**Evidence Table 37c. Intermediate outcomes for combination diet and physical activity intervention studies taking place in a home setting with primary care and consumer health informatics components**

| **Author, year** | **Arm** | **Baseline N** | **Baseline measure, mean (SD)** | **Final measure timepoint** | **N at final measure** | **Final followup measure, mean (SD)** | **Mean Change from baseline (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percent Calories from fat (girls)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 216 | 33.3(7.2) | 52 weeks | 216 | 31.7(6.6) | -4.8% |  |
| 2 | 222 | 32.6(5.5) | 52 weeks | 222 | 31.4(7.0) | -3.7% | p-value 0.86 |
| **Percent Calories from fat (boys)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 179 | 32.3(6.2) | 52 weeks | 179 | 31.6(5.9) | -2.2% |  |
| 2 | 202 | 32.6(5.7) | 52 weeks | 202 | 31.2(6.3) | -4.3% | p-value 0.31 |
| **Fruit and vegetable intake: servings per day (girls)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 216 | 3.5(1.8) | 52 weeks | 216 | 3.9(1.7) | 11.4% |  |
| 2 | 222 | 3.5(1.5) | 52 weeks | 222 | 4.2(1.8) | 20% | p-value 0.07 |
| **Fruit and vegetable intake: servings per day (boys)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 179 | 3.7(1.6) | 52 weeks | 179 | 4.4(1.6) | 20% |  |
| 2 | 202 | 3.5(1.6) | 52 weeks | 202 | 4.2(1.7) | 20% | p-value 0.49 |
| **Sedentary behaviors: hours per day (girls)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 216 | 4.2(3.4) | 52 weeks | 216 | 4.4(3.7)) | 4.8% |  |
| 2 | 222 | 4.3(3.4) | 52 weeks | 222 | 3.4(2.6) | -21% | p-value 0.001 |
| **Sedentary behaviors: hours per day (boys)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 179 | 4.2(2.8) | 52 weeks | 179 | 4.3(3.5) | 2.4% |  |
| 2 | 202 | 4.2(3.7) | 52 weeks | 202 | 3.2(2.6) | -24% | p-value 0.001 |
| **Physical activity: minutes per week of moderate + vigorous activity (girls)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 216 | 284.3(45.8) | 52 weeks | 216 | 313.9(62.2) | 10.4% |  |
| 2 | 222 | 316.1(49.2) | 52 weeks | 222 | 324.6(61.5) | 2.7% | p-value 0.90 |
| **Physical activity: minutes per week of moderate + vigorous activity (boys)** |  |  |  |  |  |  |  |  |
| Patrick, 20061 | 1 | 179 | 374.0(55.0) | 52 weeks | 179 | 419.8(79.2) | 12.2% |  |
| 2 | 202 | 418.4(54.5) | 52 weeks | 202 | 486.0(75.3) | 16.2% | p-value 0.17 |

N = Sample Size; SD = Standard Deviation