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Table S1. Search terms

PICO	Description	Search Terms
Population	Any	-
Intervention	Physical activity counseling in primary care	“physical activity” OR “physical activit*” OR exercise* OR “physical exercise*” OR fitness OR “physical fitness” AND counselling OR counseling OR promotion OR promot* OR advice OR advise OR prescription OR prescribe AND “primary care” OR “primary health care” OR “family medicine” OR “family practice” OR “general practice”
Comparison	None	- AND
Outcome	Prevalence	prevalence OR rate OR proportion

Table S2. Inclusion and exclusion criteria

Component	Inclusion criteria	Exclusion criteria
Type of study	<ul style="list-style-type: none"> • Epidemiological studies 	<ul style="list-style-type: none"> • Experimental studies • Clinical trials • Qualitative studies
Type of article	<ul style="list-style-type: none"> • Research or original articles 	<ul style="list-style-type: none"> • Review articles (systematic, scoping, narrative reviews) • Protocols • Unpublished articles • Conference abstracts • Expert opinion excerpts • Trial registrations
Population	<ul style="list-style-type: none"> • All age groups 	<ul style="list-style-type: none"> • None
Intervention	<ul style="list-style-type: none"> • PA/exercise counseling provided by primary care providers • PA/exercise prescription provided by primary care providers 	<ul style="list-style-type: none"> • Combined lifestyle or obesity counseling without separated information on PA counseling • PA/exercise referrals
Setting	<ul style="list-style-type: none"> • Primary care settings • Primary health care settings 	<ul style="list-style-type: none"> • Specialized clinics/settings • Exercise facilities/centers
Outcome	<ul style="list-style-type: none"> • Prevalence of PA counseling reported on providers' practices or chart reviews (the number of PA counseling sessions divided by the number of primary care users) • Prevalence of PA counseling reported by primary care users (the number of PA counseling sessions divided by the number of primary care users) 	<ul style="list-style-type: none"> • Prevalence based on self-estimation (e.g., always providing PA counseling, counsel more half of patients) • Prevalence of PA/exercise referrals

PA = physical activity.

First author and year of publication

	1. Was the sample frame appropriate to address the target population?	2. Were study participants sampled in an appropriate way?	3. Was the sample size adequate?	4. Were the study subjects and the setting described in detail?	5. Was the data analysis conducted with sufficient coverage of the identified sample?	6. Were valid methods used for the identification of the condition?	7. Was the condition measured in a standard, reliable way for all participants?	8. Was there appropriate statistical analysis?	9. Was the response rate adequate, and if not, was the low response rate managed appropriately?
Zwald et al. 2019 ⁶²	Y	Y	U	Y	Y	Y	Y	Y	U

N = no; N/A = not applicable; U = unclear; Y = yes.

Table S4. Overall pooled prevalence of physical activity counseling (n = 35)

