

SUPPLEMENTARY INFORMATION

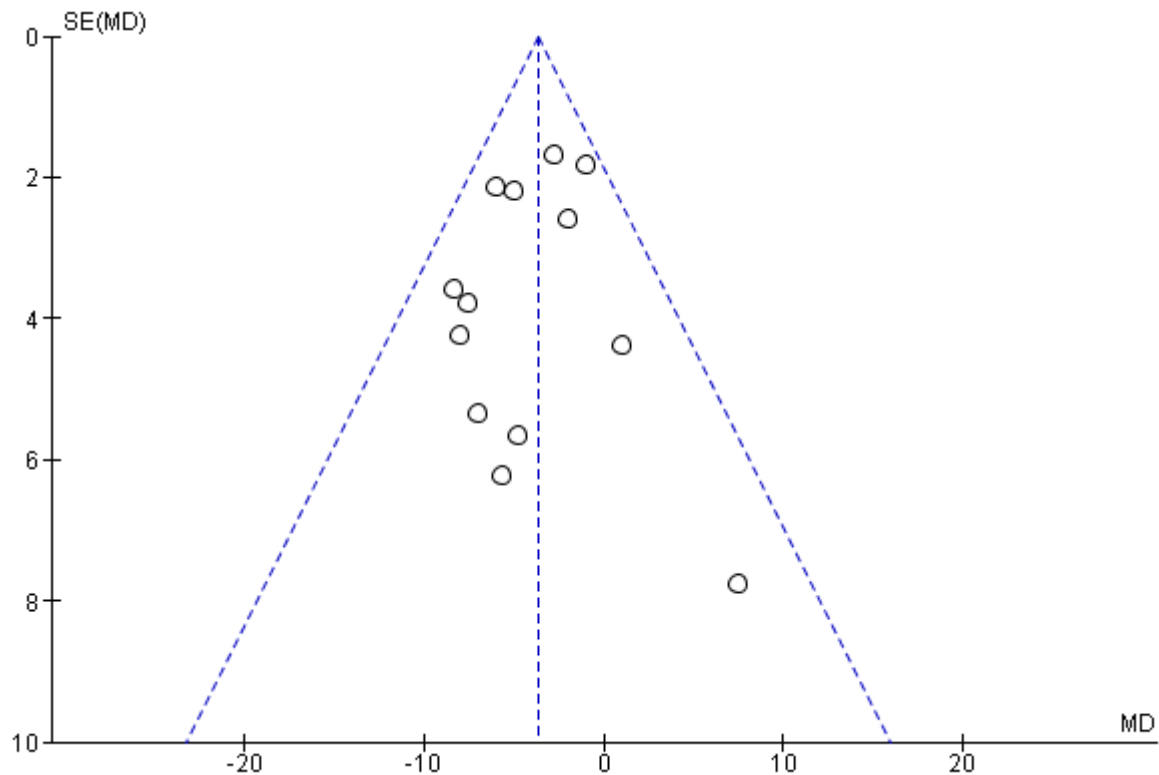
Appendix (i) Search syntax for electronic databases

1. "walk* program*".af.
2. "walk* intervention".af.
3. "health walk*".af.
4. "nordic walk*".af.
5. "walk* group*".af.
6. "walk* club*".af.
7. "lay led walk*".af.
8. "community based walk*".af.
9. "community walk*".af.
10. "walk* scheme*".af.
11. "walk* for health".af.
12. "group physical activity". af.
13. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12
14. remove duplicates from 13
15. limit 14 to "all adult (19 plus years)"
16. limit 15 to English language

