**Evidence Table 6b. Weight related outcomes for combined diet physical activity intervention studies taking place in a school only setting, by subgroup**

| **Author, Year** | **Arm** | **Sub-group** | **Base-line N** | **Base-**  **line measure, mean (SD)** | **First follow-up time-point in weeks** | **N at first followup** | **First follow-up measure, mean (SD)** | **Mean change from baseline (SD)** | **Second follow-up timepoint in weeks** | **N Second followup** | **Second follow-up measure, mean (SD)** | **Mean change from base-**  **line(SD)** | **Final measure timepoint** | **N at final measure** | **Final followup measure, mean (SD)** | **Mean change from baseline (SD)** | **Measure of Association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broni-kowski, 20113 | 1 | Boys - Control (n= 34) | 34 | 18.0 (2.46) |  |  |  |  | 65 (15 months) | 34 | 18.7, (2.50) |  | 130 (30 months) | 34 | 19.2 (2.75) | 1.2 |  |
| Broni-kowski, 20113 | 2 | Boys – Experi-mental (n=38) | 38 | Median (SD) =18.4, (2.26) |  |  |  |  | 65(15 months) | 38 | 19.4, (2.84) |  | 130(30 months) | 38 | 19.9 (2.60) | 1.5 | ANOVA  (F test) =  F(2, 130) = 0.21  P = 0.81 |
| Broni-kowski, 20113 | 3 | Girls - Control (n=32) | 32 | 18.1 (2.12) |  |  |  |  | 65(15 months) | 32 | 20.0, (2.57) |  | 130(30 months) | 32 | 20.0 (2.47) | 0.9 |  |
| Broni-kowski, 2011 3 | 4 | Girls – Experi-mental (n =33) | 33 | 18.8 (2.35) |  |  |  |  | 65(15 months) | 33 | 20.2, (2.45) |  | 130(30 months) | 33 | 20.9 (2.60) | 1.1 | ANOVA  (F test) =  F (2, 106) = 0.56;  P = 0.57 |
| Haer-ens,200618 | 1 | Males | 278 | 18.58 (2.91) | 43 | 278 | 18.99 (2.82) |  |  |  |  |  | 95 | 239 | 19.67 (2.89) | 1.09 | In Boys, no significant positive intervention effects were found. |
| 2 |  | 708 | 19.32 (3.35) | 43 | 708 | 19.98 (3.35) |  |  |  |  |  | 95 | 611 | 20.86 (3.51) | 1.54 |  |
| 3 |  | 665 | 19.24 (3.62) | 43 | 665 | 19.79 (3.64) |  |  |  |  |  | 95 | 590 | 20.52 (3.68) | 1.27 |  |
| 1 | Girls | 393 | 19.23 (3.52) | 43 | 393 | 19.94 (3.65) |  |  |  |  |  | 95 | 352 | 20.78 (3.66) | 1.55 |  |
| 2 |  | 130 | 20.23 (3.60) | 43 | 130 | 20.94 (3.54) |  |  |  |  |  | 95 | 118 | 21.66 (3.68) | 1.43 |  |
| 3 |  | 451 | 20.26 (3.95) | 43 | 451 | 20.75 (3.90) |  |  |  |  |  | 95 | 381 | 21.34 (3.83) | 1.08 |  |
| Llar-gues, 201227  } | 1 | Girls | 237 | 16.2+/-2.9 |  |  |  |  | 104 |  | 17.9 |  | 204 | 201 | 18.7 | 2.48+/-2.06 | P = 0.03 |
| 2 | Girls | 272 | Median (SD) =17.0+/-2.7; |  |  |  |  |  |  | 17.8 |  |  | 225 | 18.9; | 1.90+/-1.94 |  |
| Llargues, 201227 | 1 | Boys | 237 | 16.6+/-2.7 |  |  |  |  | 104 | NR | 18.4 |  | 204 | 201 | 19.5; | 2.93+/-2.06 | Diff-erence in difference=2.93 (2.06);  p <0.001 |
