Figure 1 Flow of studies for this review

- Records identified through database searching (n = 308)
- Additional records identified through other sources (n = 30)

Records after duplicates removed (n = 338)

Records screened (n = 338)

Full-text articles assessed for eligibility (n = 90)

- Full-text articles excluded, with reasons (n = 17)
  - 1 median age of participants <60
  - 1 individually randomised
  - 1 observational study
  - 1 no results reported
  - 2 quasi-experimental cluster designs
  - 11 secondary reports

Studies included in analyses (n = 73)