**Evidence Table 2. Participant characteristics for studies taking place in a school only setting**

| **Author, year** | **Total N** | **Follow-up period, weeks** | **Girls, N (%)** | **Age,** **Mean (SD) unless otherwise labeled** | **Race, N (%)** | **Grade level, N (%)** | **Comments** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Amaro, 20061 | 241 |  24 weeks | Arm1: 33Arm2: 75 | Range: 11-14Arm1: 12.5 (0.7)Arm2: 12.3 (0.8) | White, non-HispanicOverall: 241 (100)Arm 1: 88 (100)Arm 2: 153 (100)  | Middle schoolOverall: 241 (100) |  |
| Barbeau, 20072 | 201 | 43 weeks | Arm1: 83 (100)Arm 2: 118 (100) | Arm1: 9.5Arm 2: 9.5 | Black, non-HispanicArm 1: 83 (100)Arm 2: 118 (100) | elementary schoolArm 1: 83 (100)Arm 2: 118 (100) | Sexual maturation in the two groups: 2.6 vs. 2.4 Tanner stage for breast development in Arm 1 (control) and Arm 2 (intervention), respectively. |
| Bronikowski, 20113 | 137 | 130 weeks | NR | Arm1:13.25 (0.40) Arm2:13.22 (0.29) | NR | NR |  |
| Bruss, 20104 | 407 | 52 weeks | Overall: 205Arm1: NRArm2: 205 | Overall: 8.55 (0.51) | Asian/Pacific IslanderOverall: (100)Arm 1: (100)Mother’s ethnicityPacific Islander: 56.69% (216/381)Asian: 43.31% (165/381)Father’s ethnicityPacific Islander: 56.0% (214/382)Asian: 44.0% (168/382) | Grade 3Overall: 402Arm 1: NRArm 2: 402 | Children in the “enrolled population” were placed in three groups based on number of lessons attended by their caregivers (0, 1–4, 5–8) and Compared (Table 2). Children of caregivers who completed 5–8 lessons were referred to as “completers” and were categorized into Fall and Spring Groups based on when the caregiver participated in the intervention sessions. Crossover analysis was performed on the “completers” who had complete BMI data at all three data collection points (n = 122, Figure 1) focusing on intervention effects for the “completers” and the primary outcome measure of change from baseline in BMI z-score (26). |
| Burguera, 20115 | 90 | 26 weeks | Overall: 59.7  | Overall: 13.9 (1.1)  | NR | NR |  |
| Bush, 19896 | 1041 | 104 weeks | Overall: (54)Compared to the intervention group, more boys were in the control (numbers not reported.) | Overall:10.5Compared to the intervention group, older children were in the control (numbers not reported.) |  | NR | 1,041 (84.4 per cent) participated in the baseline examination of risk factors; 431 (41.4 per cent) were available for rescreening after two years of intervention, forming the cohort. 36.4% were in the low socio-economic status group, 28.6% were in the middle socio-economic status group, and 35.0% were in the high socio-economic status group. More low socio-economic status children were in the control group. |
| Chiodera, 20087 | 4500 | 34 weeks | Overall: 2293Arm1: NRArm2: 2293 | Overall: 6-10Arm1: NRArm2: 6-10 |  | Primary SchoolOverall: 4500 (100)Arm 1: NRArm 2: 4500 (100) |  |
| Coleman, 20118 | NR | 104 weeks | Overall: (57) | Overall:8.9 (1.6)  | White, Non-Hispanic/Overall: (19) Black, Non-HispanicOverall: (19) Latin/Hispanic/Overall: (52) IslanderOverall: (7) Unknown Overall:(2.7)  | NR | N not stated but calculated from the statement "Baseline height and weight were collected for 444 second and third grade and 135 sixth grade students.Intervention group children had higher BMI Z scores (0.86 ± 1.03) at baseline than control group children [0.68 ± 1.10; t(577) = 2.06; p = .04]. |
| Damon, 20059 | 491 |  43 weeks | NR | Overall: 10-12 | NR | 1st grade Overall: 491 (100) |  |