| 2 | Boys | 272 | Median (SD) =16.9+/-2.1; |  |  |  |  |  |  | 17.7 |  |  | 225 | 18.8; | 1.96+/-2.12 |  |
| Yin, 200563, 17 | 1 | Subjects with 40% + atten-dance in interven-tion schools and subjects in control schools | 265 | 19.3 (4.4) | 34 | 265 | 19.6 (4.5) |  |  |  |  |  |  |  |  |  |  |
| 2 |  | 182 | 19.4 (4.7) | 34 | 182 | 19.5 (4.7) |  |  |  |  |  |  |  |  |  | Diff. in change in BMI; -0.16  (95% CI;  -0.4, 0.07)  P=0.18 |
| 1 | Subjects with 40% + atten-dance in interven-tion schools and subjects in control schools | 265 | 19.3 (4.4) | 34 | 265 | 19.6 (4.5) |  |  |  |  |  |  |  |  |  |  |
| 2 |  | 182 | 19.4 (4.7) | 34 | 182 | 19.5 (4.7) |  |  |  |  |  |  |  |  |  |  |
| Kain, 200924 | 1 | Boys | 348 | 19.4 (3.8) | 39 | 348 | 19.5 (3.7) |  | 52 | 348 | 20 (3.7) |  | 91 | 348 | 20.6 (3.7) | 1.2 |  |
| 2 |  | 749 | 19 (3.3) | 39 | 749 | 18.8 (3.2) |  | 52 | 749 | 19.1 (3.2) |  | 91 | 749 | 19.7 (3.2) | 0.7 |  |
| 1 | Girls | 225 | 19.4 (4) | 39 | 225 | 19.6 (4) |  | 52 | 225 | 20 (4) |  | 91 | 225 | 20.8 (3.8) | 1.4 |  |
| 2 |  | 717 | 19.3 (3.5) | 39 | 717 | 19.2 (3.4) |  | 52 | 717 | 19.6 (3.5) |  | 91 | 717 | 20.1 (3.5) | 0.8 |  |
| Trev-ino, 200551 | 1 | Females | NR |  | 39 | 94 | 19.90 (5.42) |  |  |  |  |  |  |  |  |  | The base-line check for group equivalence found no difference in PFS and BMI levels between the intervention and control groups. (The baseline results are not presented) |
| 2 |  | NR |  | 39 | 107 | 18.92 (4.87) |  |  |  |  |  |  |  |  |  |  |
| 1 | Males | NR |  | 39 | 93 | 19.18 (4.14) |  |  |  |  |  |  |  |  |  | The base-line check for group equivalence found no difference in PFS and BMI levels between the intervention and control groups. (The baseline results are not presented.) |
| 2 |  | NR |  | 39 | 93 | 19.23 (4.78) |  |  |  |  |  |  |  |  |  |  |
| Kafa-tos, 200523 | 1 | Boys | 112 | 16.3 (0.23) | 312 | 112 | 20.6 (0.41) |  |  |  |  |  | 520 | 112 | 23.7 (0.45) | 7.4 |  |
| 2 |  | 151 | 16.3 (0.17) | 312 | 151 | 19.8 (0.29) |  |  |  |  |  | 520 | 151 | 22.6 (0.34) | 6.3 |  |
| 1 | Girls | 145 | 16.2 (0.18) | 312 | 145 | 20.2 (0.32) |  |  |  |  |  | 520 | 145 | 22.6 (0.34) | 6.4 |  |
| 2 |  | 133 | 16.1 (0.18) | 312 | 133 | 19.5 (0.32) |  |  |  |  |  | 520 | 133 | 21.7 (0.32) | 3.4 |  |
| Broni-kowski, 20113 | 1 | Girls | 32 | 18.1  (2.12) | 60 | 32 | 20.0  (2.57) |  |  |  |  |  | 120 | 32 | 20.0  (2.47) |  |  |
| Broni-kowski, 20113 | 2 | Girls | 33 | Median (SD) =18.8, (2.35) |  | 33 | 20.2  (2.45) |  |  |  |  |  |  | 33 | 20.9  (2.60) |  | First F/U: ANOVA: F(2,106)=0.56 p=0.57 |
| Broni-kowski, 20113 | 1 | Boys | 34 | 18.0  (2.46) |  |  |  |  | 60 | 34 | 18.7 (2.50) |  | 120 | 34 | 19.2  (2.75) |  |  |
