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	N	Measure	Method	Class size (SE)	Class size (95% CI)
Youngest group					
1 Audrain-McGovern, 2012	1,429	MVPA	SR	0.05 (0.01)	•
2 Farooq 2017: Females	283	Total PA volume	ОВМ		
3 Farooq 2017: Males	262	Total PA volume	ОВМ		
4 Farooq 2017: Females	283	MVPA	ОВМ		
5 Farooq 2017: Males	262	MVPA	ОВМ		
6 Findlay, 2009: Females	4,497	Organized PA	PR + SR		
7 Findlay, 2009: Males	4,320	Organized PA	PR + SR		
8 Findlay, 2010: Females	4,489	Unorganized PA	PR + SR		
9 Findlay, 2010: Males	4,489	Unorganized PA	PR + SR		
10 Howie, 2016: Females	823	Organized SP	PR		
11 Howie, 2016: Males	856	Organized SP	PR	0.08 (0.01)	•
12 Janz, 2014: Females	265	MVPA	ОВМ		
13 Janz, 2014: Males	265	MVPA	ОВМ	0.23 (0.03)	-
14 Kwon, 2015a*	537	MVPA	ОВМ		
15 Kwon, 2015a*	537	SP	SR		
16 Kwon, Lee, Carnethon, 2015: Fema	ales 2,155	PA	SR		
17 Rodriguez, 2004	1,098	Team participation	SR	0.07 (0.01)	•
Middle group					
18 Barnett, 2008	884	LTPA	SR	0.25 (0.01)	•
19 Dishman, 2010	497	MVPA	SR	0.19 (0.02)	•
20 Kaseva, 2016	3,564	LTPA	SR		
21 Kim, 2016: Females	669	PA	ОВМ		
22 Kiviniemi*, 2016: Females	1,776	LTPA	SR		
23 Kiviniemi*, 2016: Males	1,286	LTPA	SR		
24 Laddu, 2017a	3,175	LTPA	SR		
25 Rovio, 2017	2,841	LTPA	SR	0.14 (0.01)	•
Oldest group					
26 Aggio, 2018: Males	4,952	PA	SR	0.24 (0.01)	
27 Artaud, 2016	10,205	PA	SR	0.24 (0.01)	-
28 Gabriel, 2017: Females	1,771	Sport and exercise	SR	0.13 (0.01)	•
29 Hsu, 2013: Females	2,256	Regular exercise	SR	0.19 (0.01)	•
30 Hsu, 2013: Males	2,544	Regular exercise	SR	0.23 (0.01)	•
31 Laddu, 2017b: Males	5,964	PA	SR	3.20 (0.01)	
32 Nguyen, 2013: Females	92,629	PA	SR		
33 Pan, 2015	4,018	PA	SR	0.23 (0.01)	•
34 Xue, 2012: Females	433	PA	SR	5.25 (5.61)	
51 7.46, 2012.1 Gillales	400	174	OII		

	B) Highly active		C) /	C) Active		D) Inactive		
	Class size (SE)	Class size (95% CI)	Class size (SE)	Class size (95% CI)		Class size (SE)	Class size (95% CI)	
Youngest								
1	0.21 (0.01)	• 1	0.15 (0.01)	•	1			
2		2			2			
3		3			3			
4		4			4			
5		5	0.19 (0.02)	+	5			
6		6	0.24 (0.01)	•	6			
7	0.26 (0.01)	• 7			7			
8		8	0.57 (0.01)	•	8			
9		9	0.69 (0.01)	•	9			
10		10	0.48 (0.02)	•	10	0.18 (0.01)	•	
11		11	0.55 (0.02)	•	11			
12		12			12	0.50 (0.03)	-	
13		13			13	0.40 (0.03)		
14		14	0.18 (0.02)	+	14	0.15 (0.02)	+	
15		15	0.46 (0.02)	+	15	0.14 (0.01)	•	
16	0.06 (0.01)	16	0.32 (0.01)	•	16			
17		17	0.41 (0.01)	•	17			
Middle								
18		18	0.12 (0.01)	•	18	0.56 (0.02)	-	
19		19	0.23 (0.02)	•	19	0.24 (0.02)	•	
20	0.04 (0.00)	20	0.86 (0.01)	•	20			
21	0.12 (0.01)	• 21	0.41 (0.02)	•	21			
22	0.23 (0.01)	• 22	0.51 (0.01)	•	22	0.26 (0.01)	•	
23	0.28 (0.01)	<b>•</b> 23	0.43 (0.01)	•	23	0.29 (0.01)	•	
24	0.08 (0.00)	24	0.35 (0.01)	•	24			
25		25	0.07 (0.00)	•	25	0.15 (0.01)	•	
Oldest								
26		26	0.51 (0.01)	•	26			
27		27	0.27 (0.00)	•	27	0.15 (0.00)	•	
28	0.14 (0.01)	<b>•</b> 28	0.24 (0.01)	•	28			
29		29	0.14 (0.01)	•	29	0.49 (0.01)	•	
30		30	0.21 (0.01)	•	30	0.44 (0.01)	•	
31	0.07 (0.00)	31			31			
32	0.04 (0.00)	32	0.24 (0.00)	•	32			
33		33	0.17 (0.01)	•	33	0.48 (0.01)	•	
34	0.17 (0.02)	<del>•</del> 34	0.32 (0.02)	•	34	0.32 (0.02)	•	
	<u> </u>	0.2 0.4 0.6 0.8 1	1	0.2 0.4 0.6 0.8 1		0	0.2 0.4 0.6 0.8 1	

