## Bilaga 5 Tabell med inkluderade systematiska översikter om svårnådda gruppers preferenser för öppna mötesplatser, n=3.

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| AuthorYearCountry | Aim | Population | Authors' conclusion | SBU Assessment Risk of bias |
| Blankley et al.2020New Zealand[1] | This review aimed to investigate the barriers that prevent older men from engaging in physical activity, and what factors (or facilitators) encourage them to participate. | Male participants aged above 60 years old.Number of included primary studies: 7 | Men are more likely to engage in Physical Activities if it is meaningful, preserves or improves physical function, and strengthens their social relationships. These findings provide insights about strategies to engage older men in physical activity, and thus improve their quality of life. | Moderate |
| Liljas et al.2017UK[2] | This systematic review aimed to identify facilitators, barriers and strategies for engaging ‘hard to reach’ older people in research on health promotion | The oldest old (≥80 years), older people from black and minority ethnic groups (BME) and older people living in deprived areas.Number of included primary studies: 23 | This review identified facilitators, barriers and strategies for engaging ‘hard to reach’ older people in health promotion but research has been mainly descriptive and there was no high-quality evidence on the effectiveness of different approaches | Moderate |
| Ong et al.2024 Singapore  [3] | This study aimed to examine factors influencing social activities of older women and men.  | Older adults aged 60 and older who were community-dwelling or living in residential settings. Number of included primary studies: 49 | Special attention is needed among community care providers and healthcare professionals to co-design, implement or prescribe a combination of sex and gender-specific and neutral activities that interest both older women and men. Intersectoral collaborative actions, including public health advocates, gerontologists, policymakers, and land use planners, are needed to unify efforts to foster social inclusion by creating an age-friendly and sustainable healthy environment. More longitudinal studies are required to better understand social participation trajectories from a sex and gender perspective and identify factors influencing it. | Moderate |

## Referenser

1. Blankley J, Victoria FMG, Patrick M, Eunice SL, Yimeng WC, Allyson C, et al. What do men want? A review of the barriers and motivators that engage older men in physical activity. Physical Therapy Reviews. 2020;25(5-6):435-48. Available from: https://doi.org/10.1080/10833196.2020.1843351

2. Liljas AEM, Walters K, Jovicic A, Iliffe S, Manthorpe J, Goodman C, et al. Strategies to improve engagement of ‘hard to reach’ older people in research on health promotion: a systematic review. BMC Public Health. 2017;17(1). Available from: https://doi.org/10.1186/s12889-017-4241-8

3. Ong CH, Pham BL, Levasseur M, Tan GR, Seah B. Sex and gender differences in social participation among community-dwelling older adults: a systematic review. Front. 2024;12:1335692. Available from: https://doi.org/10.3389/fpubh.2024.1335692