| Broni-kowski, 20113 | 2 | Boys | 38 | Median (SD) =18.4, (2.26) |  |  |  |  |  | 38 | 19.4 (2.84) |  |  | 38 | 19.9  (2.60) |  | Second F/U:  ANOVA: F(2,130)¼0.21 p¼0.81 |
| Graf, 200816 | 1 | Obese |  |  |  |  |  |  |  |  |  |  | 208 |  | 5 (1.2) |  | P value for total population <0.001 |
| 2 | Obese |  |  |  |  |  |  |  |  |  |  | 208 |  | 5.6 (2.5) |  |  |
| 1 | Over-weight |  |  |  |  |  |  |  |  |  |  | 208 |  | 3 (1.9) |  |  |
| 2 | Over-weight |  |  |  |  |  |  |  |  |  |  | 208 |  | 3.9 (1.6) |  |  |
| 1 | Under-weight |  |  |  |  |  |  |  |  |  |  | 208 |  | -0.4 (1) |  |  |
| 2 | Under-weight |  |  |  |  |  |  |  |  |  |  | 208 |  | -0.2 (0.9) |  |  |
| 1 | normal weight |  |  |  |  |  |  |  |  |  |  | 208 |  | 1.1 (1.2) |  |  |
| 2 | normal weight |  |  |  |  |  |  |  |  |  |  | 208 |  | 1.5 (1.4) |  |  |
| Stock, 200748 | 1 | Grades k-3 | 61 | 16.6 (1.9) | 43 | 61 |  | 0.2  (CI:0.0-0.3) |  |  |  |  |  |  |  |  |  |
| 2 | Grades k-3 | 100 | 16.6 (2.0) | 43 | 100 |  | 0.2  (CI:-0.1-0.3) |  |  |  |  |  |  |  |  | Arm 2-Arm4  Difference between groups with respect to change in BMI:  p=0.005 |
| 1 | Grades 4-7 | 71 | 18.3 (3.1) | 43 | 71 |  | 0.7  (CI:0.5-0.9) |  |  |  |  |  |  |  |  | Arm 1-Arm3  Difference between groups with respect to change in BMI:  >/=0.05 (NS) |
| 2 | Grades 4-7 | 128 | 19.1 (3.6) | 43 | 128 |  | 0.4  (CI:0.2 - 0.5) |  |  |  |  |  |  |  |  |  |
| Kain, 200924 | 1 | Boys |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Girls |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **BMI**  **z score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Haerens, 200618 | 1 | Males | 278 | -0.07 (1.09) | 52 | 665 | 0.17 (1.03) |  |  |  |  |  | 95 | 590 | 0.16 (1.04) | 0.23 | Not significant in 1st and 2nd year |
| 2 |  | 708 | 0.10 (1.02) |  | 708 | 0.22 (0.97) |  |  |  |  |  | 95 | 611 | 0.25 (0.98) | 0.15 |  |
| 3 |  | 665 | 0.07 (1.98) |  | 278 | -0.07 (0.98) |  |  |  |  |  | 95 | 239 | -0.04 (0.94) | -0.11 |  |
| 1 | Females | 130 | 0.27 (0.96) |  | 130 | 0.39 (0.90) |  |  |  |  |  | 95 | 118 | 0.35 (0.96) | 0.08 | 1 year effect not significant, 2nd year p<0.05 |
| 2 |  | 393 | -0.01 (1.06) |  | 393 | 0.11 (1.03) |  |  |  |  |  | 95 | 352 | 0.14 (1.00) | 0.04 |  |
| 3 |  | 451 | 0.23 (1.12) |  | 451 | 0.28 (1.08) |  | 95-381 |  | 0.24 (1.06) |  | 95 | 451 | 0.24 (1.06) | 0.01 |  |
| Kain, 200924 | 1 | Girls | 225 | 0.64 (1) | 39 | 225 | 0.59 (1) |  | 52-225 |  | 0.57 (0.9) |  | 91 | 225 | 0.72 (0.9) | 0.08 |  |
| 2 |  | 717 | 0.64 (0.95) | 39 | 717 | 0.51 (0.92) |  | 52-717 |  | 0.50 (0.93) |  | 91 | 717 | 0.58 (0.9) | -0.06 | P<0.05 |
| 1 | Boys | 348 | 0.67 (1.00) | 39 | 348 | 0.65 (1) |  | 52-348 |  | 0.65 (1) |  | 91 | 348 | 0.72 (1) | 0.05 |  |
