

**Table B.2.e. Adiposity: Association between sedentary behaviour and measures of adiposity among adults (in alphabetical order by author)**  
[See the Supplementary materials](#) for description of evidence of US PAGAC (24) 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		
Ahmad 2017 (1) Moderate	1 prospective cohort, 1 case-control, 13 cross-sectional studies N=13,395	Serious risk of bias	No serious inconsistency	Serious indirectness <sup>a</sup>	Serious imprecision <sup>a</sup>	None	13/15 studies reported that higher amounts of ST were significantly associated with <b>BMI</b> ; 2/15 reported no significant association. Data by study not presented.	VERY LOW <sup>b</sup>
del Pozo-Cruz (8) Moderate	6 cross-sectional studies N=4,774	Serious risk of bias	Serious inconsistency	No serious indirectness	Serious imprecision	None	All studies used accelerometers to measure ST; cut points for defining ST varied across studies, with <100 cpm when only data from the vertical axis of the accelerometer were used or <200 cpm when data from the vector axis of the accelerometer were used. Reallocation of 30 minutes of ST with LIPA was significantly associated with lower <b>waist circumference</b> (regression coefficient = -0.57 [95% CI, -0.86 to -0.27], 5 studies) but not <b>BMI</b> (regression coefficient = -0.010 [95% CI -0.385 to 0.365], 6 studies). Reallocation of 30 minutes of ST with MVPA was significantly associated with <b>waist circumference</b> (regression coefficient = -2.955 [95% CI, -3.878 to -2.032], 5 studies) and <b>BMI</b> (regression coefficient = -0.921 [95% CI, -1.31 to -0.531], 6 studies). After removing one study that was contributing to the statistical heterogeneity of the pooled analysis, the result was no longer statistically significant for the relationship between replacing ST with MVPA and BMI.	VERY LOW <sup>c</sup>

Abbreviations: BMI = body mass index; CI = confidence interval; hrs = hours; min = minutes; NA = not assessed; OR = odds ratio; RR = risk ratio; ST = sedentary time; TV = television

† 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 indirectness in measures of sedentary behaviour and serious imprecision in measures of effects

<sup>b</sup> Certainty of evidence downgraded given serious risk of bias; majority of evidence from cross-sectional studies

<sup>c</sup> Certainty of evidence downgraded given serious risk of bias of all included studies and serious inconsistency and imprecision in measures of effects between studies and outcomes