**Table 25b. Weight outcomes in studies on subjects with cancer.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Base-line N** | **Baseline weight, mean** | **N at 12 months** | **Weight, 12 months, mean** | **Change from BL** | **Final mea-sure** | **N at Final mea-sure** | **Weight, final measure, mean** | **Change from BL** | **Measure of asso-ciation** | **Test for trend** | **Variables adjusted for** | **Comment** |
| **Diet Interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chlebowski, 20062 | 1 | KG | 2437 | 72.6 | 1310 | 72.8 | 0.2 | 60 |  | 998 | -1.1 |  | paired t test |  |  |
|  | 2 |  | 975 | 72.7 | 854 | 70.6 | -2.1 |  |  | 386 | -2.7 |  |  |  |  |
| Djuric, 20023 | 1 | Body weight (lbs converted to kg) | 26 | 144 (65.5 kg)  SD : 25 | 25 | 143 (65)  SD : 27 | -1  (-0.5 kg) | 60 |  |  |  |  | Wilcoxon rank sum test |  |  |
|  | 2 |  | 40 | 155 (70.5)  SD : 33 | 24 | 144 (65.5)  SD : 31 | -11  (-5 kg) |  |  |  |  |  |  |  |  |
|  | 3 |  | 27 | 145 (65.9)  SD : 26 | 25 | 149 (67.7)  SD : 26 | 4  (1.8 kg) |  |  |  |  |  |  |  |  |
|  | 4 |  | 29 | 152 (69.1)  SD : 29 | 23 | 152 (69.1)  SD : 30 | 0 |  |  |  |  |  |  |  |  |
| **Physical**  **activity Interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schwartz, 20094 | 1 | Weight (kg) | 33 | 70.3  SD : 12.7 | 33 | 76.2  SD : 13.6 | 5.9 | 60 |  |  |  |  | intent to treat |  |  |
|  | 2 |  | 34 | 74.8  SD : 12.7 | 34 | 72.3  SD : 13.6 | -2.5 |  |  |  |  |  |  |  |  |
|  | 3 |  | 34 | 77.1  SD : 16.3 | 34 | 76.7  SD : 14.9 | -0.4 |  |  |  |  |  |  |  |  |

BL = Baseline; kg = kilogram; lbs = Pounds (unit of weight); N = Sample Size; SD = Standard Deviation

**References**

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