**Table 13a. BMI outcome in studies in a work setting**

| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline BMI, mean** | **N at 12 months** | **BMI, 12 months, mean** | **Change from BL** | **N at 24 months** | **BMI, 24 months, mean** | **Change from BL** | **Variables Adjusted for** | **Subgroup Analyses** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Goetzel, 20091  Goetzel, 20102 | 1 | kg/m2 |  |  | 633 | 28.7 | Mean change: 0.3 | 382 | 28.2 | Mean change: 0.2 | Propensity score adjustment (age, gender, ethnicity, wage status, work status, education, and health risk status) | Subgroup analysis at 24 months with the following groups: arm 1 control; arm 2 moderate intensity environmental intervention; and arm 3 high intensity environmental intervention.  N; baseline BMI, 24M BMI: change, p:  Arm1: 382; 28.0, 28.2; 0.2, 0.0045  Arm2: 213; 28.3, 28.3; 0.0, 0.8326  Arm3: 926; 28.2, 28.2; 0.0, 0.5604  DID Arm 2 v Arm 1:  BMI: -0.3; p=0.0341  DID Arm 3 v Arm 1:  BMI: -0.2; p=0.0075 | 12-month group difference in BMI change: -0.2 (p=0.0006)  24-month group difference in BMI change: -0.3 (p=0.0027)  The 1- and 2-year results only use data from participants who completed both the baseline and follow up assessments; therefore, the N and BMI at baseline are different for these two studies. Intervention group contains both moderate and high intensity groups. |
|  | 2 | kg/m2 |  |  | 2486 | 28.8 | Mean change: 0.1 | 1139 | 28.2 | Mean change: -0.1 |  |  |  |
| Kwak,  20103 | 1 | kg/m2 | 188 | 24.2  SD: 3.1 | 164 |  | Mean change: (-0.04)  SD: 0.8 | 145 |  | Mean change: 0.03  SD: 1.0 | Adjusted for baseline age, gender, BMI, marital status, education, and smoking status. | No significant differences between control and intervention using multilevel linear regression. |  |
|  | 2 | kg/m2 | 365 | 25.7  SD: 4.0 | 294 |  | Mean change: (-0.23)  SD: 1.2 | 255 |  | Mean change: (-0.11)  SD: 1.4 |  |  |  |
| Lemon, 20104 | 1 | kg/m2 | 420 | 29.0 | 387 | 29.1 |  | 349 | 29.4 |  | Adjusted for education, job category, shift, and hours worked per week and weighted to represent the hospital workforce population. | 12-month group difference in BMI change:  0.272 (95%CI -0.271-0.816; p=0.33)  24-month group difference in BMI change:  0.276 (95%CI -0.338-0.890; p=0.38) |  |
|  | 2 | kg/m2 | 386 | 28.4 | 344 | 28.7 |  | 299 | 28.9 |  |  |  |  |
| Linde, 20125 | 1 | kg/m2 | 949 | 28.3  SD: 6.1 |  |  |  | 795 |  | 0.19 | Adjusted models include age, education, race, sex, and smoking status. |  | 24-month unadjusted group difference in differences of BMI change:  0.12 (95%CI -0.27-0.51; p=0.46)  24-month adjusted group difference in differences of BMI change:  0.13 (95%CI -0.21-0.46; p=0.36) |
|  | 2 | kg/m2 | 723 | 28.7  SD: 6.6 |  |  |  | 611 |  | 0.30 |  |  |  |
| McEachan, 20116 | 1 | kg/m2 OMRON BF306 body fat monitor | 598 | 25.96  SD: 4.67 |  |  |  |  |  |  | Adjusted models include: seasonality, social class, health score, gender, and baseline measures. |  | 12-month group difference in BMI 0.18 (95% CI: 0.01-0.34) |
|  | 2 | kg/m2 | 662 | 26.18  SD: 5.20 |  |  |  |  |  |  |  |  |  |

BMI = Body Mass Index; CI = Confidence Interval; Cm = centimeter; DID = Difference inbetween the differences; Kg/m^2 = kilogram per meter squared; Lbs = pounds (weight unit); N = Sample Size;

**References**

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