**Evidence Table 28b. Weight related outcomes for combination diet and physical activity intervention studies taking place in a school setting with consumer health informatics components and in a school setting with home and consumer health informatics components, subgroups**

| **Author, year** | **Arm** | **Sub-group** | **Base-line N** | **Base-line measure, mean (SD)** | **First follow-up time-point in weeks** | **N at first follow-up** | **First follow-up measure, mean (SD)** | **Mean change from base-line (SD)** | **Second follow-up time-point in weeks** | **N Second follow-up** | **Second follow-up measure, mean (SD)** | **Mean change from base-line (SD)** | **Final mea-sure time-point** | **N at final measure** | **Final follow-up measure, mean (SD)** | **Mean Change from base-line (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI-kg/m^2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 |  Girls | 142 | 17.5(2.6)  |   |   |   |   |   |   |   |   | 120 | NR | 18.8(2.9) |   | NR |
| Gorely, 20113 | 2 |  Girls | 160 | Median (SD) =18.1, (3.1)  |   |   |   |   |   |   |   |   |   | NR | 19.6(3.8) |   |  |
| Gorely, 20113 | 1 |  Boys | 137 | 17.2(2.4)  |   |   |   |   |   |   |   |   | 120 | NR | 18.8(2.9) |   | NR |
| Gorely, 20113 | 2 |  Boys | 150 | Median (SD) =17.7, (2.7)  |   |   |   |   |   |   |   |   |   | NR | 18.9(3.3) |   |  |
| **BMI, SDS** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 |  Boys | 137 | 0.4(1.1)  |   |   |   |   |   |   |   |   | 120 | NR | 0.5(1.2) |   | NR |
| Gorely, 20113 | 2 |  Boys | 150 | Median (SD) =0.6, (1.1); |   |   |   |   |   |   |   |   |   | NR | 0.6(1.2);  |   |  |
| Gorely, 20113 | 1 |   Girls | 142 | 0.4(1.0)  |   |   |   |   |   |   |   |   | 120 | NR | 0.3(1.0);  |   | NR |
| Gorely, 20113 | 2 |   Girls | 160 | Median (SD) =0.6, (1.1); |   |   |   |   |   |   |   |   |   | NR | 0.5(1.2);  |   |  |
| **Percentage overweight or at risk of overweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spiegel, 20062 | 1 | % <85%ile | 479 | 60.5 | 24 | 479 | 60.6 |  |  |  |  |  |  |  |  |  |  |
| 2 |  | 534 | 63.7 | 24 | 534 | 65.7 |  |  |  |  |  |  |  |  |  |  |
| 1 | % >85% and <95% | 479 | 17.7 | 24 | 479 | 18.2 |  |  |  |  |  |  |  |  |  |  |
| 2 |  | 534 | 17.1 | 24 | 534 | 15.6 |  |  |  |  |  |  |  |  |  |  |
| 1 | % >95% | 479 | 21.7 | 24 | 479 | 21.3 |  |  |  |  |  |  |  |  |  |  |
| 2 |  | 534 | 19.3 | 24 | 534 | 18.8 |  |  |  |  |  |  |  |  |  |  |
| **Percent Overweight/Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ezendam, 20125 | 1 | At Risk Goup | 342 | 14.3 |   |   |   |   |   |   |   |   | 114 | 289 | 18.0;  |  | OR = 0.91 (95% CI 0.51-1.62) |
| Ezendam, 20125 | 2 | At Risk Goup | 400 | Median (SD) =17.3  |   |   |   |   |   |   |   |   |   | 325 | 18.8; |  |  |
| **BMI-kg/m^2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ezendam, 20125 | 1 | At Risk Goup | 342 | 19.62(2.81)  |   |   |   |   |   |   |   |   | 114 | 286 | 21.11(3.06)  |   | difference in BMI post-intervention=0.11 (95% CI -0.27 - 0.49); p-value NR |
| Ezendam, 20125 | 2 | At Risk Goup | 400 | Median (SD) =19.91, (3.33);  |   |   |   |   |   |   |   |   |   | 323 | 21.36(3.78)  |   |  |
| **Waist circumference, cm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ezendam, 20125 | 1 |  At risk group | 342 | 67.55(6.82)  |   |   |   |   |   |   |   |   | 114 | 288 | 73.96(8.13);  |   | difference in WC post-intervention=0.55 (95% CI -0.55-1.64); p=NR |
| Ezendam, 20125 | 2 |   | 400 | Median (SD) =68.78, (7.96) |   |   |   |   |   |   |   |   |   | 325 | 75.26(9.82) |   |  |
| Gorely, 20113 | 1 |   Boys | 137 | 60.8(7.5)  |   |   |   |   |   |   |   |   | 120 | NR | 66.0(7.4) |   | NR |
| Gorely, 20113 | 2 |   Boys | 150 | Median (SD) =60.5, (6.9) |   |   |   |   |   |   |   |   |   |   | 65.7(7.7) |   |  |
| Gorely, 20113 | 1 |  Girls | 142 | 58.5(6.7)  |   |   |   |   |   |   |   |   | 120 | NR | 63.7(7.3) |   | NR |
| Gorely, 20113 | 2 |  Girls | 160 | Median (SD) =60.1, (8.9)  |   |   |   |   |   |   |   |   |   |   | 65.0(9.8) |   |  |
| Percent Body Fat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 |  Boys | 137 | 17.6(6.6)  |   |   |   |   |   |   |   |   | 120 | NR | 20.2(8.3) |   | NR |
| Gorely, 20113 | 2 |  Boys | 150 | Me-dian (SD) =18.5, (6.4)  |   |   |   |   |   |   |   |   |   |   | 21.4(9.4) |   |  |
| Gorely, 20113 | 1 |   Girls | 142 | 25.8(5.6)  |   |   |   |   |   |   |   |   | 120 | NR | 26.7(6.0) |   | NR |
| Gorely, 20113 | 2 |   Girls | 160 | Median (SD) =26.7, (5.6) |   |   |   |   |   |   |   |   | 120 | NR | 28.0(6.7)  |   |  |
| Body fat, summ of 4 SF measures |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 |   Boys | 137 | 19.1(8.9)  |   |   |   |   |   |   |   |   | 120 | NR | 22.5(11.5);  |   | NR |
| Gorely, 20113 | 2 |   Boys | 150 | Median (SD) =20.0, (8.5) |   |   |   |   |   |   |   |   | 120 | NR | 23.9(13.1);  |   |  |
| Gorely, 20113 | 1 |    Girls | 142 | 23.8(10.3)  |   |   |   |   |   |   |   |   | 120 | NR | 26.1(11.9)  |   | NR |
| Gorely, 20113 | 2 |    Girls | 160 | Median (SD) =25.9, (11.2) |   |   |   |   |   |   |   |   | 120 | NR | 28.3(13.1)  |   |  |

CI = Confidence Interval; N = Sample Size; NR = Not Reported; NS = Not Significant; SD = Standard Deviation; SE = Sample Error; WC = Waist Circumference