af represents all fields

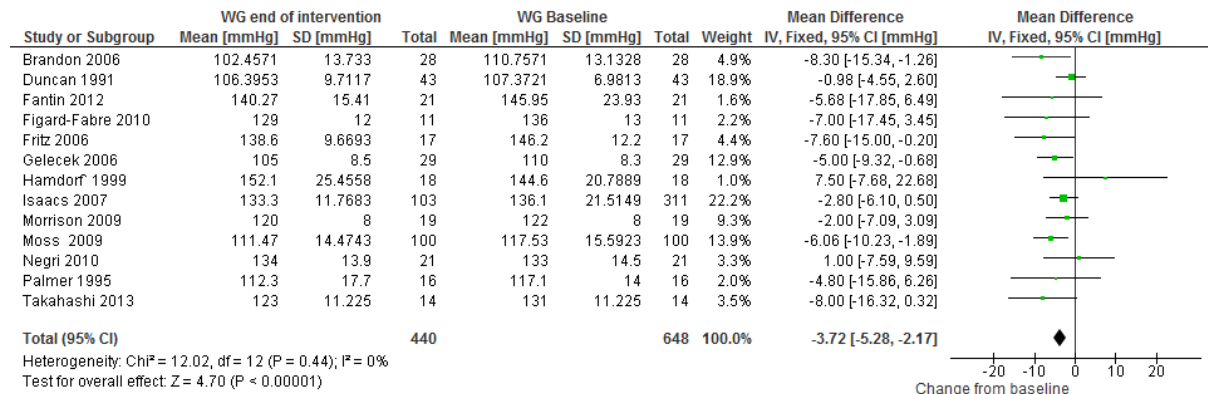
* or \$ sign used as truncation wildcard as appropriate to each database

Appendix (ii) Example funnel plot (systolic blood pressure)