| DeBar, 201110 | 4603 | 104 | Overall: NRArm1: (46.5)Arm2: (58.6)Arm3: (49.3) | Overall: NRArm1: 11.3 (0.5)Arm2: 11.2 (0.5)Arm3: 11.3 (0.5) | White, non-HispanicArm1: (21.6)Arm2: (18.6)Arm3: (16.2)Black, Non-HispanicArm1: (15.7)Arm2: (22.5)Arm3: (19.1)Latino/HispanicArm1: (53.5)Arm2: (51.0)Arm3: (57.0)American Indian/Alaska NativeArm1: (9.2)Arm2: (7.9)Arm3: (7.7) | NR |  |
| Donnelly, 200911 | 1527 | 156 weeks | Overall: (51.7) | NR | White, non-HispanicOverall: (77.4)Black, non-HispanicOverall: (6.2)Latino/HispanicOverall: (10.1)Asian/Pacific IslanderOverall: (1.2)American Indian/Alaska NativeOverall: (1.6)Multi-ethnicOverall: (3.6) | NR | 43% qualified for free or reduced lunch. Baseline BMI for the PAAC schools was 17.9±3.1 and 18.0±3.7 for control schools (NS). |
| Fpster, 201212 | 4603 | 156 | (52.3) | 11.3 (0.6) | Hispanic (52.4)Black (18)White (19.3)Other (8.5) | 6 |  |
| Fung, 201214 | NR | 104 weeks | Arm1:50.7Arm2:48.5 | NR |  | Grade: 5 Overall: (100) | Baseline data. Follow-up data is on different students (different students replied to the survey in the schools and some of the provincial schools were changed), so demographic data is different. |
| Gortmaker, 199915 | 1295 | 104 weeks | Arm1: 317 (48)Arm2: 310 (48) | Arm1:11.7 (0.7)Arm2:11.7 (0.7) | White, non-HispanicArm 1: 63Arm 2: 69Black, non-HispanicArm 1: (15)Arm 2: (11)Latino/HispanicArm 1: (16)Arm 2: (11)Asian/Pacific IslanderArm 1: (7)Arm 2: (9)American Indian/Alaska NativeArm 1: (2)Arm 2: (2)Unspecified Arm 1: (9)Arm 2: (5) | NR |  |
| Graf, 200816 | 615 | 208 weeks | Overall: (48.9) | Overall: 6.8 (0.4)Arm1: 7.2 (0.4)Arm2: 6.7 (0.4)For data on Age:N for Arm 1 is 178N for Arm 2 is 433 |  | Primary SchoolOverall: (100) | Data reported here is only for those children who took part in the entrance and final examinations. Children’s height at baseline was 25.0 kg (SD=4.7), and height was 1.24 m (SD=0.06). P for group difference b/w height was P<0.001 and for body mass was 0.001. |
| Gutin, 200817 | 210 | 138 weeks | Arm1: (53)Arm2: (54)For the >40% intervention group, 47% were girls. Here, “>40%”, refers to those with >40% attendance for exposure to the intervention for each of the 3 years. | Overall: 8.5 (0.6) | Black, non-HispanicArm 1: (59)Arm 2: (67)For the >40% intervention group, 80% were black | Grade 3Overall: (100) | A total of 617 students (age=8.5 years, standard deviation, SD=0.6) consented to participate. Data analyses were performed on 206 youths “who remained in the same schools for the 3-year period, who were measured at all six time points and, for the intervention group, who attended at least 40% of the sessions in each of the 3 years.”. |
| Haerens, 200618 | 2840 | 95 weeks | Overall: (36.6)Arm1: (58.8)Arm2: (15.6)Arm3: (40.1)Sex differs by group with arm 2 having least percentage of female participants. | Overall: 13.06 (0.81)Arm1: 12.85 (0.71)Arm2: 13.24 (0.87)Arm3:13.04 (0.79) |  | Grade 7th-8thOverall: (100)Arm 1: (100)Arm 2: (100)Arm 3: (100) | The parents of 151 (5%) children did not give permission for their child to participate in this study. This resulted in a sample of 2840 11- to 15-year-old boys and girls within 15 schools. This fact explains why the total number of participants in all arms (2991) did not equal total N at baseline (2840). |