| 2 |  | 749 | 0.62 (1) | 39 | 749 | 0.44 (1) |  | 52-749 |  | 0.42 (1) |  | 91 | 749 | 0.52 (0.95) | -0.1 | P<0.05 |
| **% Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kain, 200924 | 1 | Boys | 348 | 21.6 | 39 | 348 | 19.7 |  | 52 | 348 | 19.4 |  | 91 | 348 | 21.4 | -0.2 | In Boys, the prevalence of obesity at baseline was significantly higher in the control group (21.6% v. 17.0%in the intervention group) (P<0.05) |
| 2 |  | 749 | 17 | 39 | 749 | 11.4 |  | 52 | 749 | 11.4 |  | 91 | 749 | 12.3 | -4.7 |  |
| 1 | Girls | 225 | 14.7 | 39 | 225 | 12.6 |  | 52 | 225 | 11.8 |  | 91 | 225 | 15.2 | 0.5 |  |
| 2 |  | 717 | 14.1 | 39 | 717 | 10.3 |  | 52 | 717 | 9.9 |  | 91 | 717 | 10.3 | -3.8 |  |
| Gort-maker, 199915 | 1 | Fe-male | 317 | 21.5 | 104 |  | 23.7 | 2.2 |  |  |  |  |  |  |  |  | Adjusted odds; 1.00 |
| 2 |  | 310 | 23.6 | 104 |  | 20.3 | -3.3 |  |  |  |  |  |  |  |  | Adjusted odds;0.47 (CI:0.24-0.93) P=0.03 |
| 1 | Male | 337 | 34.7 | 104 |  | 31.8 | -2.3 |  |  |  |  |  |  |  |  | Adjusted odds; 1.00 |
| 2 |  | 331 | 29.3 | 104 |  | 27.8 | -1.5 |  |  |  |  |  |  |  |  | Adjusted odds; 0.85 (CI:0.52-1.39) p=0.48 |
| Llargues, 201227 | 1 | Girls | 95 | 8.4% | NR |  |  |  | 104 | 95 | 9.8% |  | 208 | 95 | 9.5% |  | NR |
| Llargues, 201227 | 2 | Girls | 109 | Median (SD) =11.1% | NR |  |  |  |  | 105 | 8.4% |  |  | 105 | 7.3% |  |  |
| **Percent Over-weight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kafatos, 200523 | 1 | Boys | 112 | 18.8 | 312 | 112 | 36.6 |  | 520 | 112 | 42 |  |  |  |  | 23.2 | no differences between intervent-ion and control groups were found to be significant at the 5% level. |
| 2 |  | 151 | 18.5 | 312 | 151 | 32.5 |  | 520 | 151 | 33.1 |  |  |  |  | 14.6 |  |
| 1 | Girls | 145 | 26.9 | 312 | 145 | 37.2 |  | 520 | 145 | 25.5 |  |  |  |  | 0.6 |  |
| 2 |  | 133 | 23.3 | 312 | 133 | 27.8 |  | 520 | 133 | 24.1 |  |  |  |  | 0.8 |  |
| Llargues, 201227 | 1 | Girls | NR | 15.8%/  8.4% |  |  |  |  |  | NR | 20.7%/  9.8% |  | 204 | 95 | 17.9%/  9.5% | 2.1%/  1.1% Increase | NR |
| Llargues, 201227 | 2 | Girls | NR | Median (SD) =26.9%/11.9%; |  |  |  |  |  |  | 28.0%/  8.4% |  | 204 | 109 | 29.4%/  7.3% | 2.5% Increase/3.8%  Decrease |  |
| **Percent body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yin, 200563, 17 | 1 | Sub-jects with 40% + atten-dance in inter-vention schools and subjects in control schools | 265 | 26.9 (9.7) | 34 | 265 | 26.8 (9.7) |  |  |  |  |  |  |  |  | -0.1 |  |
| 2 |  | 182 | 26.5 (9.4) | 34 | 182 | 25.8 (9.5) |  |  |  |  |  |  |  |  | -0.7 |  |
| Rush, E, 201240 | 1 | 5-7 yo | 226 | NR |  |  |  |  | 104 |  |  | 0.76 |  |  |  |  |  |