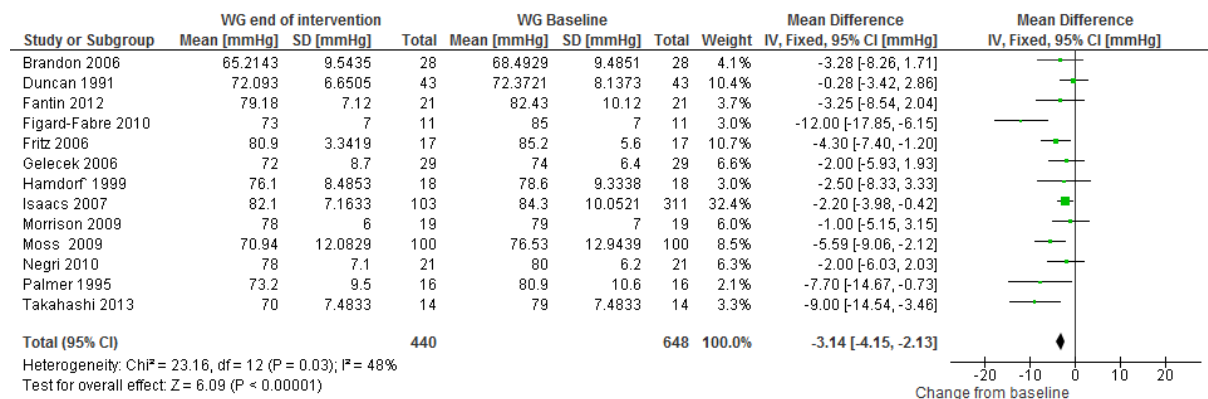


Appendix (iii) Results from Meta-analysis

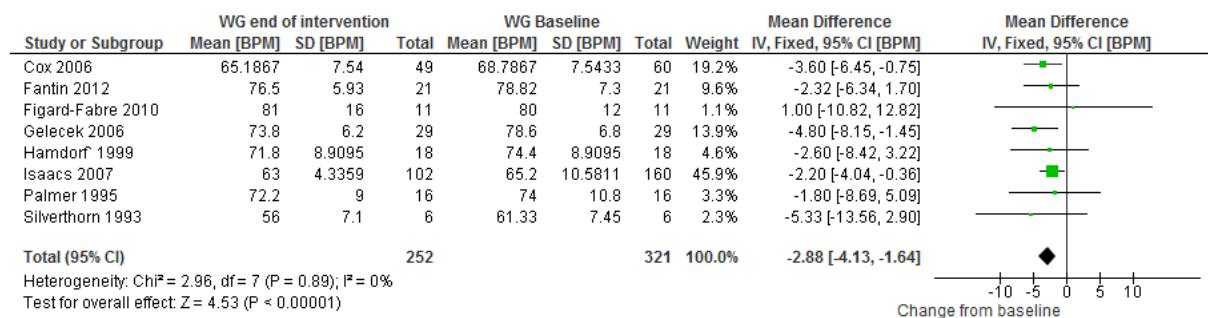
Systolic blood pressure



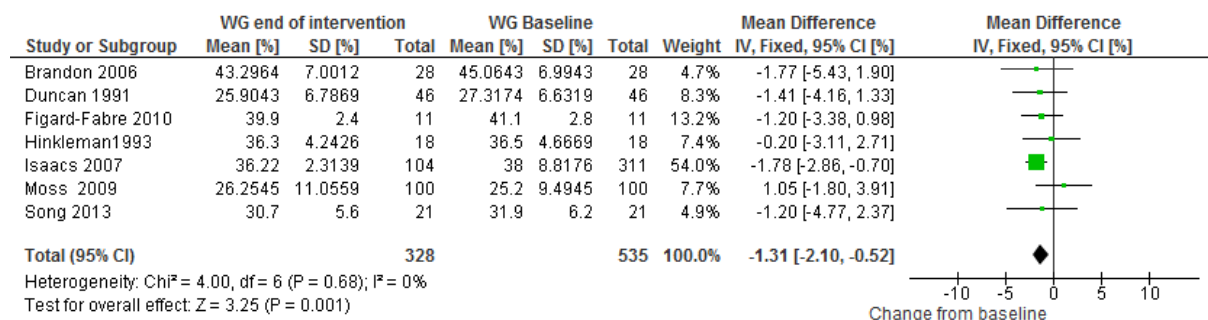
Diastolic blood pressure



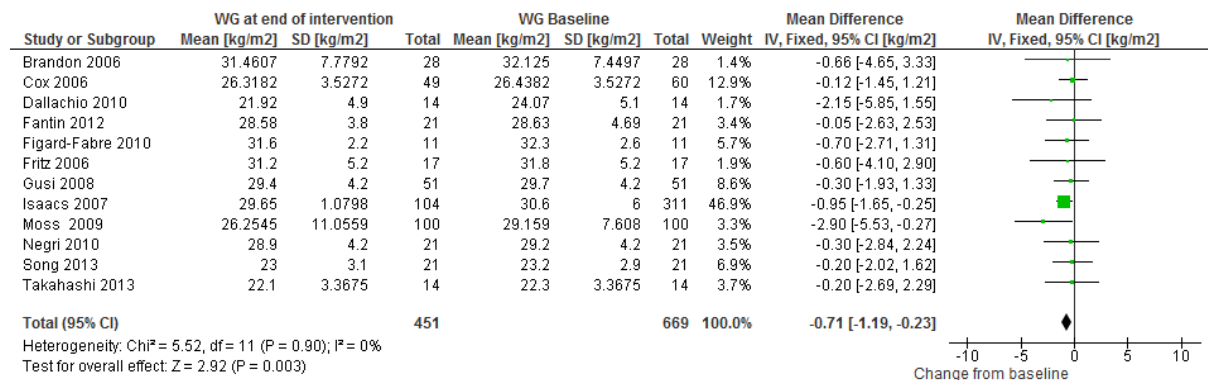
