**Evidence Table 6d. Intermediate outcomes for combined diet and physical activity intervention studies taking place in a school only setting**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author, year** | **Arm** | **Baseline N** | **Baseline measure, mean (SD)** | **Final measure timepoint** | **N at final measure** | **Final follow up measure, mean (SD)** | **Mean Change from baseline (SD)** | **Measure of association** |
| **Change in physical activity** |  |  |  |  |  |  |  |
| **Weekly hours** |  |  |  |  |  |  |  |  |
| Amaro, 20061 | 1--control | 88 |  | 24 weeks |  | Adjusted mean number of hours of physical activity 2.2 (95% CI 2.0 to 2.4)  |  | ANCOVA showed no significant difference between thetreated group and control group at post-assessmentcontrolling for baseline values. |
| 2--Kalèdo board game: designed totransfer knowledge about the healthy Mediterra-nean diet,in agreement with modern nutrition notions | 153 |  | 24 weeks |  | Adjusted mean number ofhours of physical activity per day was 2.1 (95% CI 1.9 to 2.3)  |  |  |
| Sahota, 200141 | Control | 322 |  | One school year, 34 weeks |  |  |  | A positive value for weighted mean difference indicates higher food intake or activity levels in the intervention schools than the control schools. A value of zero indicates no difference. |
| Intervention | 314 |  | One school year, 34 weeks |  |  |  | Weighted mean difference (95%CI)= -0.2 (-0.4 to 0.1)NS |
| **Hours/week in curriculum** |  |  |  |  |  |  |  |
| Valdimarsson, 200653 | 1 - control | 50 | 1.0 | 52 weeks (12 mo) | 50 | 1.0 | 0 | At baseline and follow up: P<0.001 between control and intervention |
|  | 2- intervention - Malmo Pediatric Osteoporosis Prevention (POP) Study – increase in duration of PE curriculum/time | 53 | 3.3 | 52 weeks (12 mo) | 53 | 3.3  | 0 |  |
| **Hours/week outside school** |  |  |  |  |  |  |  |
| Valdimarsson, 200653 | 1 - control | 50 | 1.3 (1.6) | 52 weeks (12 mo) | 50 | 1.9 (1.9) | 0.6 | At follow up: P<0.05 between control and intervention |
| 2- intervention - Malmo Pediatric Osteoporosis Prevention (POP) Study – increase in duration of PE curriculum/time | 53 | 0.7 (1.2) | 52 weeks (12 mo) | 53 | 1.1 (1.3) | 0.4 |  |
| **Hours/week in curriculum and outside school** |  |  |  |  |  |  |  |
| Valdimarsson, 200653 | 1 - control | 50 | 2.3 (1.6) | 52 weeks (12 mo) | 50 | 2.9 (1.9) | 0.6 | At baseline and follow up: P<0.001 between control and intervention |
| 2- intervention - Malmo Pediatric Osteoporosis Prevention (POP) Study – increase in duration of PE curriculum/time | 53 | 4.0 (1.2) | 52 weeks (12 mo) | 53 | 4.4 (1.3) | 0.4 |  |
| **30 min blocks/day** |  |  |  |  |  |  |  |
| Neumark-Sztainer, 201036 | Control |  | 4.23 (3.65) | 104 |  | 3.72 | -0.51 |  |
| Intervention |  | 4.80 (3.52) | 104 |  | 4.92 | 0.12 | Follow-up Intervention effect= 1.20 P value= 0.068 |
| **Moderate physical activity (h/d)** |  |  |  |  |  |  |  |
| Barbeau, 20072 | 1 – control | 83 | 0.32 (0.38) | 10 months | 83 | 0.37 (0.40) | 0.21 (0.07, 0.34) | P=0.004 |
| 2 – After-school PA program  | 118 | 0.31 (0.33) | 10 months | 118 | 0.57 (0.52) | 0.26 |  |
| **Moderate physical activity** **(30 min blocks/d)** |  |  |  |  |  |  |  |