| Heelan, 200919 | 324 | 78 weeks | Arm1: 73Arm2: 106 | Arm1: 8.4 (1.6)Arm2: 8.1 (1.7) |  | 1st-5thArm 1: 123Arm 2: 201 | Note that the data reported above in this form is only for those individuals who were recruited to participate in a more detailed measurement protocol to evaluate outcomes.Participants’ socioeconomic status (judged by percentage of youth qualifying for free and reduced lunches) was equivalent across schools (approximately 30%.IMPORTANT: Each elementary school had approximately 220 children in kindergarten through fifth grade, and all students in first through fifth grade in the 3 participating schools were invited to participate in the study. Specifically, the two WSB schools had 464 school children in total while the control school has 227. Approximately 26% of WSB school children and 28% of control school children actively commuted to school at least once a week, whereas 34% of WSB and 35% of control school children actively commuted home from school at least once a week. |
| Howe, 201120 | 106 | 40 weeks  | NR | Arm1:9.9 (0.2) Arm2:9.7(0.2) Arm3:9.8(.2) | Black, Non-Hispanic Overall:106 (100)Arm1:44(100)Arm2:31(100)Arm3:31(100) | Grade:3-5 Overall: 106 (100) |  |
| James, 200421 | 644 | 52 weeks | Arm1: 164Arm2: 156 | Overall: 8.7 (0.9) Range: 7.0-10.9 |  | NR | Sample size here was that during group assignment. |
| James, 200722 | 644 | 39 weeks | Overall: 321 | NR |  | NR | This study was the 2-year follow-up results of a previous study. They did not report the original baseline characteristics in this study; they only reported the characteristics of the children with 2-year follow-up data (N=434). |
| Kafatos, 200523 | 541 | 312 weeks | NR | NR |  | NR | There is no baseline data in this paper; only data for whom there was data for all 3 examinations periods. Baseline data is probably available in parent paper, published earlier. The Methods state, ‘The data presented in the current paper are based on those pupils having full data in all three examination periods (284 pupils from the intervention schools and 257 from the control schools).’ |
| Kain, 200924 | 2430 | 314 | Overall: 942Arm1: 225 (39.3)Arm2: 717 (48.9) | Arm1: 9.9 (2.1)Arm2:10.0 (2.3) |  | NR | To assess the effectiveness of the intervention according to the mode delivered, we divided the 21 months observation time (March 2003 to November 2004) into three different periods: (i) period 1, first school year (full intervention), lasting from March to November 2003; (ii) period 2, December 2003 to March 2004, summer recess (children received no intervention); and (iii) period 3 or the second school year (partial intervention, March to November 2004). |
| Klish, 201225 |  NR | NR | NR | NR | NR |  NR |   |
| Lazaar, 200726 | 425 | 26 weeks | Overall: 213 | Overall: 7.4 (0.8) |  | NR | The structure of four groups (GIOb,GINo, GCOb and GCNo) was almost identical with regard to the ages of the children and their gender distribution. Moreover, there were no significant differences with regard to the average age of children and the BMI profile distribution between girls and boys. |
| Llargues, 201227 | 509 | 208 weeks | Arm1☹45.6)Arm2☹46.3) | Overall: 6-8 years  | NR | NR |  |
| Lubans, 201228 | 100 | 24 weeks | NR | Overall:14.3 (0.6)  | NR | Grade: Grade 9 Overall: (100) | Study design and participant allocation found in separate report. Lubans, DR. “Randomized controlled trial of the Physical Activity Leaders (PALs) program for adolescent boys from disadvantaged secondary schools”. Prev Med 2011 v52 |
| Lubans, 201229 | 357 | 52 weeks | Overall☹100)Arm1☹100)Arm2☹100) | Overall:13.8(0.45) Arm1:13.20(0.45) Arm2:13.15(0.44) | Australian Overall:305(85.4)Arm1:153(85.5)Arm2:152(85.4)Asian Overall:4(1.1)Arm1:1(0.6)Arm2:3(1.7)European Overall:36(10.1)Arm1:18(10.1)Arm2:18(10.1) | Grade:8th grade Overall: (100) |  |
| Madsen, 199330 | 314 | 104 weeks | Arm1: NRArm2: 78 (48) | Arm1: NRArm2: 12.1 (1.8) |  | Grade 5-6Arm 1: NRArm 2: 162 | Total N (including control group) is not reported in this article because no data on original control group is included in this article. Further information may be available in referenced article in study characteristics form. |
