

4.0. Diabetes Mellitus type 2

Population: Adults (aged 18-64 years)
Exposure: Duration, frequency and/or intensity of OPA, or a compositional score reflecting total volume of OPA.
Comparison: No OPA, or a lesser duration, frequency and/or intensity, no or a smaller compositional score of total volume of OPA.
Outcome: Diabetes type 2

Certainty assessment							Summary of findings	Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations			

Physical activity and the risk of type 2 diabetes: a systematic review and dose-response meta-analysis (Aune, 2015) (130)

3 ^a	Cohort studies	Very serious ^a	Not serious	Not serious	Not serious	None	<p>This review compared the high versus the low levels of PA.</p> <p>OPA A high level of OPA was significantly related with a reduced diabetes type 2 risk (RR=0.85, 95%CI 0.79-0.92).</p> <p>LTPA: A high level of LTPA was significantly related with a reduced diabetes type 2 risk (RR=0.74, 95% CI: 0.70-0.79)</p>	Low ^c	Critically
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a: Hu G 2003; Chien 2009; Steinbrecher 2012

b: It is possible that the observed inverse association between physical activity and risk of type 2 diabetes risk was influenced by unmeasured or residual confounding. The inverse association between occupational physical activity and pancreatic cancer should be interpreted with caution because it was based on only three studies.

c: Rated from high to low because of very serious risk of bias.