECTR, SveMed, BiblioMap, Bibsys, and Google Scholar until April 2007. Relevance and study quality were appraised according to the Knowledge Centre's methodology handbook ([www.kunnskapssenteret.no/filer/K-Handbok-2006.pdf](http://www.kunnskapssenteret.no/filer/K-Handbok-2006.pdf)). We included effect studies on improving diet and/or increasing physical activity in groups with low socioeconomic status, or on reducing differences in dietary quality and/or level of physical activity between groups with different socioeconomic status.

## Further research/reviews required

Further intervention research is needed in Norway and internationally to study differences in diet and physical activity among socioeconomic groups. In effect studies, background data are collected at the outset (baseline),

and many studies report socioeconomic data to appraise whether the groups are comparable. We have identified a need to analyze socioeconomic differences in existing data. This, however, is a time-consuming process and difficult to accomplish.