| Magnusson, 201231 | 266 | NR | Arm1:60Arm2:51 | Arm1:7.4(0.3) Arm2:7.3(0.3)  | White, Non-Hispanic Overall: (97) | NR |  |
| Manios, 199932 | 1046 | 156 weeks | NR | NR |  | NR | This article is one of the multiple articles from the Creten health education program study 32-34 ,60 ,61. |
| Manios, 200233 | 1046 | 312 weeks | Overall: 500 | NR |  | NR | This article is one of the multiple articles from the Creten health education program study 32-34 ,60 ,61. |
| Manios, 200634 | 441 | 312 weeks | NR | NR |  | first gradesOverall: 441 (100) | This article is one of the multiple articles from the Creten health education program study 32-34 ,60 ,61. |
| Muckelbauer, 200935 | 3190 | NR | Arm1: (49.7)Arm2: (49.8) | Arm1: 8.34 (0.76)Arm2: 8.26 (0.73) |  | 2nd and 3rd gradesOverall: (100)Arm 1: (100)Arm 2: (100) | Of 3190 children screened at baseline, a total of 2950 children (92%) were also measured at the follow-up assessment and were considered for analysis. Baseline data is only reported for participants who were present at baseline assessment and at follow-up assessments. There is no report of baseline data for all individuals present for baseline assessments. |
| Neumark-Sztainer, 201036 | 356 | 36-52 weeks | Overall: 356 (100) | Overall: 15.8 (1.17)Arm1: 15.8 (1.22)Arm2: 15.7 (1.13) | White, non-HispanicOverall: 87 (24.4)Arm 1: 38 (21.8)Arm 2: 49 (26.9)Black, non-HispanicOverall: 101 (28.4)Arm 1: 42 (24.1)Arm 2: 59 (32.4)Latino/HispanicOverall: 51 (14.3)Arm 1: 27 (15.5)Arm 2: 24 (13.2)Asian/Pacific IslanderOverall: 82 (23.0)Arm 1: 52 (29.9)Arm 2: 30 (16.5)American Indian/Alaska NativeOverall: 9 (2.5)Arm 1: 3 (1.7)Arm 2: 6 (3.3)Mixed Overall: 26 (7.3)Arm 1: 12 (6.9)Arm 2: 14 (7.7) | NR |  |
| Newton, 201037 | 77 | 78 weeks | Overall: (50)Arm1: NRArm2: (50) | Overall: 9.26Arm1: NRArm2: 9.26 | Black, non-HispanicOverall: 77 (100)Arm 1: Arm 2: 77 (100) | Grades 2-6Overall: 77 (100)Arm 1: Arm 2: 77 (100) |  |
| Reed, 200838 | 268 | NR | NR | NR |  | NR | The baseline stage of the study (Phase 1) was conducted from April-June 2003 (when baseline measurements were taken). The active phase of the intervention (Phase II) was conducted between September 2003 and May 2004). |
| Resaland, 201162 | 256 | 104 weeks | NR | Arm1:9.2(0.3) Arm2:9.2(0.3) | NR | NR |  |
| Rosario, 201239 | 464 | 24 weeks | Overall:51.5Arm1:52.8Arm2:50.2Arm3: NR | Overall: 8.3(1.2) Arm1:8.2(1.2) Arm2:8.3(1.2) | NR | NR | Also reported on other baseline characteristics: mother’s education, father’s education, BMI (mean 17.9; SD 2.7). |
| Rush, 201240 | NR | 104 weeks | Overall:50.2Arm1:50.7Arm2:51 | NR | European Overall☹67.3) Arm1☹65.0) Maori Overall☹25.7) Arm1☹25.9) Others Overall☹7)Arm1☹8.4) | NR | #s at baseline, intervention, control does not add up, but I recorded as reported in the article. |
| Sahota, 200141 | 636 | NR | NR | Arm1: 8.4 (0.63)Arm2: 8.3 (0.63) |  | Grades 4-5Overall: 636Arm 1: 322Arm 2: 314 |  |
| Sallis, 199342 | 549 | NR | Overall: 244Arm1: 97Arm2: 87Arm3: 60 | Overall: 9.25 (0.5) | White, non-HispanicOverall: (85)Black, non-HispanicOverall: (1)Latino/HispanicOverall: (7)Asian/Pacific IslanderOverall: (6)Unidentified Overall: (1) | Grade 4Overall: (100) | Anthropometric evaluations were completed on 740 children, and surveys were completed by 745 students at baseline. Complete data for all four measures were available on up to 305 boys and 244 girls who are subjects in the present report. Those with complete data added up to be 549. |
| Salmon, 200843 | 306 | 39 weeks | