8.0. Hypertension

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: Hypertension

Certainty assessment							Summary of findings	Certainty	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations			
Physical Activity and Risk of Hypertension A Meta-Analysis of Prospective Cohort Studies (Huai, 2013) *(136)*									
5[a]	Cohort studies	Serious[b]	Not serious	Not serious	Serious[c]	none	In this study the lowest category was defined as low-level PA (reference group), the highest category as high-level PA, all categories in between were pooled to represent moderate-level PA **OPA:** The pooled result showed that the relationship between high-level OPA and risk of hypertension was statistically not significant (RR, 0.93; 95% CI, 0.81–1.08). Result showed that the relationship between moderate-level OPA and risk of hypertension was not significant (RR, 0.96; 95% CI, 0.87–1.06). **LTPA:** The overall result showed that high-level LTPA was related with a significant decreased risk of hypertension compared with the reference group with low-level LTPA (RR, 0.81; 95% CI, 0.76–0.85).	Low[d]	Important

a: Camoes 2020; Pouliou 2012; Gu 2007; Barengo 2005; Pereira 1999; Juntunen 2003.

b: In addition, the association between RPA and decreased risk of hypertension in this meta-analysis might be confounded by various factors

c: Rated down for imprecision because of the 95% CI overlap of no effect (i.e. CI included RR of 1.0)

d: Certainty is downgraded from high to low because of serious risk of bias and imprecision.