| Neumark-Sztainer, 201036 | Control |  | 2.92 (2.98) | 104 |  | 2.27 | -0.65 |  |
| Intervention |  | 3.04 (2.84) | 104 |  | 2.80 | -0.24 | Follow-up Intervention effect= 0.53 P value= 0.186 |
| **Vigorous physical activity (h/d)** |  |  |  |  |  |  |  |  |
| Barbeau, 20072 | 1 | 83 | 0.14 (0.26) | 10 months | 83 | 0.31 (0.56) | 0.15 (-0.01, 0.31) | P=0.067 |
| 2 | 118 | 0.15 (0.28) | 10 months | 118 | 0.44 (0.51) | 0.19 |  |
| Jago, 201169\* | 1--control | NR | 114.8 (79.6) | 104 weeks | 1800† | 114.1 (78.3) | -0.7 | P=0.21 |
| 2—HEALTHy intervention: diet and PA impact on metabolic syndrome | NR | 119.1 (80.4) | 104 weeks | 1886† | 123.4 (80.9) | 4.3 |  |
| Taylor, 200749 | 1 | 250 |  | 104 weeks (2 years) | 151 |  |  |  |
|  | 2 | 219 |  | 104 weeks (2 years) | 136 |  | -0.2(95% CI:-0.4, -0.0) | Intervention children reported less PA than the control children at year 2. |
| **Moderate to vigorous physical activity (h/d)** |  |  |  |  |  |  |  |
| Barbeau, 20072 | 1 | 83 | 0.46 (0.44) | 10 months | 83 | 0.67 (0.61) | 0.37 (0.16, 0.57) | P=0.0006 |
| 2 | 118 | 0.46 (0.48) | 10 months | 118 | 1.00 (0.67) | 0.54 |  |
| Gortmaker, 199915Female | 1 | 304  | 1.67 | 78 weeks (2 school years) | NR | 1.74 |  0.07 | 0.36, −0.63 to 1.35, 0.43 |
| 2 | 291  | 1.76 | 78 weeks (2 school years) | NR | 1.87 |  0.11 |  |
| Gortmaker, 199915Male | 1 | 319 2.47 | 2.47 | 78 weeks (2 school years) | NR | 2.44 | -0.03 | −0.40, −1.00 to 0.20, 0.16 |
| 2 |  314  | 2.54 | 78 weeks (2 school years) | NR | 2.44 | -0.01 |  |
| Manios, 200233 | Control | 285 | 74·6 (133·7) | 312 |  | 244·2 (300·6) | 174·5 SE(25·7) |  |
| Intervention | 356 | 55·2 (116·0) | 312 |  | 338·3 (361·5) | 281·3 SE(22·0) | P value< 0.05 |
| Manios, 200634 | Control | 187 | 74·4 SE(11·4) | 520 |  | 61·2 SE(6·87) | –13·2 SE(10·9) | P value= 0.038 |
| Intervention | 238 | 50·0 SE(8·78) | 520 |  | 88·3 SE(8·04) | 38·3 SE(11·7) |  |
| Sallis, 200370Boys | Control |  | 122 (31) | 104 |  | 104 (19) | -18 |  |
| Intervention |  | 130 (48) | 104 |  | 115 (25) | -15 | Time X condition; F 0.04, p 0.839 |
| Sallis, 200370Girls | Control |  | 96 (28) | 104 |  | 91 (17) | -5 |  |
| Intervention |  | 90 (20) | 104 |  | 93 (18) | +3 | Time X condition; F0.37, p0.548 |
| **Prevalence of active communting** |  |  |  |  |  |  |  |
| Heelan, 200919 | 1--control | 227 | 30% | 78 weeks (2 school years) | NR | 29% | -1% | At each time period post baseline, a significantly greater percentage of children actively commuted to and from the WSB schools compared with the control school (P < .05). |
| 2—Walking school bus | 464 | 30% | 78 weeks (2 school years) | NR | 39% | 9% |  |
| **% Running in morning** |  |  |  |  |  |  |  |
| Warren, 200359 | 1- control (be smart) | 50 | 80 | 14-16 months, depending on phase of recruitment | 44 | 90 | 10 | Not Sig (NS), presumably at p<0.05 level |
| 2- intervention 1 – nutrition only (eat smart) | 56 | 68 |  | 40 | 88 | 20 | NS |
| 3- intervention 2 – PA only (play smart) | 53 | 66 |  | 46 | 85 | 19 | NS |
| 4- intervention 3- nutrition/PA (eat smart play smart) | 54 | 76 |  | 42 | 91 | 15 | NS |
| **% Running at lunch** |  |  |  |  |  |  |  |
