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## 【Practice Article】

# Request for Cooperation for a Research Project Approved by the Japanese Association of Exercise Epidemiology to Promote the Creation, Communication, and Utilization of Evidence from Intervention Studies in Japan

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### Abstract

There is substantial evidence showing that physical activity is associated with better health outcomes and prevents disease development. However, very few intervention studies, especially in Japan, have provided evidence supporting this association. Hence, we launched a research project that was approved by the Japanese Association of Exercise Epidemiology to promote the creation, communication, and utilization of evidence from intervention studies in Japan. The purpose of this research project is to review intervention studies conducted in Japan and to provide adequate information to utilize this evidence in developing strategies for health promotion. This document requests for cooperation for this research project. The project includes intervention studies in the field of exercise epidemiology. The candidate outcomes are lifestyle-related disorders (obesity, hypertension, dyslipidemia, or diabetes), joint diseases (back pain or knee pain), dementia, need for nursing care, sleep disorders, mental health, physical fitness, or physical activity. If there are few intervention studies in a topic, we request researchers to conduct intervention studies to create evidence. If the evidence from intervention studies has been published, we request the authors to submit an article to *Research in Exercise Epidemiology* to communicate evidence so that it can be used in developing strategies for health promotion. We wish to promote the use of the evidence in developing strategies for health promotion through the website of Japanese Association of Exercise Epidemiology, where series of articles on this topic are publicly released.

**Key words:** randomized controlled trial, non-randomized controlled trial, one-arm trial

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