

# PROMOTING OCCUPATIONAL DRIVERS' HEALTH THROUGH PHYSICAL ACTIVITY AND EXERCISE INTERVENTIONS: A SYSTEMATIC REVIEW

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## BACKGROUND

- Approximately 20-30% of the drivers failed to meet the national guidelines and recommendations for PA per week, which can lead to an increased risk for various chronic diseases.
- However, it remains largely unknown whether interventions to promote PA and exercise in occupational drivers are beneficial.

## PURPOSE

- The objective of this review was to synthesize the literature regarding the effectiveness of PA and exercise on health outcomes in occupational drivers.

## METHODS

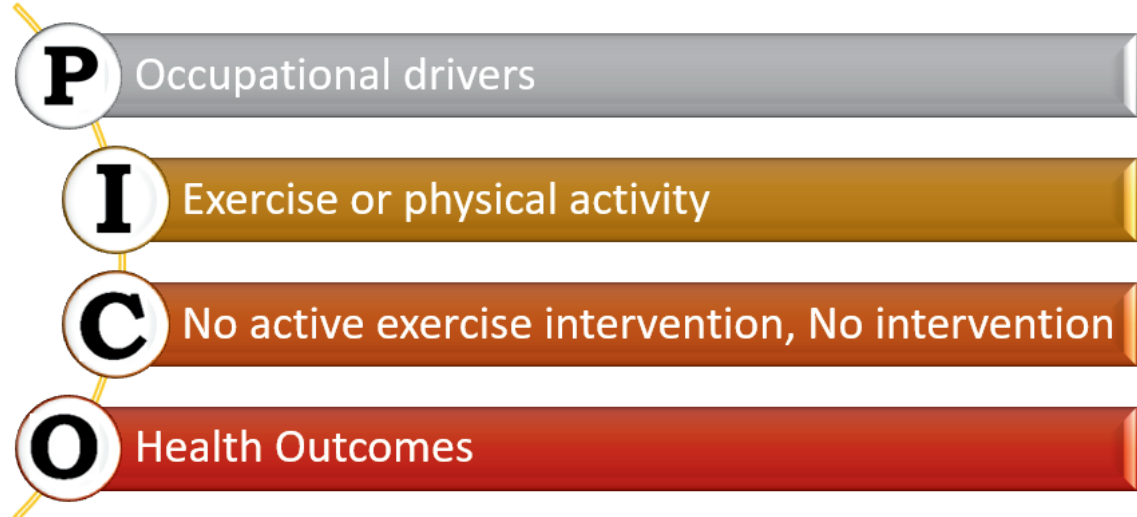


Figure 1: PICO for SR

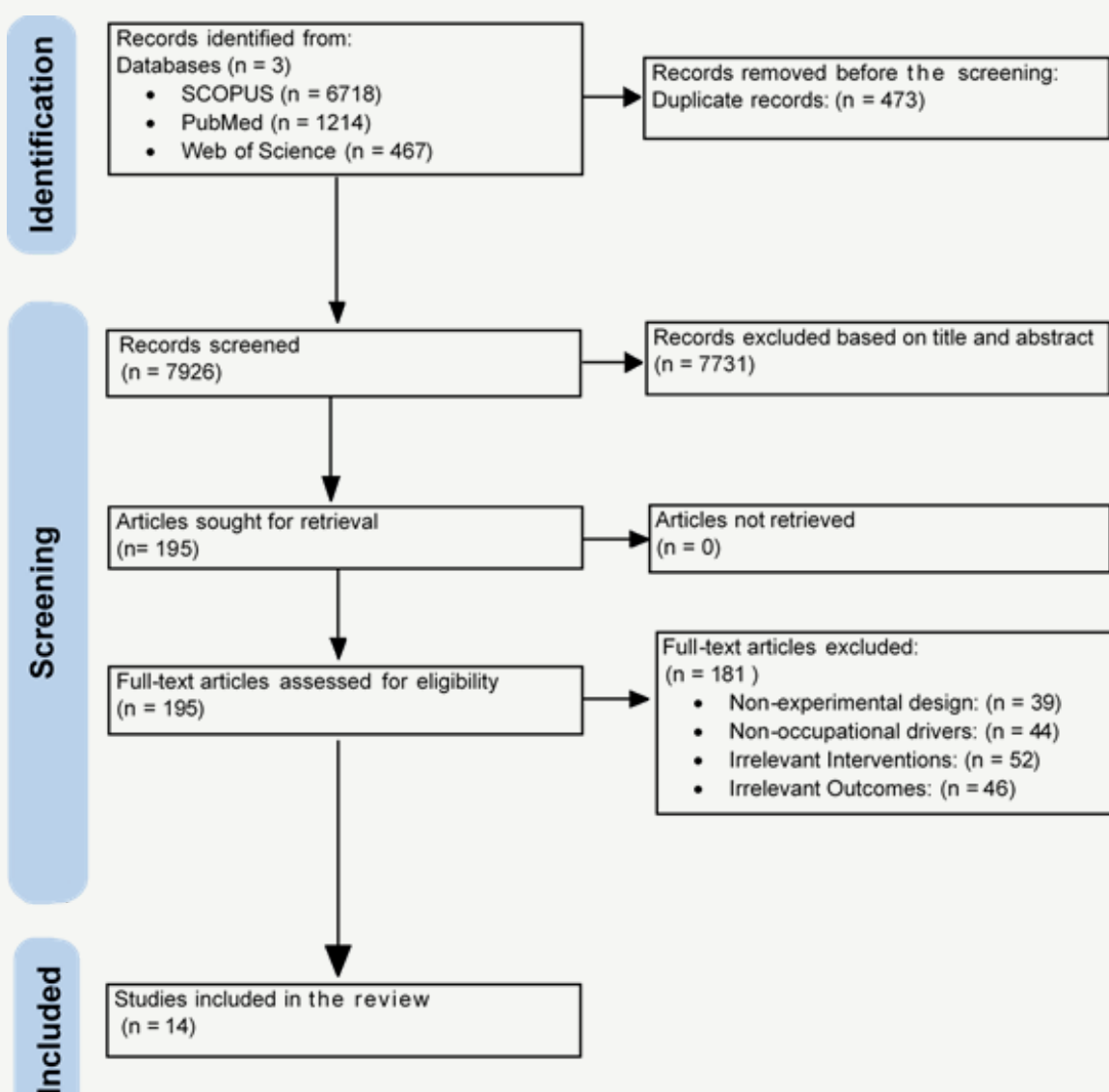


Figure 2: PRISMA flow chart for SR

## RESULTS

- Fourteen articles were included (three randomized and 11 non-randomized controlled trials).
- RCTs showed “some concerns risk of bias” and for non-randomized studies, eight studies showed a “moderate risk of bias”, two studies showed a “serious risk of bias”, and one study showed a “low risk of bias”.