| Warren, 200359 | 1- control (be smart) | 50 | 70 | 14-16 months, depending on phase of recruitment | 44 | 66 | -4 | Not Sig (NS), presumably at p<0.05 level |
| 2- intervention 1 – nutrition only (eat smart) | 56 | 62 |  | 40 | 54 | -8 | NS |
| 3- intervention 2 – PA only (play smart) | 53 | 60 |  | 46 | 72 | 12 | NS |
| 4- intervention 3- nutrition/PA (eat smart play smart) | 54 | 60 |  | 42 | 68 | 8 | NS |
| **Playground activities** |  |  |  |  |  |  |  |
| Warren, 200359 | Overall, of boys and girls  |  |  | 14-16 months, depending on phase of recruitment |  |  |  | No notable difference in activities of boys and girls at baseline or final stage |
| **Daily physical activity via accelerometer** |  |  |  |  |  |  |  |
| Heelan, 200919 |  |  |  |  |  |  |  | Statistically significantdifferences in total daily physical activity levels (physical activity levels were averaged over all time points) were found between the INT (78.01 [38.87] min/day) and CON (60.62 [27.70] min/day) participants (P< .05 |
| 2—CHOPPS primarily to discourage consumption of fizzy drinks | 15 | 1.9 (0.5) | 52 weeks | NR | 1.3 (0.6) | -0.6 (-1.0 to -0.1) | P=0.02 |
| **Leisure time physical activity** |  |  |  |  |  |  |  |
| Manios, 19 9932 | Control | 149 | 1.4 SE(0.1) | 156 |  | 2.0 SE(0.2) | 0.4 SE(0.3) |  |
| Intervention | 199 | 0.9 SE(0.1) | 156 |  | 2.8 SE(0.2) | 2.0 SE(0.3) | P value: 0.0005 |
| **Physical Activity Index: Low-Activity** |  |  |  |  |  |  |  |
| Rosario, 2011 39 | 1 | 233 | 72 (53.3) | 26 | 143 | 48 (56.5) | -24 |  |
| 2 | 231 | 82 (5.0) | 26 | 151 | 40 (47.1) | -42 |  |
| **Physical Activity Index: Moderate Activate** |  |  |  |  |  |  |  |
| Rosario, 2011 39 | 1 | 233 | 35 (25.9) | 26 | 143 | 26 (30.6) | -9 |  |
| 2 | 231 | 49 (29.9) | 26 | 151 | 30 (35.3) | -19 |  |
| **Physical Activity Index: Vigorous Activity** |  |  |  |  |  |  |  |
| Rosario, 2011 39 | 1 | 233 | 7 (5.2) | 26 | 143 | 5 (5.9) |  -2 | P = 0.133 |
| 2 | 231 | 10 (6.1) | 26 | 151 | 10 (11.8) |  0 | P = 0.133 |
| **MVPA** |  |  |  |  |  |  |  |  |
| Lubans, 2012 29 | 1 | 179 | 32.0 (95% CI 24.7 to42.1) | 52 | 153 | 25.0 (95% CI 16.5 to 41.7) |  -7 | Adjusted difference in change (95% CI): -4.28 (-13.82 to 5.25) |
| 2 | 178 | 33.5 (95% CI 20.5 to 40.1) | 52 | 141 | 21.5 (95% CI 15.9 to 28.9) |  -12 | Adjusted difference in change (95% CI): -4.28 (-13.82 to 5.25) |
| **Walks to school** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 217 | 132 (73.3%) |   | 0.038 |
| 2 |   |   |   |   | 140 (64.5%) |   |   |
| **Performs physical activity outside school** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 217 | 135 (75.4%) |   | NS |
| 2 |   |   |   |   | 179 (82.5%) |   |   |
| Change in sedentary activity |  |  |  |  |  |  |  |  |
| Taylor, 200749 | 1 | 250 |  | 104 weeks (2 years) | 151 |  |  |  |
|  | 2 | 219 |  | 104 weeks (2 years) | 136 |  |  | Data not provided in article, but in text, states that at baseline, intervention and control children reported similar amounts of TV viewing. There was no intervention effect observed for TV viewing time |
| **Change in sugar sweetened beverage consumption** |  |  |  |  |  |  |  |  |
| Taylor, 200749 | 1 | 250 |  | 104 weeks (2 years) | 151 |  | 4.6 (4.8) |  |
