**Table 15. Participant characteristics in studies reporting on groups in a college settings**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,** **Year** | **Total N****Study Arms N** | **Follow-up period, months** | **% Women** | **Age** | **Race** | **Education** | **Smokers** |
| Hivert, 20071 | 115Arm1: N: 57Arm2: N: 58 | 24  | Arm1: women, N: 47Arm2: women, N: 47 | Arm1: mean : 19.5Arm2: mean : 19.9  | Arm1: White, % : 93Arm2: White, % : 93 | Not reported | Not reported |
| Matavienko, 20012 | 40Arm1: N: 19Arm2: N: 21 | 16  | Overall: women, : 100 | Arm 1: mean: 19.5Arm 2: mean: 19.3 | Overall: White, N: 35Overall: Black, N: 2Overall: Asian/PI, N: 1Overall: No ID, N: 2 | Not reported | Not reported |

N = Sample Size

**References**

 1. Hivert MF, Langlois MF, Bérard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obesity 2007; 31(8):1262-9.

 2. Matvienko O, Lewis DS, Schafer E. A college nutrition science course as an intervention to prevent weight gain in female college freshmen. J Nutr Educ 2001; 33(2):95-101.