**Evidence Table 5c. Clinical outcomes for physical activity intervention studies taking place in a school only setting, subgroups**

| **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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP** |  |  |  |  |  |  |  |  |
| Reed, 200838 | 1 | 90 | 104 (10.5) | Other |  | 108CI: 106-110 |  | Systolic blood pressure in the INT group decreased significantly compared with an increase in the UP group (P<0.05). |
| 2 | 178 | 105 (9.3) | 39 weeks |  | 102CI: 100-104 | -5.7% |  |
| Resaland, 201162  | 1 | 131 | 108.9 (7.9)  | 104 weeks  | 82 | 109.7 (7.7)  | 0.8 | NR |
| 2 | 125 | 109.0 (7.8)  |   | 92 | 107.3 (6.4)  | -1.7 |  |
| **DBP** |  |  |  |  |  |  |  |  |
| Reed, 200838 | 1 | 90 | 60 (8.2) | Other |  | 65CI: 62-68.6 |  | There was no difference for change in diastolic blood pressure. |
| 2 | 178 | 63 (7.5) | 39 weeks |  | 63CI: 60-65 | −3.8% |  |
| Resaland, 201162  | 1 | 131 | 61.9 (6.4)  | 24 months | 82 | 59.5 (5.8)  | -1.4 | NR |
| 2 | 125 | 62.7 (6.6)  |   | 92 | 61.1 (6.1)  | -1.6 |  |
| **HDL** |  |  |  |  |  |  |  |  |
| Walther, 200958 | 1 | 57 | 1.47 (0.42) | 52 | 57 | 1.47 (0.37) |  |  |
| 2 | 105 | 1.38 (0.31) | 52 | 105 | 1.42 (0.33) |  | Difference between intervention and control 0.03 (-0.08 to 0.14), p value =0.623 |
| **LDL** |  |  |  |  |  |  |  |  |
| Reed, 200838 | 1 | 23 | 2.5 (0.5) | Other |  | 2.5CI: 2.4-2.7 | -0.4% | Although all serum variables in the INT group decreased more than these same variables for the UP group—changes failed to reach significance. |
| 2 | 37 | 2.5 (0.6) | 39 weeks |  | 2.4CI: 2.3-2.5 |  |  |
| Walther, 200958 | 1 | 57 | 2.18 (0.57) | 52 | 57 | 2.14 (0.65) | -0.04 |  |
| 2 | 105 | 2.18 (0.54) | 52 | 105 | 2.17 (0.5) | -0.01 | Difference between intervention and control 0.04 (-0.14 to 0.21), p value 0.668 |
| **Ratio of total cholesterol to high-density lipoprotein level** **(TC:HDL)** |  |  |  |  |  |  |  |  |
| Reed, 200838 | 1 | 23 | 3.3 (0.8) | Other | NR | 3.3CI: 3.1-3.5 | -6.0% | Although all serum variables in the INT group decreased more than these same variables for the UP group—changes failed to reach significance. |
| 2 | 37 | 3.2 (0.8) | 39 weeks | NR | 3.1CI; 3.0-3.3 |  |  |
| **Total cholesterol** |  |  |  |  |  |  |  |  |
| Reed, 200838 | 1 | 23 | 4.5 (0.6) | Other |  | 4.3CI; 4.1-4.5 | -4.6%  | NS |
| 2 | 37 | 4.3 (0.7) | 39 weeks | NR | 4.1CI; 4.0-4.2 |  |  |
| Walther, 200958 | 1 | 56 | 4.26 (0.7) | 52 | 56 | 4.12 (0.66) | -0.14 |  |
| 2 | 105 | 4.2 (0.63) | 52 | 105 | 4.19 (0.6) | -0.1 | Difference between intervention and control 0.11 (-0.13 to 0.35), p value 0.370  |
| Resaland, 201162  | 1 | 131 | 2.77 (0.51)  | 24 months | 82 | 2.82 (0.61)  | 0.5 | NR |
| 2 | 125 | 2.93 (0.64)  |   | 92 | 2.81 (0.59)  | -0.08 |  |
| **Triglycerides, mmol/L** |  |  |  |  |  |  |  |  |
| Walther, 200958 | 1 | 56 | 1.10 (0.51) | 52 | 56 | 1.11 (0.52) | 0.01 |  |
| 2 | 105 | 1.10 (0.46) | 52 | 105 | 1.04 (0.49) | -0.06 | Difference between intervention and control -0.08 (-0.29 to 0.14), p value 0.500  |
| Resaland, 201162  | 1 | 131 | 0.72 (0.25)  | 24 months | 82 | 0.80 (0.34)  | 0.08 | NR |
| 2 | 125 | 0.73 (0.25)  |   | 92 | 0.73 (0.28)  | 0 |  |

CI = Confidence Interval; DBP = Diastolic Blood Pressure; HDL = High Density Lipoprotein; INT = Intervention; LDL = Low density lipoprotein; Mmol/L = Millimoles/Liter; NR = Not reported; NS = Not significant; P = P value; SBP = Systolic Blood Pressure; SD = Standard Deviation; TC = Total Cholesterol; UP = Usual Practice