

Men's Healthy Eating and Active Living

Project Update

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An Updated Review of Interventions that Include Promotion of Physical Activity for Adult Men

Introduction:

- Programs that promote physical activity could significantly improve the health of men.
- There is a growing interest in designing and evaluating programs to promote men's physical activity.
- The purpose of this review is to provide an update on men's physical activity programs and evaluate efforts to tailor approaches to men's interests and preferences.

Methods:

- The databases MEDLINE, CINAHL, ScienceDirect, Web of Science, PsycINFO, The Cochrane Library, and SPORTDiscus were searched between January 2010 and August 2014 using all combinations of the terms 'male or men' with 'physical activity, exercise, or sport' and 'intervention, program, or trial'.
- Our search yielded 7,354 articles after duplicates were removed, and a total of 35 studies involving 31 programs were included. The majority of the studies evaluated programs that were only offered to men.

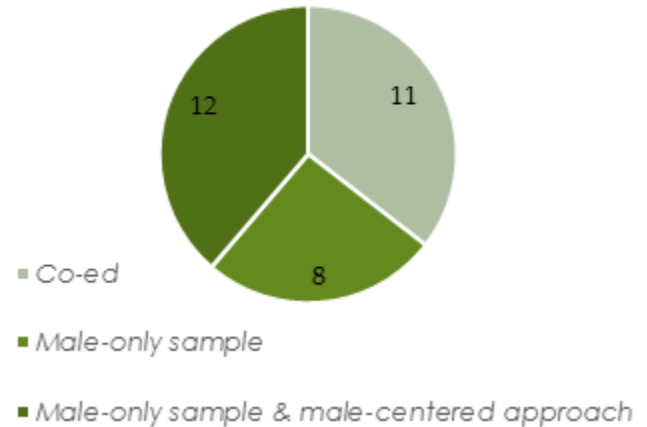
Key Findings

1. "Gender sensitized" physical activity programs are a key development in men's health promotion and demonstrate potential for engaging hard-to-reach men.
 - Gender-sensitive programs all demonstrated either a significant increase in participants' physical activity or other substantive improvements (e.g., weight loss).
2. Entry points for engaging men in physical activity were diverse
 - Programs that engaged men through organized sports showed evidence of effectiveness.
3. Programs with a diverse set of components, including online and mobile platforms, may impact the physical activity of men if the approach is simple, clear, and tailored to men's interests and preferences.

Conclusion:

- Innovations in physical activity programs that focus on masculine ideals and gender influences to tailor programs for men may provide useful strategies in promoting other areas of men's health.
- Male-centered interventions that employ diverse entry points (such as the workplace) are promising avenues for further research.
- This review informed the development of POWERPLAY, a healthy eating and activity living workplace initiative targeted at men in Northern British Columbia.

Gender Focus of Programs



Please see our publication for details:

Bottorff, J.L., Seaton, C.L., Johnson, S.T., Caperchione, C.M., Oliffe, J.L., More, K., Jaffer-Hirji, H., & Tillston, S.M. (published online Nov 28, 2014). An updated review of interventions that include promotion of physical activity for adult men. *Sports Medicine*. doi 10.1007/s40279-014-0286-3

Direct Link: <http://link.springer.com/article/10.1007%2Fs40279-014-0286-3>