**Table 5b. Weight outcomes among intervention studies adults in the general population**

| **Author,****Year** | **Arm** | **Out-come defined** | **Base-line N** | **Base-line weight, mean** | **N at 12 months** | **Weight, 12 months, mean** | **Change from BL** | **N at 24 months** | **Weight, 24 months, mean** | **Change from BL** | **N at 60 months** | **Weight, 60 months, mean** | **Change from BL** | **Final measure, months** | **N at final meas-ure** | **Weight, final measure, mean** | **Change from BL** | **Measure of Assoc-iation** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Diet Interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Howard, 20061 | 1 | Weight (kg) | 29272 | 76.7SD : 16.5 |  | Mean change : 0 |  |   | Mean change : 0.5 |  |   | Meanchange : 0.7 |  | 108 | 25056 | SD : 10.1Mean change : -0.1 |  |  |
|  | 2 |  | 19524 | 76.8SD : 16.6 |  | Meanchange : -2.2 |  |   | Mean change : -1.3 |  |   | Meanchange : -0.2 |  | 108 | 16297 | SD : 10.1Meanchange : -0.8 |  |  |
| Bhargava 20029 | 1 | kg | 351 | 76.2SD : 12.5 | N: 351Check if this is the last time-point reported | 75.9SD : 12.7 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 |  | 575 | 76.0SD : 12.7 | N: 575Check if this is the last reported time-point | 75.9SD : 12.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical activity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 | 1 | Body mass (kg) | 82 | 80.7SD : 1.3 | N : 67 | 0.88se : 0.84 |  | N : 63Check if this is the last time-point reported | 2.42se : 0.84 |  |  |  |  |  |  |  |  |  |
|  | 2 |  | 82 | 81.6SE : 1.3 | N : 71 | 0.88SE : 0.84 |  | N : 70Check if this is the last reported time-point | 1.72SE : 0.79 |  |  |  |  |  |  |  |  |  |
| Schmitz, , 20072 | 1 | % Change in body mass (kg) from baseline |  |  | N : 67 | 0.88SD : 0.84 |  | N : 63Check if this is the last time-point reported | 2.42SD : 0.84 |  |  |  |  |  |  |  |  | P=0.54 |
|  | 2 |  |  |  | N : 71 | 1.17SD : 0.79 |  | N : 70Check if this is the last reported time-point | 1.72SD : 0.79 |  |  |  |  |  |  |  |  | P=0.54 |
| **Combination Interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Levine, 20077 | 1 | In kg at 2 year and 3 year | 93 | 67.5 | N : 74 | Mean change : 0.8 (+-5.8) |  | 36 | 70 | 36 | 70 | Mean change : 0.7 (+-4.8) |  |  |   |  |  |  |
|  | 2 |  | 97 | 68.4 |   |  |  | N : 71 | Mean change : -0.6 (+-4.7) | N : 71 | Mean change : -0.6 (+-4.7) |  |  |  | 36 | 74 | Mean change : -0.1 (+-4.7) |  |
|  | 3 |  | 94 | 69.5 |   |  |  | N : 65 | Mean change : 0.3 (+-4.4) | N: 65 | Mean change : 0.3 (+-4.4) |  |  |  | 36 | 61 | Mean change : 1.3 (+-5.4) |  |
| Fortmann, 8110 | 1 | Regression coefficients of relative weight change: relative weight was defined as actual weight divided by ideal weight determined according to the mean of the weight-for-height ranges given in the Metropolitan Life Insurance Company Ideal Weight Table | 365 | 1.23 | N : 365 | 1.233 |  | N: 365 | 1.236 | N : 365 | 1.236 |  |  |  | 36 | 365 | 1.24 | Regression coefficient of average annual percentage change in geometric meanN=363P=0.06 |
|  | 2 |  | 363 | 1.21 | n : 363 | 1.21 |  | n : 363 | 1.21 | n : 363 | 1.21 |  |  |  | 36 | 363 | 1.21 | N=385P=0.07 |
|  | 3 |  | 385 | 1.19 | n : 385 | 1.19 |  | n : 385 | 1.195 | n : 385 | 1.195 |  |  |  | 36 | 385 | 1.20 |  |

BL = Baseline; Kg = Kilogram; N = Sample Size; SD = Standard Deviation; SE = Standard Error

**References**

 1. Howard BV, Manson JE, Stefanick ML et al. Low-fat dietary pattern and weight change over 7 years: the Women's Health Initiative Dietary Modification Trial. JAMA 2006; 295(1):39-49.

