**Table 17a. BMI outcomes in studies in college-settings, combination interventions**

| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Base-line N** | **Base-line BMI, mean** | **N at 12 months** | **BMI, 12 months, mean** | **Change from BL** | **N at 24 months** | **BMI, 24 months, mean** | **Change from BL** | **Final mea-sure** | **N at final mea-sure** | **BMI, final mea-sure, mean** | **Change from BL** | **Vari-ables adjust-ed for** | **Sub-group Analyses** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hivert, 20071 | 1 | kg/m2 | 57 | 22.4  SEM: 0.3 | 54 |  | Mean change: 0.4  SEM: 0.2 | 48 |  | Mean change: 0.2  SEM: 0.2 |  |  |  |  |  | N/A | Repeat measures ANOVA p-value for group effect 0.01. |
|  | 2 | kg/m2 | 58 | 22.4  SEM: 0.4 | 51 |  | Mean change: (-0.1)  SEM: 0.1 | 48 |  | Mean change: (-0.3)  SEM: 0.2 |  |  |  |  |  |  |  |
| Matvienko, 20012 | 1 | kg/m2 | 19 | 23.7  SD: 4.6 |  |  |  |  |  |  | 16 months | 15 | 25.2  SD: 6.5 |  |  | Subgroup analysis among desirable BMI (≤24 kg/m2) and higher BMI (>24 kg/m2). No significant differences between intervention and controls within the desirable BMI group. There was a significant difference between controls (arm 1) and intervention (arm 2) within the higher BMI group.  N; baseline BMI, baseline BMI SD;16-month BMI, 16-month BMI SD:  Arm 1: 6, 29.3, 5.4; 32.5, 6.1  Arm 2: 11; 27.5, 5.3; 26.9, 5.8  DID p-value<0.05. | No significant differences between control and intervention using repeated measures ANOVA. |
|  | 2 | kg/m2 | 21 | 24.6  SD: 4.7 |  |  |  |  |  |  | 16 months | 18 | 24.5  SD: 4.8 |  |  |  |  |

ANOVA = Analysis of Variance test; BMI = Body Mass Index; DID = Difference in between differences; Kg/m2 = kilogram per meter squared; SD = Standard Deviation; SEM = Standard Error of the Mean

**References**

1. Hivert MF, Langlois MF, Berard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obes (Lond) 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.