| Rush, E, 201240 | 2 | 5-7 yo | 200 | NR |  |  |  |  | 104 |  |  | 0.81 |  |  |  |  | Difference in change = 0.00 (95% CI -0.06-0.06); p=0.98 |
| Rush, E, 201240 | 1 | 10-12 yo | 226 | NR |  |  |  |  | 104 |  |  | 0.76 |  |  |  |  |  |
| Rush, E, 201240 | 2 | 10-12 yo | 200 | NR |  |  |  |  | 104 |  |  | 0.81 |  |  |  |  | Difference in change = 0.05 (95% CI -0.04-0.13); p=0.35 |
| Broni-kowski, 20113 | 1 | Boys - Control (n= 34) | 7.4  (1.7) |  |  |  |  | 65 (15 months) | 34 | 9.5 (1.9) |  | 130 (30 months) | 34 | 9.5(1.9) |  | 2.1 |  |
| Broni-kowski, 20113 | 2 | Boys - Experimental (n=38) | Median (SD) =9.2, (1.2) |  |  |  |  | 65(15 months) | 38 | 10.1 (1.4) |  | 130(30 months) | 38 | 10(1.4) |  | 0.9 | ANOVA  (F test), Differences between groups in terms of changes in fat mass = F (2, 140) = 1.11; p=0.33 |
| Broni-kowski, 20113 | 3 | Girls - Control (n = 32) | 36.3  (2.1) |  |  |  |  | 65(15 months) | 32 | 38.3 (1.8) |  | 130(30 months) | 32 | 38.2 (1.8) |  | 1.9 |  |
| Broni-kowski, 20113 | 4 | Girls - Experimental (n =33) | 38.6  (1.7) |  |  |  |  | 65 (15 months) | 33 | 40.8 (1.4) |  | 130(30 months) | 33 | 40.8 (1.4) |  | 2.2 | ANOVA  (F test), Differences between groups in terms of changes in fat mass = F (2, 126) = 0.99; p=0.99 |
| **Triceps skin fold thick-ness.** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kain, 200924 | 1 | Boys | 348 | 13.0 (6.3) | 39 | 348 | 14.2 (6.5) |  | 52 | 348 | 14.3 (6.9) |  | 91 | 348 | 15.6 (6.8) | +2.6 | Mean TSF for Boys from the intervention and control schools was 12.2 and 13.0 mm, respectively, at baseline; these rose accordingly, but the increase was greater in the control group. |
| 2 |  | 749 | 12.2 (5.8) | 39 | 749 | 12.8 (5.5) |  | 52 | 749 | 13.1 (5.8) |  | 91 | 749 | 14.2 (6.3) | +2.0 |  |
| 1 | Girls | 225 | 14.7 (5.7) | 39 | 225 | 15.9 (5.8) |  | 52 | 225 | 16.6 (5.7) |  | 91 | 225 | 18.9 (6.3) | +4.2 | Mean TSF values over time for Girls from both groups were very similar, increasing progress-ively as expected, although the rise during the third period was considerably greater in the control Girls. |
| 2 |  | 717 | 14.8 (5.9) | 39 | 717 | 15.4 (5.5) |  | 52 | 717 | 16.0 (5.7) |  | 91 | 717 | 17.5 (6.1) | +2.7 |  |
| **Subscapular skinfold** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broni-kowski, 20113 | 1 | Boys | 34 | 53.6  (16.9) |  |  |  |  | 60 | 34 | 50.6 (17.97) |  | 120 | 34 | 42.2 (15.8) | -11.4 | NR |
| Broni-kowski, 20113 | 2 | Boys | 38 | Median (SD) =45.6, (16.14) |  |  |  |  |  | 38 | 41.1 (12.69) |  | 120 | 38 | 35.1  (9.87) | -10.5 |  |
| **Sum of 4 BF measures** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broni-kowski, 20113 | 1 | Boys - Control (n= 34) | 34 | 53.6  (16.90) |  |  |  |  | 65(15 months) | 34 | 50.6 (17.97) |  | 130(30 months) | 34 | 42.2  (15.80) | -11.4 |  |