1	Adams et al. 2010 ²⁸ (Barbados)	HT only	153/343 = 44.6%
2	Adams et al. 2011 ²⁹ (Barbados)	DM only	124/253 = 49.0%
3	Ahmed et al. 2017 ³⁰ (USA)		2010 (n = 21,905): 33.6% (95%CI 32.8 to 34.4); 7,361/21,905 = 33.6%
4	Croteau et al. 2006 ³³ (New Zealand)		PA advice: 1,046/8,291 = 12.6%
5	Daly et al. 2015 ³⁴ (New Zealand)	DM only	PA advice: 175/265 = 66.0%
6	Davis-Ajami et al. 2021 ³⁵ (USA)	Overweight and obesity	Exercise advice: 702/1,039 = 67.6%
7	Desai et al. 2002 ³⁶ (USA)	Obesity and/or HT	Overall: 88.5%: 79,863/90,240 = 88.5%
8	Eakin et al. 2007 ³⁷ (Australia)		483/1,999 = 24.2%
9	Edward et al. 2020 ³⁴ (Tanzania)	HT only	3/14 = 21.43%
10	Eldemire-Shearer et al. 2009 ³⁹ (Jamaica)		24.5%: 181/738 = 24.5%
11	Flocke et al. 2004 ²⁵ (USA)		Direct observation: 603/2,670 = 22.6%
12	Foss et al. 1996 ⁴⁰ (UK)	HT only	722/1,900 = 38.0%
13	Geerling et al. 2019 ⁴¹ (Australia)	DM only	279/381 = 73.2% (receiving general advice – PA is important)
14	Gowin et al. 2009 ²⁶ (Poland)		37/450 = 8.2%
15	Hinrichs et al. 2011 ⁴² (Germany)		534/1,627 = 32.8%
16	Hu et al. 2021 ⁴³ (China)	Chronic conditions	87/454 = 19.2%
17	Johansson et al. 2005 ⁴⁴ (Sweden)		677/4,163 = 16.3%
18	Jure et al. 2022 ⁴⁵ (Belgium)	Chronic venous disease	1,328/3,055 = 43.5%
19	Kriaucioniene et al. 2019 ⁴⁷ (Lithuania)	Overweight and obesity	Overall (2000-2014): 14.2% (95%CI 13.3 to 15.1); 834/5,867 = 14.2%
20	Lau et al. 2013 ⁴⁸ (USA)		Overall = 22.0%: 651/2,955 = 22.0%
21	Martínez-Gómez et al. 2013 ⁴⁹ (Spain)		5,591/11,951 = 46.2% (95% CI 45.0 to 47.4%)
22	Nguyen et al. 2011 ⁵⁰ (USA)	Obesity	Overall: 988/1,787 = 55.9%
23	Ory et al. 2006 ²⁷ (USA)		Total PA discussion: 61.2%: 259/423 = 61.2%
24	Robertson et al. 2011 ⁵¹ (Australia)		PA recommendations by GP: 225/1,261 = 17.8%
25	Santos et al. 2021 ⁵² (Brazil)		Overall: 335/779 = 43.0% (95%CI 39.5 to 46.4%)
26	Short et al. 2016 ⁵³ (Australia)		328/1,799 = 18.2%
27	Shuval et al. 2014 ⁵⁴ (USA)		General PA counseling: 84/157 = 53.5%
28	Silagy et al. 1992 ⁵⁵ (UK)		PA advice: 222/4,941 = 4.5%
29	Sinclair et al. 2008 ⁵⁶ (Canada)		Overall = 42.0%: 657/1,562 = 42.0%
30	Smith et al. 2019 ⁵⁷ (Australia)		Overall: 2,518/6,512 = 38.7%
31	Souza et al. 2022 ⁵⁸ (Brazil)		335/779 = 43.0%
32	Tiffe et al. 2021 ⁵⁹ (Germany)		347/665 = 52.1%
33	Wee et al. 1999 ⁶⁰ (USA)		Overall = 34.0%: 3,162/9,299 = 34.0%
34	Znyk et al. 2022 ⁶¹ (Poland)		Overall: 355/896 = 39.6%
35	Zwald et al. 2019 ⁶² (USA)		Overall (n = 8,410): 42.9% (95%CI 40.8 to 44.9); 3,608/8,410 = 42.9%

DM = diabetes mellitus; HT = hypertension; PA = physical activity.

Table S5. Pooled prevalence of physical activity counseling by sex: female (n = 10) and male (n = 10)

