

**Table C.1.c. Social Isolation: Association between physical activity and social isolation among older adults (in alphabetical order by author)**

[See the Supplementary materials](#) for description of evidence that informed the US PAGAC by outcome

Systematic review evidence Review credibility	No. of studies/ Study design  No. of participants	Quality Assessment					Description of evidence Summary of findings	Certainty
		Risk of bias	Inconsistency	Indirectness †	Imprecision	Other		
Lindsay Smith 2017 (15)  Moderate	22 cross-sectional studies, 3 prospective cohort studies, 2 RCTs  N=	Serious risk of bias	Serious inconsistency	No serious indirectness	Serious imprecision	None	Included evidence examined the association between <u>physical activity</u> and <b>social support</b> among community dwelling older adults aged 60 years and older. 21/27 studies examined the association between social support and PA and 6/27 examined the association between loneliness and PA. 23/27 studies relied on self-reported PA and 4/27 used objectively-measured PA. The scales used to measure social support and loneliness varied greatly across studies.  <b>13/21</b> studies reported significant positive associations between PA levels and general social support or PA-specific social support; 1/21 studies reported a negative association and 7/21 reported no association. 4/6 studies reported a significant association between high level of loneliness and lower levels of PA.	VERY LOW <sup>a</sup>

**Abbreviations:** PA = physical activity; RCT = randomized clinical trial

† Serious indirectness indicates measurement of intermediate/indirect outcomes or heterogeneity in exposures and comparisons assessed; certainty of evidence was not always downgraded for indirectness if it was not judged to impact the certainty in the findings for the outcome evaluated in the review

<sup>a</sup> Certainty of evidence downgraded given serious risk of bias in most included studies, serious inconsistency in strength of association, and imprecision in estimates of effects