| Broni-kowski, 20113 | 2 | Boys - Experimental (n=38) | 38 | Median (SD) =45.6, (16.14) |  |  |  |  |  | 38 | 41.1  (12.69) |  |  | 38 | 35.1(9.87) | -10.5 |  |
| Broni-kowski, 20113 | 3 | Girls - Control (n = 32) | 32 | 71.6  (23.81) |  |  |  |  |  | 32 | 70.7  (16.68) |  |  | 32 | 69.3  (25.37) | -2.3 |  |
| **Body fat, Muscle mass** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broni-kowski, 20113 | 1 | Boys - Control (n= 34) |  | 28.1  (2.3) |  |  |  |  | 65 (15 months) | 34 | 30.0; (2.4) |  | 130(30 months) | 34 | 31.8 (2.2) |  |  |
| Broni-kowski, 20113 | 2 | Boys – Experi-mental (n=38) |  | Median (SD) =26.3(1.9) |  |  |  |  |  | 38 | 32.0 (2.0) |  | 130(30 months) | 38 | 33.1 (1.8); | ANOVA (F test), Differences between groups in terms of changes in muscle mass, F(2, 140) = 3.81; p=0.02 |  |
| Broni-kowski, 20113 | 3 | Girls – Control  (n =32) |  | 25.0  (1.4) |  |  |  |  |  | 32 | 26.4 (1.8) |  | 130  (30 months) | 32 | 26.8  (1.4) |  |  |
| Broni-kowski, 20113 | 4 | Girls – Experi-mental  (n =33) |  | 26.0  (1.2) |  |  |  |  |  | 33 | 29.0 (1.3) |  | 130 (30 months) | 33 | 28.1  (1.2) | ANOVA (F test), Diff. between groups in terms of changes in muscle mass, F (2, 126) = 1.01; p=0.36 |  |
| Broni-kowski, 20113 | 4 | Girls – Experi-mental (n =33) | 33 | 54.2  (12.86) |  |  |  |  |  | 33 | 58.1  (10.86) |  |  | 33 | 48.8  (14.72) | ANOVA (F test), Differ-ences between groups in terms of changes in sum of skinfolds, F (2,126) = 1.44; p=0.24 |  |
| **Waist circ (cm)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yin, 200563, 17 | 1 | Sujects with 40% + attend-ance in inter-vention schools and subjects in control schools. | 265 | 62.6 (10.5) | 34 | 265 | 63.9 (10.8) |  |  |  |  |  |  |  |  | -0.4 | CI ( -1.1 to 0.4)  P=0.32 |
| 2 |  | 182 | 62.9 (11.5) | 34 | 182 | 64 (11.4) |  |  |  |  |  |  |  |  | +1.1 |  |
| Kain, 200924 | 1 | Boys | 348 | 65.6 (10.6) | 39 | 348 | 67 (10.5) |  | 52 | 348 | 67 (10.1) |  | 91 | 348 | 68.5 (9.4) | +2.9 | Mean WC for Boys from both groups increase-ed similarly over time. In the intervention group there is a significant difference between follow up 1 and follow up 2 (P<0.05) and a significant difference between follow up 2 and follow up 3 (P<0.05). |
| 2 |  | 749 | 64.9 (9.7) | 39 | 749 | 65.5 (9.4) |  | 52 | 749 | 66.4 (9) |  | 91 | 749 | 68 (8.8) | +3.1 |  |
| 1 | Girls | 225 | 64.9 (9.9) | 39 | 225 | 65.5 (9.5) |  | 52 | 225 | 65.8 (9.4) |  | 91 | 225 | 67.7 (9.1) | +2.8 | Mean WC values over time for Girls from both groups were very similar, increasing progress-ively as expected, from about 65 to 68 cm. |