|  | 2 | 219 |  | 104 weeks (2 years) | 136 |  | 6.0 (4.2) | -1.2 (95%CI:2.3, -0.2)p=0.02Difference between intervention and control groups at year 2 adjusted for age, sex and year 1 intake. Presented as an absolute value because intakes were normally distributed. |
| **Change in fruit and vegetable intake** |  |  |  |  |  |  |  |  |
| Taylor, 200749 | 1 | 250 |  | 104 weeks (2 years) | 151 |  | 5.4 (2.8) |  |
|  | 2 | 219 |  | 104 weeks (2 years) | 136 |  | 4.5 (2.8) | 0.8 (95%CI: 0.5, 1.1)p<0.01Difference between intervention and control groups at year 2 adjusted for age, sex and year 1 intake. Presented as an absolute value because intakes were normally distributed. |
| **Change in dietary intake****Vegetable intake** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Amaro, 20061 | 1 | 88 |  | 24 weeks |  | Adjusted mean number of servings per week 2.8 (95%CI 2.4 to 3.3) |  | Mixed model ANCOVA showed a significant differencebetween treated group and control group at post-assessment[F(1,14)=21.2; p<0.01] for the variable vegetableintake. |
| 2 | 153 |  | 24 weeks |  | Adjusted mean number of servings per week was3.7 (95% CI 3.5 to 4.1) |  |  |
| Warren, 200359 | 1- control (be smart) | 39 | 5.2 | 14-16 months, depending on phase of recruitment | 22 | 5.3 | 0.1 | Not Sig (NS), presumably at p<0.05 level |
| 2- intervention 1 – nutrition only (eat smart) | 48 | 4.4 |  | 20 | 5.3 | 0.9 | NS |
| 3- intervention 2 – PA only (play smart) | 33 | 5.3 |  | 23 | 5.5 | 0.2 | NS |
| 4- intervention 3- nutrition/PA (eat smart play smart) | 38 | 4.5 |  | 21 | 5.0 | 0.5 | NS |
| Warren, 200359 | “Overall” (not otherwise specified, but presumably all groups – groups 1-4 as described above) |  |  | 14-16 months, depending on phase of recruitment |  |  |  | P<0.05 (final stage significantly higher than at initial stage) |
| **Fruit intake** |  |  |  |  |  |  |  |  |
| Warren, 200359 | Males (not otherwise specified, but presumably overall across all groups – groups 1-4 as described above) |  |  | 14-16 months, depending on phase of recruitment |  |  |  | P<0.01 (final stage significantly higher than at initial stage) |
| **Fruit and vegetable intake** |  |  |  |  |  |  |  |
| Gortmaker, 199915Female | 1 | 284  | 4.1 | 78 weeks (2 school years) | NR | 3.9 | -0.2 | +0.32, 0.14 to 0.50, .003 |
| 2 | 280  | 3.4 | 78 weeks (2 school years) | NR | 3.6 | +0.2 |  |
| Gortmaker, 199915Male | 1 | 296  | 4.1 | 78 weeks (2 school years) | NR | 3.6 | -0.5 | 0.18, −0.21 to 0.56, .31 |
| 2 | 297  | 3.8 | 78 weeks (2 school years) | NR | 3.6 | -0.2 |  |
| Neumark-Sztainer, 201036 | Control |  | 1.60 (1.76) | 104 |  | 1.82 | 0.22 |  |
| Intervention |  | 1.96 (2.18) | 104 |  | 2.06 | 0.10 | Follow-up Intervention effect= 0.24 P value= 0.365 |
| Tucker, 201152 | School A (EHS) 1- control (Let’s Go 5-2-1-0) | 29 |  | Approx 26 weeks; 6 mos (late October 2008 – early May 2009) – but dates not specified |  | 3.0 |  | P=0.032, comparing control and intervention at end of intervention |
| School A (EHS) 2- intervention (Let’s Go 5-2-1-0 + 1:1 counseling etc.) | 41 |  | Approx 26 weeks; 6 mos (late October 2008 – early May 2009) – but dates not specified |  | 3.7 |  |  |