Female		
1	Gabrys et al. 2015 ¹⁷ (Germany)	F = 7.7%: 243/3,149 = 7.7%
2	Gowin et al. 2009 ²⁶ (Poland)	F: 23/267 = 8.6%
3	Hinrichs et al. 2011 ⁴² (Germany)	F = 30.0%: 257/854 = 30.0%
4	Jure et al. 2022 ⁴⁵ (Belgium)	F: 994/2,310 = 43.0%
5	Klumbiene et al. 2006 ⁴⁶ (Lithuania)	F = 19.2%: 222/1,156 = 19.2%
6	Martínez-Gómez et al. 2013 ⁴⁹ (Spain)	F (n = 6,851): 50.2% (95%CI 48.6 to 51.8): 3,440/6,851 = 50.2%
7	Nguyen et al. 2011 ⁵⁰ (USA)	F: 655/1,126 = 58.2%
8	Santos et al. 2021 ⁵² (Brazil)	F: 43.6%: 238/544 = 43.6%
9	Smith et al. 2019 ⁵⁷ (Australia)	F: 1,325/3,512 = 37.7%
10	Wee et al. 1999 ⁶⁰ (USA)	F = 33.0%: 1,811/5,486 = 33.0%
Male		
1	Gabrys et al. 2015 ¹⁷ (Germany)	M = 9.4%: 263/2,789 = 9.4%
2	Gowin et al. 2009 ²⁶ (Poland)	M: 14/183 = 7.6%
3	Hinrichs et al. 2011 ⁴² (Germany)	M = 36.0%: 279/773 = 36.0%
4	Jure et al. 2022 ⁴⁵ (Belgium)	M: 334/745 = 44.8%
5	Klumbiene et al. 2006 ⁴⁶ (Lithuania)	M = 15.9%: 142/893 = 15.9%
6	Martínez-Gómez et al. 2013 ⁴⁹ (Spain)	M (n = 6,191): 42.1% (40.4 to 43.8): 2,607/6,191 = 42.1%
7	Nguyen et al. 2011 ⁵⁰ (USA)	M: 333/661 = 50.4%
8	Santos et al. 2021 ⁵² (Brazil)	M: 41.7%: 98/235 = 41.7%
9	Smith et al. 2019 ⁵⁷ (Australia)	M: 1,193/3,000 = 39.8%
10	Wee et al. 1999 ⁶⁰ (USA)	M = 34.0%: 1,297/3,813 = 34.0%

F = female; M = male.

Table S6. Pooled prevalence of physical activity counseling by medical conditions: diabetes mellitus (n = 6), hypertension (n = 5), and overweight/obesity (n = 5)

DM		
1	Adams et al. 2011 ²⁹ (Barbados)	124/253 = 49.0%
2	Barbosa et al. 2017 ³¹ (Brazil)	DM: 475/823 = 57.7%
3	Bovier et al. 2007 ³² (Switzerland)	DM: 273/345 = 79.1%
4	Daly et al. 2015 ³⁴ (New Zealand)	PA advice: 175/265 = 66.0%
5	Egede et al. 2002 ³⁸ (USA)	DM (n = 875): 67.4% (95CI% 63.2 to 71.7): 590/875 = 67.4%
6	Geerling et al. 2019 ⁴¹ (Australia)	279/381 = 73.2% (receiving general advice – PA is important)
HT		
1	Adams et al. 2010 ²⁸ (Barbados)	153/343 = 44.6%
2	Barbosa et al. 2017 ³¹ (Brazil)	HT: 406/785 = 51.7%
3	Edward et al. 2020 ²⁴ (Tanzania)	3/14 = 21.43%
4	Foss et al. 1996 ⁴⁰ (UK)	722/1,900 = 38.0%
5	Smith et al. 2019 ⁵⁷ (Australia)	Overall: 2,518/6,512 = 38.7%
Overweight/obesity		
1	Davis-Ajami et al. 2021 ³⁵ (USA)	Exercise advice: 702/1,039 = 67.6%
2	Desai et al. 2002 ³⁶ (USA)	Overall: 88.5%: 79,863/90,240 = 88.5%
3	Kriaucioniene et al. 2019 ⁴⁷ (Lithuania)	Overall (2000-2014): 14.2% (95%CI 13.3 to 15.1): 834/5,867 = 14.2%
4	Nguyen et al. 2011 ⁵⁰ (USA)	Overall: 988/1,787 = 55.9%
5	Znyk et al. 2022 ⁶¹ (Poland)	Overweight/obesity: 198/402 = 49.2%

DM = diabetes mellitus; HT = hypertension; PA = physical activity.