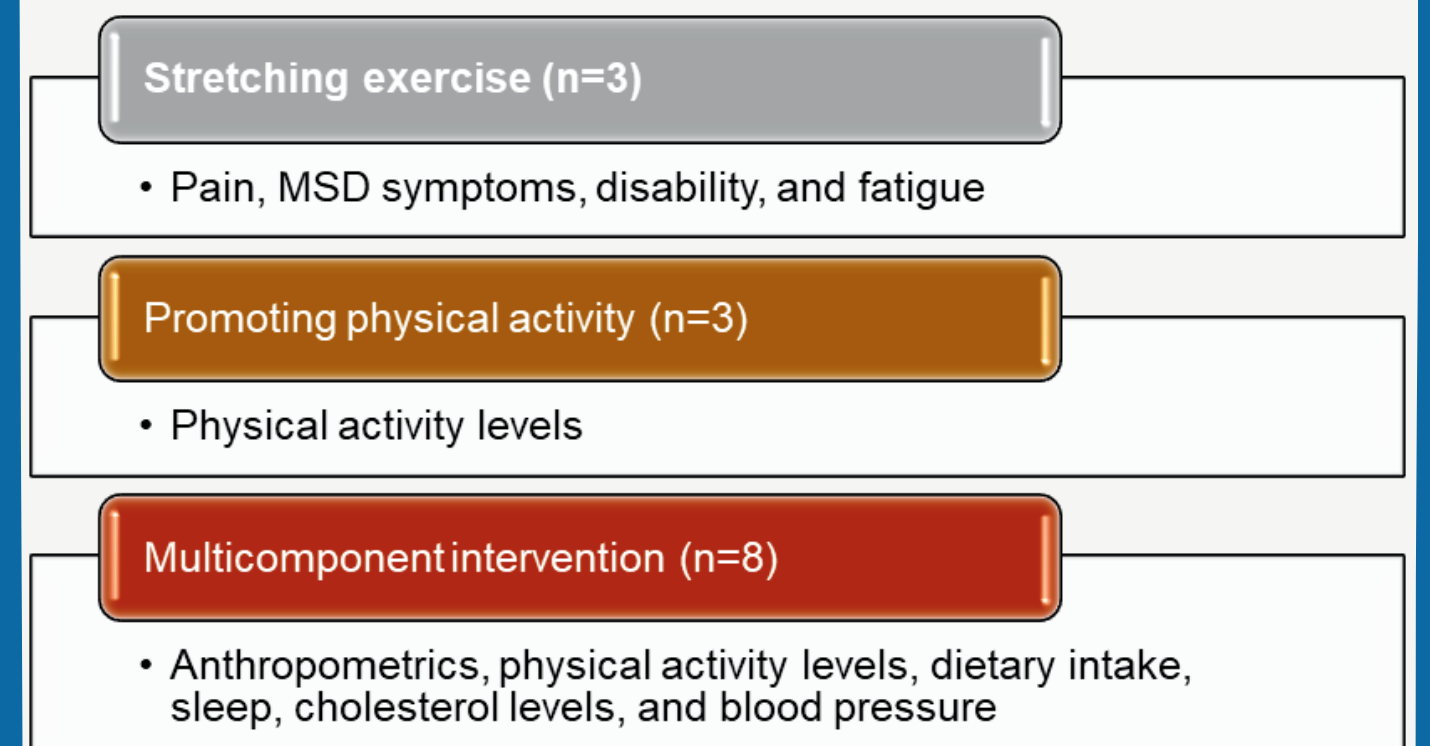


Figure 3: Intervention types & Outcomes

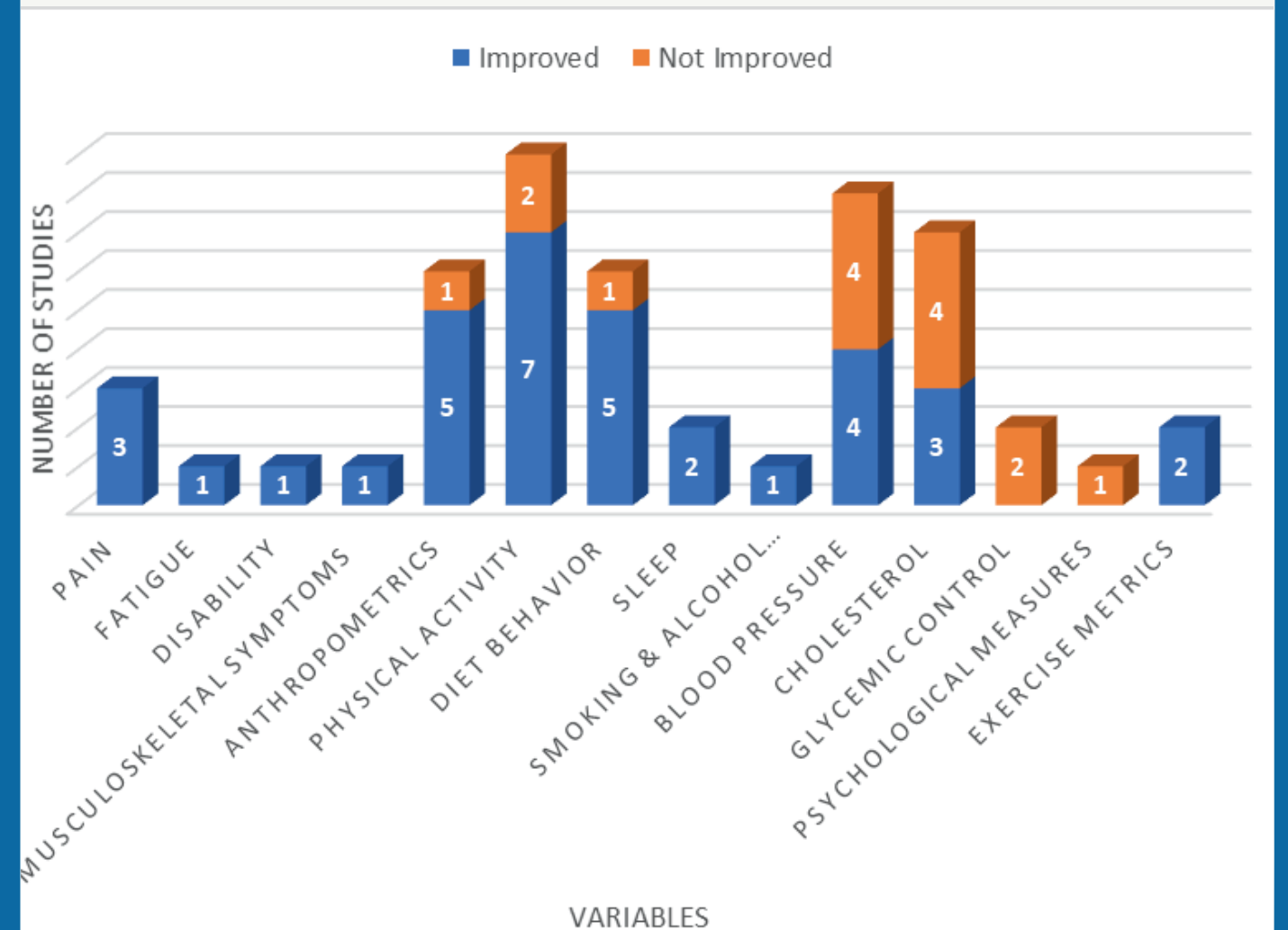


Figure 4: Effect of exercise & Physical activity on different health outcomes

## CONCLUSION

- The available evidence supports implementing exercise and physical activity programs for better health in occupational drivers.



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