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Title

The impact of Hockey Fans in Training on physical activity and sedentary time in men with overweight or obesity

Priority 1 (Research Category)

Screening, prevention, and health promotion

Presenters

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Abstract

Context: In Canadian adults, 45% meet physical activity (PA) recommendations and average sedentary time is 9.8 hours/day. Since men are less likely than women to participate in health promotion programs, innovative approaches targeted to men are needed. Objective: To determine the impact of the Hockey Fans in Training (Hockey FIT) gender-sensitized health promotion program on PA and sedentary time in men with overweight or obesity. Study Design and Analysis: Pragmatic, cluster randomized controlled trial; 42 sites were randomly assigned to intervention (i.e., Hockey FIT) or wait-list control (i.e., usual activities for 12 months). Linear mixed-effects models were used to analyze data and account for clustering effects. Setting: Sites in Canada and the U.S. were selected based on partnerships with local major junior/professional hockey teams and implementation partners (e.g., YMCAs). Population Studied: Men aged 35-65 years with a body mass index ≥ 27 kg/m², recruited primarily through the local hockey team's communications channels. Intervention: Hockey FIT is a group-based education and exercise program, designed to appeal to hockey fans through the power of sport fandom. Hockey FIT included a 3-month active phase (12 weekly, 90-minute sessions led by certified coaches) and a 9-month minimally supported phase. Outcome Measures: Assessments were completed at baseline (T0), 3 months (T1), and 12 months (T2). Accelerometry-based step counters (New Lifestyles NL-800) were used to track steps over 7 days resulting in the outcome of average steps/day. Participants also completed online questionnaires including the Marshall Sitting Questionnaire (total time spent sitting on a weekday). Results: Participants (n=997) averaged 48.6 years of age (± 8.3 SD) and had mean BMI values at T0 of 35.3 kg/m² (± 6.1). At T1, the difference between groups in mean steps/day was 1306.7 (95% CI: 847.2, 1766.2), favouring Hockey FIT. By T2, this difference remained [1173.5 steps/day (95% CI: 632.0, 1714.9)]. Hockey FIT also had a greater reduction in sitting time (vs. control) at T1 [difference between groups: -94.3 min/day (95% CI: -138.7, -49.9)] but this difference was not sustained to T2 [-32.7 min/day (95% CI: -81.5, 16.1)]. Conclusions: A sport-

fandom based lifestyle program (Hockey FIT) led to increased PA and decreased sedentary time in middle-aged men with overweight and obesity. Future research should explore how reductions in sedentary time can be sustained over time.

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