| Tucker, 201152 | School A – intervention & control combined, with the reason that there were few differences found between contol & intervention groups at baseline | 70 | 3.6 (3 = median; 1-13 = range) | Approx 26 weeks; 6 mos (late October 2008 – early May 2009) – but dates not specified | 65 | 3.4 (3 = median; 1-7 = range) | -0.2 | p=0.75 |
| **24 hour recall vegetable intake** |  |  |  |  |  |  |  |
| Sahota, 200141 | Control | 322 |  | One school year, 34 weeks |  |  |  | A positive value for weighted mean difference indicates higher food intake or activity levels in the intervention schools than the control schools. A value of zero indicates no difference. |
| Intervention | 314 |  | One school year, 34 weeks |  |  |  | Weighted mean difference (95%CI)= 0.3 (0.2 to 0.4) |
| **Change in sugar sweetened beverages** |  |  |  |  |  |  |  |
| Neumark-Sztainer, 201036 | Control |  | 1.04 (1.31) | 104 |  | 1.30 | 0.26 |  |
| Intervention |  | 1.33 (1.65) | 104 |  | 1.25 | -0.08 | Follow-up Intervention effect= 0.05P value= 0.751 |
| Tucker, 201152 | School A – intervention & control combined, with the reason that there were few differences found between contol & intervention groups at baseline | 70 | 0.8 (0 = median; 0-8 = range) | Approx 26 weeks; 6 mos (late October 2008 – early May 2009) – but dates not specified | 65 | 0.7 (0 = median; 0-8 = range) | -0.1 | p=0.43 |
| Coleman, 2012 8 | 1 | 300 | 0.32 (0.12)  | 104 | 216 | 0.28 (0.15)  | -0.5 |  |
| 2 | 279 | 0.26 (0.11)  | 104 | 208 | 0.09 (0.05)  | -0.15 |  |
| **24 hour recall foods and drinks high in sugar** |  |  |  |  |  |  |  |
| Sahota, 200141 | Control | 322 |  | One school year, 34 weeks |  |  |  | A positive value for weighted mean difference indicates higher food intake or activity levels in the intervention schools than the control schools. A value of zero indicates no difference. |
| Intervention | 314 |  | One school year, 34 weeks |  |  |  | Weighted mean difference (95%CI) for all children = -0.5 (-1.1 to 0.1) |
| **Change in carbonated drinks with sugar** |  |  |  |  |  |  |  |  |
| Heelan, 200919 | 1 | 14 | 1.1 (0.6) | 52 weeks | NR | 1.2 (0.5) | 0.0 (−0.3 to 0.4) | 0.1 (−0.4 to 0.5)P=0.9 |
| 2 | 15 | 1.2 (0.3) | 52 weeks | NR | 0.9 (0.6) | −0.3 (−0.6 to 0.1) | P=0.2 |
| **Change in energy intake****Energy from % fat** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Bush, 19896 | 1 | 27 |  | 2 years |  |  | -0.46 +/- 2.24 | 0.841Values are difference btw intv and control. Adjusted for (BL, age, sex, SES): -0.35 +/- 1.41 p=0.808 |
| 2 | 49 |  | 2 years |  |  |  |  |
| Gortmaker, 199915Female | 1 | 285  | 31.0 | 78 weeks (2 school years) | NR | 29.8 | -1.2 | −0.67, −1.43 to 0.09, .07 |
| 2 | 282  | 31.2 | 78 weeks (2 school years) | NR | 29.4 | -1.8 |  |
| Gortmaker, 199915Male | 1 | 296  | 31.5 | 78 weeks (2 school years) | NR | 30.5 | -1.0 | −0.31, −1.10 to 0.48, .38 |
| 2 | 296  | 32.0 | 78 weeks (2 school years) | NR | 30.5 | -1.5 |  |
| Manios, 19 9932 | Control | 63 | 96.8 SE(3.8) | 156 |  | 110.6 SE(3.1) | 9.0 SE(4.4) |  |
| Intervention | 76 | 99.2 SE(3.9) | 156 |  | 109.2 SE(3.3) | 8.3 SE(6.3) | NS |
| Manios, 200233 | Control | 86 | 86·8 (25·0) | 312 |  | 103·9 (31·7) | 18·8 SE(3·5) |  |