 2. Schmitz KH, Hannan PJ, Stovitz SD, Bryan CJ, Warren M, Jensen MD. Strength training and adiposity in premenopausal women: strong, healthy, and empowered study. Am J Clin Nutr 2007; 86(3):566-72.

 3. Petrella RJ, Koval JJ, Cunningham DA, Paterson DH. Can primary care doctors prescribe exercise to improve fitness? The Step Test Exercise Prescription (STEP) project. Am J Prev Med 2003; 24(4):316-22.

 4. Lamb SE, Bartlett HP, Ashley A, Bird W. Can lay-led walking programmes increase physical activity in middle aged adults? A randomised controlled trial. Journal of Epidemiology and Community Health 2002; 56(4):246-52.

 5. Muscari A, Giannoni C, Pierpaoli L et al. Chronic endurance exercise training prevents aging-related cognitive decline in healthy older adults: A randomized controlled trial. International Journal of Geriatric Psychiatry 2010; 25(10):1055-64.

 6. French SA, Gerlach AF, Mitchell NR, Hannan PJ, Welsh EM. Household Obesity Prevention: Take Action-a Group-Randomized Trial. Obesity (Silver Spring) 2011.

 7. Levine MD, Klem ML, Kalarchian MA et al. Weight gain prevention among women. Obesity (Silver Spring) 2007; 15(5):1267-77.

 8. Burke V, Giangiulio N, Gillam HF, Beilin LJ, Houghton S. Physical activity and nutrition programs for couples: a randomized controlled trial. Journal of Clinical Epidemiology 2003; 56(5):421-32.

 9. Bhargava A, Guthrie JF. Unhealthy eating habits, physical exercise and macronutrient intakes are predictors of anthropometric indicators in the Women's Health Trial: Feasibility Study in Minority Populations. The British Journal of Nutrition 2002; 88(6):719-28.

 10. Fortmann SP, Williams PT, Hulley SB, Haskell WL, Farquhar JW. Effect of health education on dietary behavior: the Stanford Three Community Study. Am J Clin Nutr 1981; 34(10):2030-8.

 11. Adair LS, Gultiano S, Suchindran C. 20-year trends in Filipino women's weight reflect substantial secular and age effects. J Nutr 2011; 141(4):667-73.

 12. Berry TR, Spence JC, Blanchard C, Cutumisu N, Edwards J, Nykiforuk C. Changes in BMI over 6 years: the role of demographic and neighborhood characteristics. Int J Obes (Lond) 2010; 34(8):1275-83.

 13. Bes-Rastrollo M, Basterra-Gortari F, S+ínchez-Villegas A, Marti A, Mart+¡nez J, Mart+¡nez-Gonz+ílez M. A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. Public Health Nutrition 2010; 13(9):1356-63.

 14. Lee I, Djouss+\_ L, Sesso H, Wang L, Buring J. Physical activity and weight gain prevention. JAMA: Journal of the American Medical Association 2010; 303(12):1173-9.

 15. Lewis C, Smith D, Wallace D, Williams O, Bild D, Jacobs DJr. Seven-year trends in body weight and associations with lifestyle and behavioral characteristics in Black and White young adults: the CARDIA Study. American Journal of Public Health 1997; 87(4):635-42.

 16. Mozaffarian D, Hao T, Rimm EB, Willett WC, Hu FB. Changes in Diet and Lifestyle and Long-Term Weight Gain in Women and Men: New England Journal of Medicine. N Engl J Med 2011; 364(25):2392-404.

 17. Pereira MA, Kartashav AI, Ebbeling CB et al. Fast-food habits, weight gain, and insulin resistance (the CARDIA study): 15-year prospective analysis. The Lancet 2005; 365(9453):36-42.

 18. Purslow LR, Sandhu MS, Forouhi N et al. Energy intake at breakfast and weight change: prospective study of 6,764 middle-aged men and women. Am J Epidemiol 2008; 167(2):188-92.

 19. Schulz M, Nothlings U, Hoffmann K, Bergmann MM, Boeing H. Identification of a food pattern characterized by high-fiber and low-fat food choices associated with low prospective weight change in the EPIC-Potsdam cohort. J Nutr 2005; 135(5):1183-9.

 20. Ballor DL, Harvey-Berino JR, Ades PA, Cryan J, Calles-Escandon J. Contrasting effects of resistance and aerobic training on body composition and metabolism after diet-induced weight loss. Metabolism 1996; 45(2):179-83.