**Table 13b. Weight outcome in studies in a work setting, combination interventions**

| **Author,**  **Year** | **Arm** | **Outcome defined** | **Baseline N** | **Baseline weight, mean** | **N at 12 months** | **Weight, 12 months, mean** | **Change from BL** | **N at 24 months** | **Weight, 24 months, mean** | **Change from BL** | **Variables adjusted for** | **Subgroup Analyses** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dekkers, 20117 | 1 | kg | 92 | 92.3  SD: 11.3 |  |  |  | 49 | 90.3  SD: 10.8 |  |  |  | Mean change for arm2 (telephone) vs arm1 (control) at 24 months: -0.3 (95%CI -2.6-2.0)  Mean change for arm2 (Internet) vs arm1 (control) at 24 months: -2.1 (95%CI -4.4-0.2) |
|  | 2 | kg | 91 | 94.4  SD: 15.6 |  |  |  | 44 | 90.3  SD: 14.8 |  |  |  |  |
|  | 3 | kg | 93 | 94.0  SD: 13.7 |  |  |  | 48 | 90.0  SD: 15.4 |  |  |  |  |
| Goetzel, 20091  Goetzel, 20102 | 1 | lbs |  |  | 633 | 193.2 | Mean change: 1.4 | 382 | 189.2 | Mean change: 1.3 | 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 wt, 24M wt; change, p:  Arm1: 382; 188.0, 189.8; 1.3, 0.0071  Arm2: 213; 187.9, 187.9; 0.0, 0.9827  Arm3: 926; 188.9, 188.7; -0.2; 0.6399  DID Arm 2 v Arm 1:  Wt: -2.1; p=0.0333  DID Arm 3 v Arm 1:  Wt: -1.5; p=0.0148 | 12-month group difference in weight change: -1.5 (p=0.0007)  24-month group difference in weight change: -1.6 (p=0.0050)  The 1- and 2-year results only use data from participants who completed both the baseline and follow up assessments; therefore, the N and weight at baseline are different for these two studies. Intervention group contains both moderate and high intensity groups. |
|  | 2 | lbs |  |  | 2486 | 193.6 | Mean change: (-0.1) | 1139 | 189.0 | Mean change: (-0.3) |  |  |  |
| Kwak, 20103 | 1 | kg | 188 |  | 165 |  | Mean change: (-0.13)  SD: 2.29 | 146 |  | Mean change: 0.08  SD: 3.16 | 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 | 365 |  | 295 |  | Mean change: (-0.64)  SD: 3.32 | 256 |  | Mean change: (-0.29)  SD: 4.25 |  |  |  |
| Robbins, 20068 | 1 | lbs | 65,089 | + 10.3 lbs |  |  |  |  |  |  | Control groups unadjusted results; while intervention groups adjusted for age, rank, smoking status, and proximity | Subgroup analysis stratified by sex.  N, Control mean wt change; intervention mean wt change, difference, p for difference  Women: 8771; 0.8; (-0.2); (-1.0), 0.031  Male senior airmen: 7518; 0.6; (-0.7); (-1.3); 0.016  All other men: 52,302; 2.5; 2.8; 0.3; NS | 12-month results only in subgroups (senior rank men, all other men, women). No baseline characteristics reported by these groups. |
|  | 2 | lbs | 3,502 | + 11.7 lbs |  |  |  |  |  |  |  |  |  |

BL = Baseline; BMI = Body Mass Index; Kg = Kilogram; Lbs = Pounds (unit of weight); N = Sample Size; SD = Standard Deviation; Wt = Weight

**References**

1. Goetzel RZ, Baker KM, Short ME et al. First-year results of an obesity prevention program at the Dow Chemical Company. J Occup Environ Med 2009; 51(2):125-38.

2. Goetzel RZ, Roemer EC, Pei X et al. Second-year results of an obesity prevention program at the Dow Chemical Company. J Occup Environ Med 2010; 52(3):291-302.

3. Kwak L, Kremers SP, Candel MJ, et al. Changes in skinfold thickness and waist circumference after 12 and 24 months resulting from the NHF-NRG In Balance-project. Int J Behav Nutr Phys Act 2010; 7:26.

4. Lemon SC, Zapka J, Li W et al. Step ahead: A worksite obesity prevention trial among hospital employees. Am J Prev Med 2010; 38(1):27-38.

5. Linde JA, Nygaard KE, MacLehose RF et al. HealthWorks: results of a multi-component group-randomized worksite environmental intervention trial for weight gain prevention. Int J Behav Nutr Phys Act 2012; 9:14.

6. McEachan RR, Lawton RJ, Jackson C, et al. Testing a workplace physical activity intervention: a cluster randomized controlled trial. The International Journal of Behavioral Nutrition and Physical Activity 2011; 8:29.

7. Dekkers JC, van Wier MF, Ariëns GA et al. Comparative effectiveness of lifestyle interventions on cardiovascular risk factors among a Dutch overweight working population: a randomized controlled trial. BMC Public Health 2011; 11(1):49.

8. Robbins AS, Chao SY, Baumgartner N, et al. A low-intensity intervention to prevent annual weight gain in active duty Air Force members. Mil Med 2006; 171(6):556-61.