Cla Youngest  1  2  3  4  5  6  7  8  9  10  11  12  13  14  15  16  17  Middle  18  19	0.12 (0.01)  0.10 (0.02)  0.19 (0.02)  0.17 (0.02)  0.37 (0.01)  0.32 (0.01)  0.06 (0.01)  0.14 (0.01)  0.09 (0.01)	•	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	0.34 (0.02) 0.37 (0.03) 0.53 (0.02)	Class size (95% CI)	1 2 3 4 5 6 7 8 9 10 11 12 13	0.47 (0.01)  0.54 (0.03)  0.19 (0.02)  0.03 (0.01)  0.39 (0.01)  0.42 (0.01)  0.43 (0.01)  0.31 (0.01)	Class size (95% C
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 Middle 18	0.10 (0.02) 0.19 (0.02) 0.17 (0.02) 0.37 (0.01) 0.32 (0.01) 0.06 (0.01)	•	2 3 4 5 6 7 8 9 10 11 12 13 14	0.36 (0.03) 0.62 (0.03) 0.62 (0.03) 0.34 (0.02) 0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+	2 3 4 5 6 7 8 9 10 11 12	0.54 (0.03) 0.19 (0.02) 0.03 (0.01) 0.39 (0.01) 0.42 (0.01) 0.43 (0.01)	•
2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	0.10 (0.02) 0.19 (0.02) 0.17 (0.02) 0.37 (0.01) 0.32 (0.01) 0.06 (0.01)	•	2 3 4 5 6 7 8 9 10 11 12 13 14	0.36 (0.03) 0.62 (0.03) 0.62 (0.03) 0.34 (0.02) 0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+	2 3 4 5 6 7 8 9 10 11 12	0.54 (0.03) 0.19 (0.02) 0.03 (0.01) 0.39 (0.01) 0.42 (0.01) 0.43 (0.01)	•
3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	0.19 (0.02) 0.17 (0.02) 0.37 (0.01) 0.32 (0.01) 0.06 (0.01) 0.14 (0.01)	•	3 4 5 6 7 8 9 10 11 12 13 14	0.36 (0.03) 0.62 (0.03) 0.62 (0.03) 0.34 (0.02) 0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+	3 4 5 6 7 8 9 10 11 12 13	0.19 (0.02) 0.03 (0.01) • 0.39 (0.01) 0.42 (0.01) 0.43 (0.01)	•
4 5 6 7 8 9 10 11 12 13 14 15 16 17  Middle 18	0.19 (0.02) 0.17 (0.02) 0.37 (0.01) 0.32 (0.01) 0.06 (0.01) 0.14 (0.01)	•	4 5 6 7 8 9 10 11 12 13 14	0.62 (0.03) 0.62 (0.03) 0.34 (0.02) 0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+ + + + + +	4 5 6 7 8 9 10 11 12	0.19 (0.02) 0.03 (0.01) • 0.39 (0.01) 0.42 (0.01) 0.43 (0.01)	•
5 6 7 8 9 10 11 12 13 14 15 16 17	0.17 (0.02) 0.37 (0.01) 0.32 (0.01) 0.06 (0.01)	•	5 6 7 8 9 10 11 12 13 14	0.62 (0.03) 0.34 (0.02) 0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+ + + +	5 6 7 8 9 10 11 12	0.03 (0.01) • 0.39 (0.01) 0.42 (0.01) 0.43 (0.01)	•
6 7 8 9 10 11 12 13 14 15 16 17	0.37 (0.01) 0.32 (0.01) 0.06 (0.01) 0.14 (0.01)	•	6 7 8 9 10 11 12 13 14	0.34 (0.02) 0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	* * * *	6 7 8 9 10 11 12 13	0.39 (0.01) 0.42 (0.01) 0.43 (0.01)	•
7 8 9 10 11 12 13 14 15 16 17	0.32 (0.01) 0.06 (0.01) 0.14 (0.01)	· ·	7 8 9 10 11 12 13 14	0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+ + +	7 8 9 10 11 12	0.42 (0.01) 0.43 (0.01)	•
8 9 10 11 12 13 14 15 16 17 Middle 18	0.06 (0.01) 0.14 (0.01)	•	8 9 10 11 12 13 14	0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	* * *	8 9 10 11 12 13	0.43 (0.01)	•
9 10 11 12 13 14 15 16 17  Middle 18	0.14 (0.01)	•	9 10 11 12 13 14	0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+ + +	9 10 11 12 13		•
10 11 12 13 14 15 16 17 Middle 18	0.14 (0.01)	•	10 11 12 13 14	0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	• • •	10 11 12 13	0.31 (0.01)	•
11 12 13 14 15 16 17 Middle	0.14 (0.01)	•	11 12 13 14	0.37 (0.02) 0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+ + +	11 12 13		
12 13 14 15 16 17 Middle	0.14 (0.01)	•	12 13 14 15	0.45 (0.03) 0.37 (0.03) 0.53 (0.02)	+ + +	12 13		
13 14 15 16 17 Middle	0.14 (0.01)	•	13 14 15	0.37 (0.03) 0.53 (0.02)	+	13		
14 15 16 17 Middle 18			14 15	0.53 (0.02)	+			
15 16 17 Middle			15		-			
16 17 Middle 18	0.09 (0.01)	•				14		
17 Middle 18	0.09 (0.01)	•		0.40 (0.02)	+	15		
Middle 18			16	0.53 (0.01)	•	16		
18			17	0.13 (0.01)	•	17	0.39 (0.01)	•
19			18	0.07 (0.01)	•	18		
			19	0.34 (0.02)	•	19		
20			20			20	0.10 (0.01)	•
21			21			21	0.47 (0.02)	-
22			22			22		
23			23			23		
24			24			24	0.57 (0.01)	•
25			25	0.14 (0.01)	•	25	0.51 (0.01)	•
Oldest								
26			26			26	0.25 (0.01)	•
27			27	0.36 (0.00)	•	27		
28			28	0.22 (0.01)	•	28	0.26 (0.01)	•
29			29	0.17 (0.01)	•	29		
30			30	0.11 (0.01)	•	30		
31			31	0.50 (0.01)	•	31	0.43 (0.01)	-
32			32			32	0.72 (0.00)	•
33			33	0.12 (0.01)	•	33		
34			34	0.19 (0.02)		34		

Abbreviations: N = sample size of the study population; SE = standard error; CI = confidence interval; PA = physical activity; MVPA = moderate to vigorous intensity physical activity; LTPA = leisure-time physical activity; SP = sport participation; OBM = objectively measured; SR = self-reported; PR = parent-reported.

\*These exact same trajectories were reported in other study / other studies as well. The duplicates were omitted from the figure.

\*\*The From increaser to decreaser category applies to the youngest group while the Increaser category applies to the middle and the oldest group.