Resting heart rate



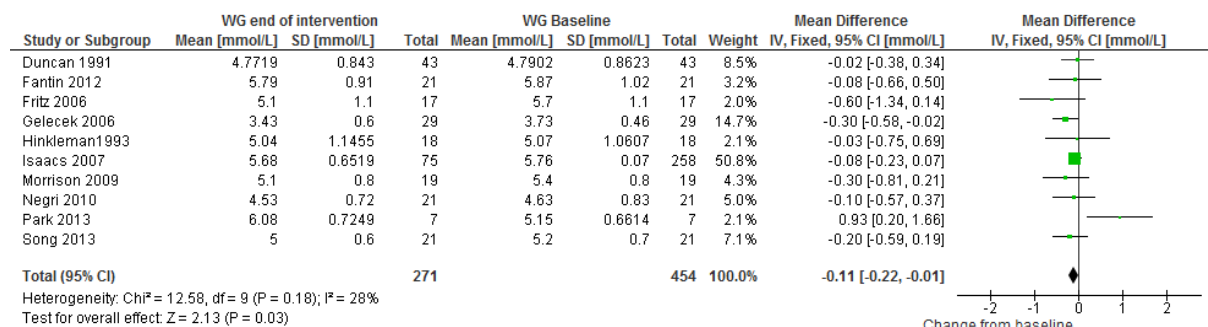
Body fat



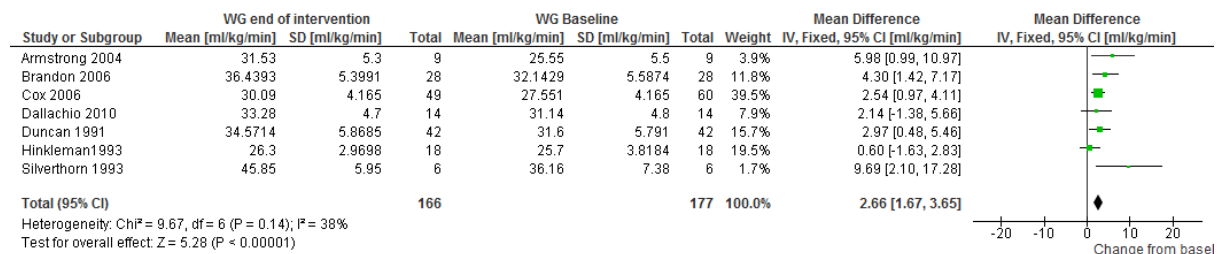
BMI



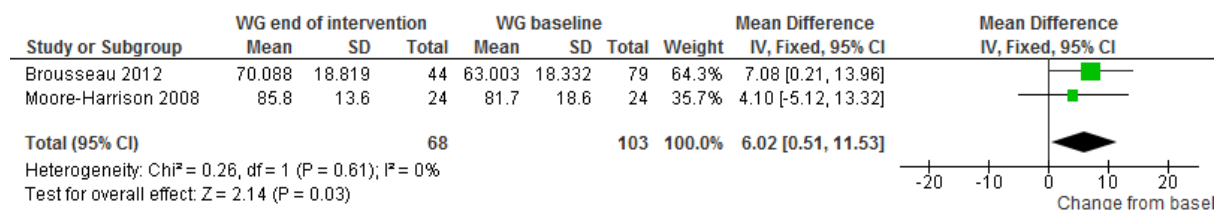
Total cholesterol



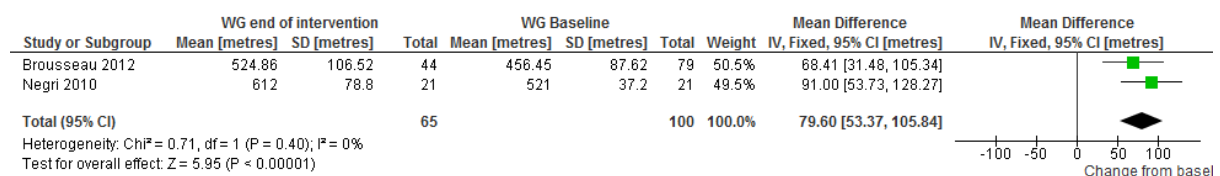
VO2 max.



