**Evidence Table 23a. Weight-related outcomes for combined diet and physical activity interventions in a school setting with a community component.**

| **Author, year** | **Arm** | **Baseline N** | **Baseline measure, mean (SD)** | **First follow-up time-point in weeks** | **N at first follow-up** | **First followup measure, mean (SD)** | **Mean change from base-line (SD)** | **Second followup time-point in weeks** | **N Second followup** | **Second followup measure, mean (SD)** | **Mean change from baseline (SD)** | **Final measure time-point** | **N at final measure** | **Final follow-up measure, mean (SD)** | **Mean Change from baseline (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Madsen, 20093 |  | 91 |  |  | 91 | -0.04 |  |  |  |  |  |  |  |  |  |  |
| Utter, 20117 | 1 | NR | 1.02;  95% CI: 0.9 to 1.2 |  |  |  |  |  |  |  |  | 156 weeks |  | 0.95;  95% CI: 0.8 to 1.5 |  | P = 0.13 |
| 2 | NR |  |  |  |  |  |  |  |  |  | 156 weeks |  | 1.11;  95% CI: 1.0 to 1.3 |  | P = 0.13 |
| **BMI-kg/m2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crespo, 20121 | 1 | 227 | 1.00(1.10) | 52 | 223 | 0.99(1.12) |  | 104 | 172 | 1.03 (1.08) |  | 156 weeks | 137 | 0.97(1.09) |  |  |
| 2 | 194 | median (SD) = 0.94, (1.23) |  | 168 | 0.95(1.13) |  | 104 | 140 | 1.01 (1.08) |  |  | 97 | 1.00(1.04) |  |  |
| 3 | 216 | 0.87(1.11) |  | 204 | 0.85(1.09) |  | 104 | 156 | 0.93(1.10) |  |  | 128 | 0.99(1.05) |  |  |
| 4 | 163 | 0.86(1.12) |  | 148 | 0.86(1.06) |  | 104 | 119 | 0.94(0.99) |  |  | 83 | 0.95(1.05) |  |  |
| Macaulay, 19972 | 1 | 140 | 17.76;  (SE 0.41) | 104 | 119 | 19.81;  (SE 0.54) |  | 208 | NR | NR |  | 416 weeks | NR | NR |  | F(1265)<1 |
| 2 | 394 | 17.24;  (SE 0.21) | 104 | 330 | 19.04;  (SE 0.28) |  | 208 | 309 | 19.06;  (SE 0.23) |  | 416 weeks | 338 | 19.46;  (SE 0.23) |  | F(1265)<1 |
| Utter, 20117 | 1 | NR | 25.14; 95% CI: 24.3 to 26.0 |  |  |  |  |  |  |  |  | 156 weeks |  | 25.02;  95% CI: 24.2 to 25.9 |  | P = 0.18 |
| 2 | NR | 25.36; 95% CI: 24.7 to 26.0 |  |  |  |  |  |  |  |  | 156 weeks |  | 25.82; 95% CI: 25.2 to 26.5 |  | P = 0.18 |
| **BMI-percentile** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crespo, 20121 | 1 | 227 | 74.84  (25.50) | 52 | 209 | 74.07 (27.04) |  | 104 | 172 | 75.41 (25.81); |  | 156 weeks | 137 | 73.51 (27.24) |  |  |
| 2 | 198 | median (SD) =72.64, (27.30) | 52 | 168 | 73.83 (26.43) |  | 104 | 140 | 74.66 (25.76); |  | 156 weeks | 97 | 75.08 (25.48) |  |  |
| 3 | 218 | 72.15 (26.87) | 52 | 204 | 74.23 (25.60) |  | 104 | 156 | 74.23 (25.60) |  | 156 weeks | 128 | 75.49 (26.67) |  |  |
| 4 | 165 | 72.15 (27.28) | 52 | 148 | 72.63 (26.26) |  | 104 | 119 | 75.43 (23.81) |  | 156 weeks | 83 | 74.62 (25.86) |  |  |
| **% Obese (above 95th percentile)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crespo, 20121 | 1 | 223 | 31% | 52 | 209 | 33% |  | 104 | 172 | 35% |  | 156 weeks | 137 | 35% |  |  |
| 2 | 194 | median (SD) =31% | 52 | 168 | 29% |  | 104 | 140 | 29% |  | 156 weeks | 97 | 30% |  |  |
| 3 | 216 | 28% | 52 | 204 | 26% |  | 104 | 156 | 27% |  | 156 weeks | 128 | 35% |  |  |
| 4 | 163 | 27% | 52 | 148 | 27% |  | 104 | 119 | 26% |  | 156 weeks | 83 | 32% |  |  |
| **Percent Overweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crespo, 20121 | 1 | 223 | 18% | 52 | 209 | 17%; |  | 104 | 172 | 17%; |  | 156 weeks | 137 | 13%; |  |  |
| 2 | 194 | median (SD) =14%; | 52 | 168 | 17%; |  | 104 | 140 | 22%; |  | 156 weeks | 97 | 23%; |  |  |
| 3 | 216 | 19% | 52 | 204 | 19% |  | 104 | 156 | 21% |  | 156 weeks | 128 | 20% |  |  |
| 4 | 163 | 19% | 52 | 148 | 17% |  | 104 | 119 | 21% |  |  | 83 | 18% |  |  |
| **Wieght (kg)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Utter, 20117 | 1 | NR | 72.74; 95% CI: 71.1 to 74.4 | 104 |  | 71.91; 95% CI: 69.6 to 74.2 |  |  |  |  |  | 156 weeks |  |  |  | P = 0.21 |
| 2 | NR | NR | 104 |  | 74.21; 95% CI: 72.5 to 76.0 |  |  |  |  |  | 156 weeks |  |  |  | P = 0.21 |
| **Body fat percentage** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Utter, 20117 | 1 | NR | 31.30; 95% CI: 29.9 to 32.7 |  |  |  |  |  |  |  |  | 156 weeks |  | 30.18; 95% CI: 28.2 to 32.2 |  | P = 0.16 |
| 2 | NR | NR |  |  |  |  |  |  |  |  | 156 weeks |  | 31.82; 95% CI: 30.4 to 33.2 |  | P = 0.16 |
| **Mean of 3 subscapular skin fold thickness in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Macaulay, 19972 | 1 | 140 | 9.05; (SE 0.67) | 104 | 119 | 14.88; (SE 0.94) |  | 208 | NR | NR |  |  | NR | NR |  | F(1266) = 20.94;  P<.01 |
| 2 | 394 | 7.62; (SE 0.35) | 104 | 330 | 10.36; (SE 0.49) |  | 208 | 309 | 11.73; (SE 0.41) |  | 416 | 338 | 12.50; (SE 0.43) |  | F(1266) = 20.94;  P<.01 |
| **Mean of 3 tricep skinfold thickness in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Macaulay, 19972 | 1 | 140 | 10.84; (SE 0.63) | 104 | 119 | 17.43; (SE 0.88) |  | 208 | NR | NR |  | NR | NR | NR |  | F(1266) = 17.94;  P<.01 |
|  | 2 | 394 | 11.29; (SE 0.33) | 104 | 330 | 15.24; (SE 0.45) |  | 208 | 309 | 17.00;  (SE 0.38) |  | 416 | 338 | 15.19; (SE 0.40) |  |  |

BMI = Body Mass Index; CI = Confidence Interval; F = F test value; Kg/m2 = kilogram per meter squared; N = Sample Size; NR = Not Reported; P = p-value; SD = Standard Deviation; SE = Sample Error