| Intervention | 90 | 87·0 (23·9) | 312 |  | 92·0 (30·5) | 5·9 SE(4·1) | P value< 0.05 |
| Manios, 200634 | Control | 66 | 85·9 SE(2·95) | 520 |  | 96·4 SE(5·71) | 10·6 SE(6·39) | P value= 0.406 |
| Intervention | 70 | 86·5 SE(3·05) | 520 |  | 106·0 SE(5·72) | 19·5 SE(5·82) |  |
| Tucker, 201152 | School A – intervention & control combined, with the reason that there were few differences found between contol & intervention groups at baseline | 70 | 1.2 (1 = median; 0-5 = range) | Approx 26 weeks; 6 mos (late October 2008 – early May 2009) – but dates not specified | 65 | 1.1 (1 = median; 0-3.5 = range) | -0.1 | p=0.72 |
| **24 hour recall foods high in fat** |  |  |  |  |  |  |  |
| Sahota, 200141 | Control | 322 |  | One school year, 34 weeks |  |  |  | A positive value for weighted mean difference indicates higher food intake or activity levels in the intervention schools than the control schools. A value of zero indicates no difference.  |
| Intervention | 314 |  | One school year, 34 weeks |  |  |  | Weighted mean difference (95%CI) for all children = 0.1(-0.2 to 0.4) |
| **Energy from % saturated fat** |  |  |  |  |  |  |  |
| Bush, 19896 | 1 | 27 |  | 2 years |  |  | -0.71 +/-0.90 | 0.490Values are difference btw intv and control. Adjusted for (BL, age, sex, SES): -0.75 +/- 0.69 p=0.284 |
| 2 | 49 |  | 2 years |  |  |  |  |
| **Total energy (J/d)** |  |  |  |  |  |  |  |
| Gortmaker, 199915Female | 1 | 285  | 8122.8 | 78 weeks (2 school years) | NR | 9009  | +886.2 | −575.4, −1155 to 0, 0.05 |
| 2 | 282  | 7526.4 | 78 weeks (2 school years) | NR | 8156.4 | + 630 |  |
| Gortmaker, 199915Male | 1 | 296  | 9445.8 | 78 weeks (2 school years) | NR | 10 147.2 | +701.4 | −466, −1094 to 164, 0.13 |
| 2 | 298  | 9361.8 | 78 weeks (2 school years) | NR |  9815.4 | +453.6 |  |
| Manios, 19 9932 | Control | 63 | 1,867.5 SE(55.5) | 156 |  | 2,180.5 SE(53.0) | 296.8 SE(69.6) |  |
| Intervention | 76 | 1,872.8 SE(91.7) | 156 |  | 2,169.2 SE(50.7) | 269.7 SE(99.1) | NS |
| Manios, 200233 | Control | 86 | 7718·6 (1832·2) | 312 |  | 9162·1 (2174·4) | 1534·7 SE(240·6) |  |
| Intervention | 90 | 7709·4 (1815·0) | 312 |  | 8332·0 (2218·8) | 747·7 SE(276·6) | P value< 0.05 |
| Manios, 200634 | Control | 66 | 7602·8 SE(209·1) | 520 |  | 8848·9 SE(412·7) | 1246·1 SE(450·4) | P value= 0.322 |
| Intervention | 70 | 7728·4 SE(239·7) | 520 |  | 9700·3 SE(467·6) | 1971·8 SE(494·4) |  |
| **Change in energy intake (kcal/day)** |  |  |  |  |  |  |  |
| Rosario, 2011 39 | 1 | 233 | 2024.2 (581.8) | 26 | 143 | 2475.6 (684.9) |  415.4 | P = 0.399 |
| 2 | 231 | 2091 (683.9) | 26 | 151 | 2388.0 (1036.5) |  297.0 | P = 0.399 |
| Fung, 2012 14 | 1 |   | 1924 | 26 |   | 1897 |  -27 | P = 0.31 |
| 2 |   | 2094 | 26 |   | 1844 |  250 | P <0.01 |
| **Change in fruit and vegetable intake** |  |  |  |  |  |  |  |
| Fung, 2012 14 | 1 |   | 4.88 | 26 |   | 4.73 |  -0.15 | P = 0.09 |
| 2 |   | 4.6 | 26 |   | 5.08 |  0.48 | P = 0.02 |
| Coleman, 2012 8 | 1 | 300 | 0.26 (0.19)  | 104 | 216 | 0.37 (0.28) |  0.11 |  |
| 2 | 279 | 0.20 (0.11)  | 104 | 208 | 0.17 (0.11)  |  -0.03 |  |
| **Added Sugar Beverages (oz/day)** |  |  |  |  |  |  |  |
| DeBar, 2011 10 | 1 |   |   | 156 | 2296 | 14.3 (15.2) |   | P = 0.31 |