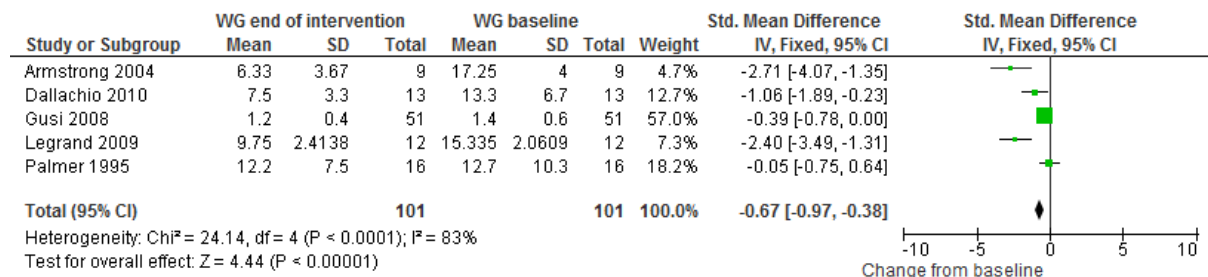
Quality of life SF36 (physical functioning)



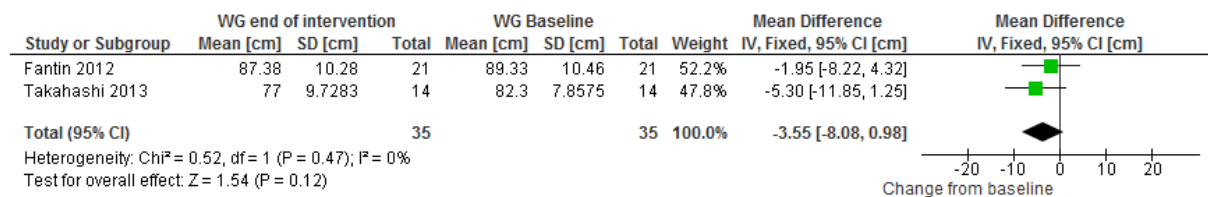
6 minute walk test



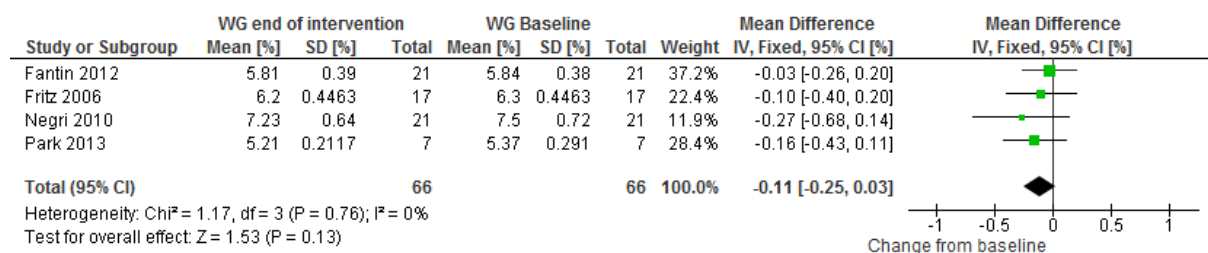
Depression



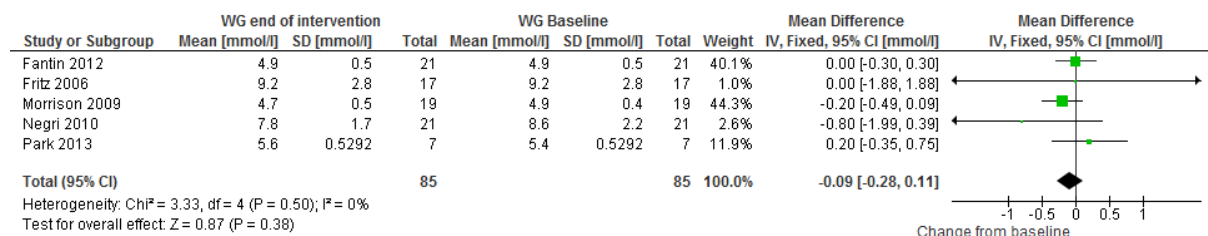
Waist circumference



