**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