| 2 |   |   | 156 | 835 | 12.5 (12.3) |   | P = 0.31 |
| 3 |   |   | 156 | 1472 | 13.5 (13.9) |   | P = 0.31 |
| **Fruits and vegetables (servings/day)** |  |  |  |  |  |  |  |
| DeBar, 2011 10 | 1 |   |   | 156 | 2296 | 2.3 (2.0) |   | P = 0.23 |
| 2 |   |   | 156 | 835 | 2.4 (2.0) |   | P = 0.23 |
| 3 |   |   | 156 | 1472 | 2.4 (2.1) |   | P = 0.23 |
| **Daily energey intake, kcal/d** |  |  |  |  |  |  |  |
| Lubans, 2012 29 | 1 | 179 | 2241.2 (1259.8) | 52 | 153 | 2233.8 (1551.9) |  -7.4 | Adjusted difference in change (95% CI): -62.0(-464.2 to 340.3) |
| 2 | 178 | 2598.8 (1763.6) | 52 | 141 | 2524.8 (1610.0) | - 74.0 | Adjusted difference in change (95% CI): -62.0(-464.2 to 340.3) |
| Lubans, 2012 29 | 1 | 179 | 36.7 (106.4 to 214.2) | 52 | 153 | 33.1 (93.9 to 193.6) |  -3.6 | Adjusted difference in change (95% CI): -0.52(-7.31 to 62.7) |
| 2 | 178 | 35.6 (110.4 to 222.3) | 52 | 141 | 35.7 (98.4 to 226.5) |  0.1 | Adjusted difference in change (95% CI): -0.52(-7.31 to 62.7) |
| **Takes 2nd portion of fruit everyday** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 217 | 64 (36.6%) |   | NS |
| 2 |   |   |   |   | 95 (43.8%) |   |   |
| **Eats vegetables more than once daily** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 214 | 59 (33.3%) |   | NS |
| 2 |   |   |   |   | 75 (35.0%) |   |   |
| **Eats fast food one or more times weekly** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 176 | 12 (6.8%) |   | NS |
| 2 |   |   |   |   | 15 (6.9%) |   |   |
| **Takes sweets several times daily** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 216 | 16 (9.0%) |   | NS |
| 2 |   |   |   |   | 9 (4.2%) |   |   |
| **Takes pastries as an afternoon snack more than 3 times daily** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 217 | 24 (13.6%) |   | NS |
| 2 |   |   |   |   | 18 (8.3%) |   |   |
| **Takes soft drinks more than 3 times weekly** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 216 | 31 (17.5%) |   | NS |
| 2 |   |   |   |   | 30 (13.9%) |   |   |
| **Performs sedentary activity > 2 hours daily** |  |  |  |  |  |  |  |
| Llargues, 2011, 27 | 1 |   |   |   | 216 | 45 (25.0%) |   | NS |
| 2 |   |   |   |   | 47 (21.8%) |   |   |
| **Change in sedentary activity** |  |  |  |  |  |  |  |  |
| Sahota, 200141 | Control | 322 |  | One school year, 34 weeks |  |  |  | A positive value for weighted mean difference indicates higher food intake or activity levels in the intervention schools than the control schools. A value of zero indicates no difference. |
| Intervention | 314 |  | One school year, 34 weeks |  |  |  | Weighted mean difference (95%CI)= 0.0 (-0.1 to 0.1) |
| Sallis, 200370Boys | Control |  | 4.68 (0.86) | 104 |  | 3.87 (0.71) | -0.81 | NS |
| Intervention |  | 4.65 (0.78) | 104 |  | 4.42 (0.75) | -0.23 | Time X condition; F0.16, p0.693 |
| Sallis, 200370Girls | Control |  | 4.68 (.86) | 104 |  | 4.61 (0.85) | -0.07 | NS |
| Intervention |  | 4.58 (0.74) | 104 |  | 4.64 (0.69) | 0.06 | Time X condition; F0.14, p0.709 |
| **TV hours per day** |  |  |  |  |  |  |  |
| Gortmaker, 199915Female | 1—control | 304 | 3.1 | 78 weeks (2 school years) | NR | 2.99 | -.011 | Adjusted difference, 95% CI, P:−0.58, −0.85 to −0.31, .001 |