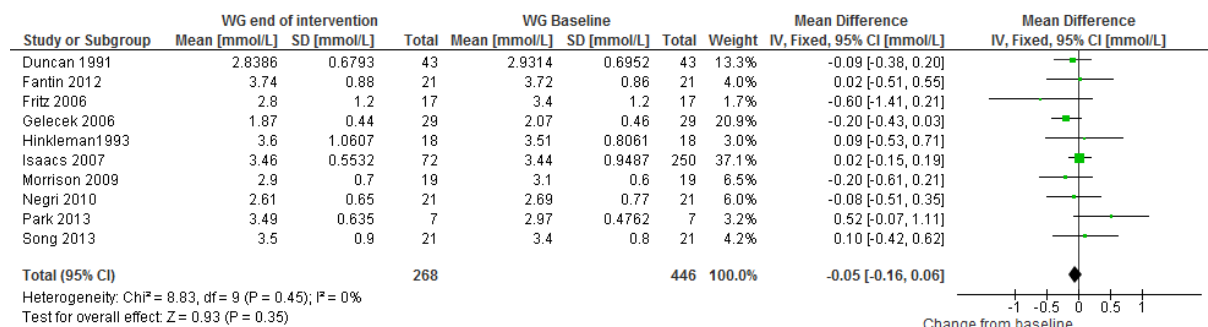
HbA1C



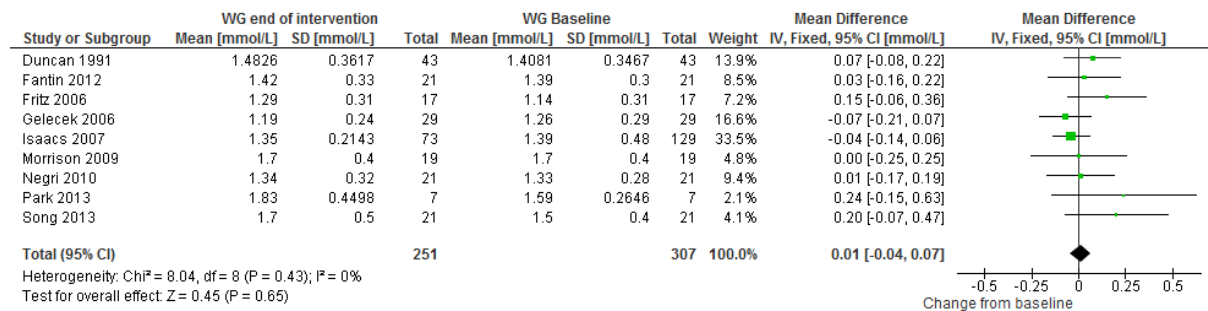
Glucose



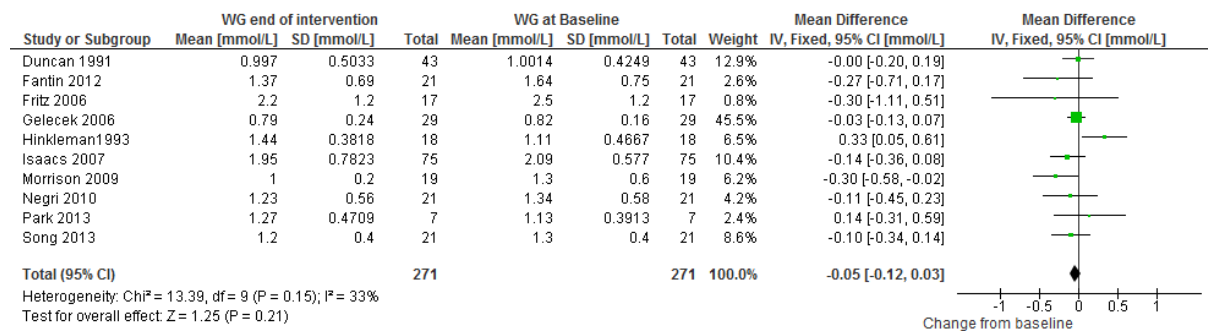
Low density lipids



High density lipids



Triglycerides



Quality of life SF36 (mental health index)

