

Table B.1.j. Incidence of hypertension: Association between physical activity and incidence of hypertension among adults

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

Systematic review evidence	No. of studies/ Study design	Quality Assessment					Description of evidence Summary of findings	Certainty
		Risk of bias	Inconsistency	Indirectness†	Imprecision	Other		
Paudel 2019 (54) Low Review credibility	5 cross sectional studies N=10,344 No. of participants	Serious risk of bias	No serious inconsistency	Serious indirectness	Serious imprecision	None	Examination of the association between PA and incident hypertension among South Asian adults. Two studies found lower odds of hypertension among those with mild or moderate levels of PA compared with a sedentary group and higher (≥ 30 hrs/week) vs. lower (< 10 hrs/week) of walking. One study found the prevalence of hypertension was lower among persons with moderate levels of occupational PA whereas another study found no association between levels of occupational PA and hypertension. One study saw higher prevalence of hypertension among those with low vs. high levels of total PA.	VERY LOW ^a

Abbreviations: hrs = hours; PA = physical activity

† 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

^a Certainty of evidence rated as very low according to authors given serious risk of bias and serious imprecision. Serious indirectness is also present given variability in comparisons