| 2—Plante health: education on diet, PA and TV time | 289 | 2.98 | 78 weeks (2 school years) | NR | 2.28 | -0.70 |  |
| Gortmaker, 199915Male | 1 | 319 | 3.78 | 78 weeks (2 school years) | NR | 3.43 | -0.35 | −0.40, −0.56 to −0.24, .0003 |
| 2 | 313 | 3.73 | 78 weeks (2 school years) | NR | 3.03 | -0.70 |  |
| Tucker, 201152 | School A – intervention & control combined, with the reason that there were few differences found between contol & intervention groups at baseline | 70 | 116.6 (120 = median; 0-600 = range) | Approx 26 weeks; 6 mos (late October 2008 – early May 2009) – but dates not specified | 65 | 81.7 (60 = median; 0-420 = range) | -34.9 | p=0.001 |
| **30 min blocks/day** |  |  |  |  |  |  |  |  |
| Neumark-Sztainer, 201036 | Control |  | 31.4 (3.89) | 104 |  | 32.3 | 0.09 |  |
| Intervention |  | 31.0 (3.82) | 104 |  | 31.0 | 0 | Follow-up Intervention effect= 1.26 P value= 0.050 |
| **TV (30 min blocks/d)** |  |  |  |  |  |  |  |  |
| Neumark-Sztainer, 201036 | Control |  | 2.44 (2.66) | 104 |  | 2.34 | -0.10 |  |
| Intervention |  | 2.78 (2.80) | 104 |  | 2.29 | -0.49 | Follow-up Intervention effect= 0.05 P value= 0.883 |
| **Physical Activity Index: Sedentary** |  |  |  |  |  |  |  |
| Rosario, 2011 39 | 1 | 233 | 21 (15.6) | 26 | 143 | 6 (7.1) |  -15 |  |
| 2 | 231 | 23 (14.0) | 26 | 151 | 5 (5.9) |  -18 |  |
| **Sedentary Behavior: Daily screen time** |  |  |  |  |  |  |  |
| Lubans, 2012 29 | 1 | 179 | 220.7 (95% CI 16.27 to 341.8) | 52 | 153 | 248.6 (95% CI 177.9 to 355.7) |  27.9 | Adjusted difference in change (95% CI): -30.67 (-62.43 to-1.06) |
| 2 | 178 | 240.0 (95% CI 161.8 to 368.6) | 52 | 141 | 231.4 (95% CI 161.7 to 375.4) |  -8.6 | Adjusted difference in change (95% CI): -30.67 (-62.43 to-1.06) |
| **Sedentary Behavior: weekday screentime** |  |  |  |  |  |  |  |
| Lubans, 2012 29 | 1 | 179 | 209.0 (95% CI 156.0 to 289.0) | 52 | 153 | 236.0 (95% CI 156.0 to 333.5) |  25 | Adjusted difference in change (95% CI): -25.39 (-54.14 to3.36) |
| 2 | 178 | 216.0 (95% CI 142.5 to 349.5) | 52 | 141 | 222.0 (95% CI 142.5 to 326.1) |  6 | Adjusted difference in change (95% CI): -25.39 (-54.14 to3.36) |
| **Sedentary Behavior: weekend screen time** |  |  |  |  |  |  |  |
| Lubans, 2012 29 | 1 | 179 | 255.0 (95% CI 150.0 to 420.0) | 52 | 153 | 300.0 (95% CI 180.0 to 420.0) | 45  | Adjusted difference in change (95% CI): -42.90(-100.41 to 14.61) |
| 2 | 178 | 300.0 (95% CI 178.8 to 450.0) | 52 | 141 | 285.0 (95% CI 180.0 to 420.0) |  -15 | Adjusted difference in change (95% CI): -42.90(-100.41 to 14.61) |

ANCOVA = Analysis of Covariance; BL = Baseline value; CI = Confidence Interval; CON = Control; d = day; EHS = Elton Hills Elementary; h/d = hours per day; INT = Intervention; J/d = joules per day; kcal = kilocalories; mo = month; mos = months; MVPA = Moderate to Vigorous Physical Activity; N = Sample Size; NR = Not Reported; NS = Not Significant; oz = ounce; p = p-value; PA = Physical Activity; PE = Physical Education; POP = Pediatric Osteoporosis Prevention; SD = Standard Deviation; SE = Sample Error; SES = Socio-Economic Status; Time X condition = survey time correlated with intervention condition; WSB = Walking School Bus