**Table 5a. BMI outcomes among intervention studies among adults in the general population**

| **Author,****Year** | **Group** | **Outcome defined** | **Baseline N** | **Baseline BMI, mean** | **N at 12 months** | **BMI, 12 months, mean** | **Change from BL** | **Final measure (months)** | **N at final measure** | **BMI, final measure, mean** | **Change from BL** | **Test for trend** | **Variables adjusted for** | **Measure of association** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dietary** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Howard, 20061 | 1 | BMI (kg/m2) | 29164 | 29.1SD : 5.9 |  |  |  | 84 | 24943 | Mean : 29.2SD : 5.9Mean change : 0.3SD Mean change: 3.1 |  | There was a significant difference (p<0.001) in the BMI values for Arm 2 (n = 16230) from baseline to a mean follow-up of 90 monthsFor mean change (follow-up – baseline), there was a significant difference (p<0.001) between Arm 1 (n = 24943) and Arm 2 (n = 16230)All data were adjusted for energy intake |  | Difference in change between Group 2 and 1Mean 0.3SE 0.03 | The last reported time-point is a mean follow-up of 7.5 years |
|  | 2 |  | 19457 | 29.1SD : 5.9 |  |  |  | 84 | 16230 | Mean : 29.0SD : 6.1Mean change : 0.03SD Mean change: 3.2 |  |  |  |  |  |
| **Physical Activity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 | 1 | BMI (kg/m2) | 82 | 29.4SD : 0.4 | N: 67 | 0.85SE : 0.86 |  |  24 | N : 63Check if this is the last time-point reported | Mean : 2.32SE : 0.86 |  | % change, not mean changep for change over time between groups p=0.74 |  |  |  |
|  | 2 |  | 82 | 29.4SD : 0.4 | N : 71 | 1.07SE : 0.81 |  |   | N : 70check if this is the last reported time-point | Mean : 1.92SE : 0.81 |  |  |  |  |  |
| Petrella, 20033 | 1 |  | 110 | 27.9SD : 1.1 | N : 110Check if this is the last time-point reported | 27.3SD : 0.9 |  |  |  |  |  | Condition x time interaction p=0.39 for 3 groups. Also no differences post-intervention and 1yr fup between 3 groups for condition x time p=0.57Non-stat sig trend for women randomized to clinic to have decrease in BMI during 2yr intervention compared to correspondence or control p=0.10 |  |  | Intervention had no effect on weight over time. |
|  | 2 |  | 131 | 28.2SD : 0.8 | N : 131Check if this is the last reported time-point | 26.1SD : 1.2 |  |  |  |  |  |  |  |  |  |
| Lamb, 20024 | 1 | BMI (kg/m2) |  |  |  |  |  |  |  |  |  | This is ITT. They imputed last value carried forward for those missing BMI. As-treated analysis also provided (not abstracted). | AgeSexOther : Baseline moderate physical activity, aerobic capacity |  |  |
|  | 2 |  | 129 | 26.4SD : 4.02 | N : 93Check if this is the last reported time-point | 26.3SD : 3.97Mean change : -0.01 |  |  |  |  |  |  |  | N: 131 |  |
|  | 3 |  | 131 | 25.8SD : 3.91 | N : 95Check if this is the last reported time-point | 25.8SD : 3.94Mean change : -0.002 |  |  |  |  |  |  |  | N: 129-0.009 (95%CI, -0.39 to 0.194)Comparison Arm1 and Arm3 |  |
| Muscari, 20105 | 1 | BMI (kg/m2) | 60 |  | N : 56check if this is the last timepoint reported |  |  |  |  |  |  | No value was reported in this article, the result section on page 1061 only states no significant changes were detected concerning BMI in either group. |  |  |  |
|  | 2 |  | 60 |  | N : 53check if this is the last reported time-point |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 | 1 | % BMI change from baseline |   |  | N : 67 | 0.85SD : 0.86 |  |  24 | N : 63Check if this is the last time-point reported | Mean : 2.32SD : 0.86 |  |  | Other : Adjusted for ethnicity and physical activity at baseline, and for kilocalorie intake and marital status at baseline and 2 yrs | N (12 mo): 63P=0.74N (24 mo): 70P= 0.74 |  |
|  | 2 |  |   |  | N : 71 | 1.07SD : 0.81 |  |   | N : 70check if this is the last reported time-point | Mean : 1.92SD : 0.81 |  |  |  |  |  |
| Petrella, 20033 | 1 | BMI change (define) | 110 | 27.9SD : 1.1 | N: 110check if this is the last time-point reported | 27.3SD : 0.9 |  |  |  |  |  | Unclear if STEP 12 month outcome is correct. Number looks like -2.226.17.4% reduction in BMI (p 0.05in table p<0.05 in text) were observed in the STEP group compared to the control group at 12 months from adjusted repeated measures analysis. Unclear what adjusted for. | Other : Not reported but says adjusted |  |  |
|  | 2 |  | 131 | 28.2SD : 0.8 | N : 131Check if this is the last reported time-point | 26.1SD : 1.2 |  |  |  |  |  |  |  |  |  |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| French, 20116 | 1 | BMI (kg/m2) | 45 house-holds | 29.64 | N : 44 HH | 29.88 |  |  |  |  |  | Means are adjusted for individual gender, smoking status, age, and HH configuration, income, education, and race of main HH adult contact person.BMI reported on individual level taking into account clustering within household. | AgeSexRace/ethnicityBaseline BMIOther : Smoking status, household configuration, income, education | BMI “intervention effect”SE: 0.25p = 0.48 | BMI reported for adults only. Don’t know exact N. |
|  | 2 |  | 45 house-holds | 28.81 | N : 43 HHCheck if this is the last reported time-point | 28.78 |  |   |  |  |  |  |  |  |  |
| Levine, 20077 | 1 | BMI (kg/m2) | 93 | 25.0SD : 2.3 |   |  |  |   |  |  |  | Condition x time interaction p=0.39 for 3 groups. Also no differences post-intervention and 1yr fup between 3 groups for condition x time p=0.57Non-stat sig trend for women randomized to clinic to have decrease in BMI during 2yr intervention compared to correspondence or control p=0.10 |  |  | Intervention had no effect on weight over time. |
|  | 2 |  | 97 | 25.1SD : 2.3 |  |  |  |   |  |  |  |  |  |  |  |
|  | 3 |  | 94 | 25.1SD : 2.4 |  |  |  |  |  |  |  |  |  |  |  |
| Burke, 20038 | 1 | BMI change (define) | 43 |  | N : 31Check if this is the last timepoint reported | Mean change : 0.4 |  |  |  |  |  | At follow-up, BMI increased in all groups with a trend to a smaller increase in the high-level group, but these differences were not significant(P=.28). Changes in BMI also showed no significant between-group differences when men and women were considered separately.Baseline BMI only reported by sex within each category.Adjusted for age, sex, ccounting for correlation within couples |  |  |  |
|  | 2 |  | 47 |  | N : 20Check if this is the last reported time-point | Mean change : 0.5 |  |  |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | N : 27Check if this is the last reported time-point | Mean change : 0.2 |  |  |  |  |  |  |  |  |  |

BMI = Body Mass Index; HH; ITT = ; Kg/m2 = kilogram per meter squared; N = Sample Size; SD = Standard Deviation; SE = Standard Error

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