| 2 |  | 717 | 64 (10.2) | 39 | 717 | 66 (10) |  | 52 | 717 | 65.7 (9.5) |  | 91 | 717 | 67.3 (9.1) | +3.3 |  |
| **Weight, Kg** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Haerens, 200618 | 1 | Females | 393 | 48.49 (11.20) | 43 | 393 | 51.93 (11.31) |  |  |  |  |  | 95 | 352 | 56.30 (11.11) | +7.81 |  |
| 2 |  | 130 | 51.17 (11.70) | 43 | 130 | 54.11 (11.70) |  |  |  |  |  | 95 | 118 | 57.67 (11.71) | +6.5 |  |
| 3 |  | 451 | 50.97 (12.05) | 43 | 451 | 53.82 (11.89) |  |  |  |  |  | 95 | 381 | 57.02 (11.17) | +6.05 | P>0.05 |
| 1 | Males | 278 | 47.28 (11.22) | 43 | 278 | 51.03 (11.84) |  |  |  |  |  | 95 | 239 | 56.63 (11.95) | +9.35 |  |
| 2 |  | 708 | 49.79 (12.23) | 43 | 708 | 54.15 (12.74) |  |  |  |  |  | 95 | 611 | 60.17 (13.06) | +10.38 |  |
| 3 |  | 665 | 48.50 (12.16) | 43 | 665 | 52.58 (12.95) |  |  |  |  |  | 95 | 590 | 58.54 (13.28) | +10.04 | P>0.05 |
| Stock, 200748\* | 1 | KG-3rd grade | 61 | 25.4  (5.1) | 43 | NR | 61 | 2.0  (CI:1.6-2.2) |  |  |  |  |  |  |  |  |  |
| 2 |  | 100 | 24.5  (5.4) | 43 |  | 100 | 2.3  (CI:2.0-2.5) |  |  |  |  |  |  |  |  | Diff. between groups with respect to change in weight: Arm 1-Arm 2  P=0.008 |
| 1 | 4th-7th grade | 71 | 39.9  (10.2) | 43 |  | 71 | 3.9  (CI:3.2-4.6) |  |  |  |  |  |  |  |  |  |
| 2 |  | 128 | 40.7  (11.0) | 43 |  | 128 | 2.9  (CI:2.5-3.3) |  |  |  |  |  |  |  |  | Diff. between groups with respect to change in weight:  Arm 1-Arm 2:  p>/=0.05 (NS) |
| Bronikowski, 20113 | 1 | Boys - Control (n= 34) | 34 |  |  |  |  |  | 65(15 months) | 34 | 54.7 (10.03) |  |  |  |  | 59.9  (9.76) |  |
| Broni-kowski, 20113 | 2 | Boys – Experi-mental (n=38) | 38 |  |  |  |  |  |  | 38 | 54.8 (9.95) |  |  |  |  | 60.9  (8.33) | ANOVA F test (Differences between groups in terms of changes in body mass) F(2,140) =0.04; p=0.95 |
| Broni-kowski, 20113 | 3 | Girls – Control  (n = 32) | 32 |  |  |  |  |  |  | 32 | 53.7  (7.63) |  |  |  |  | 56.0  (9.21) |  |
| Broni-kowski, 20113 | 4 | Girls – Experi-mental  (n = 33) | 33 |  |  |  |  |  |  | 33 | 53.3  (5.68) |  |  |  |  | 56.9  (6.78) | ANOVA  F test (Differences between groups in terms of changes in body mass) = F (2,126) =1.35; p=0.26 |

ANOVA = Analysis of Variance, BMI = Body Mass Index, CI = Confidence Interval, Diff. = Differences; F/U = Follow Up, N = Sample Size; NR = Not Reported; NS = Not Significant, P =P-Value, PFS = Physical Fitness Score, SD = Standard Deviation; TSF = Triceps Skinfold Thickness; WC = Waist Circumference; yo = years old

\* Correlation between change in diet self-monitoring (GO foods)

† Correlation between change in diet self-monitoring (WHOA foods)

‡ Correlation between change in exercise self monitoring component of intervention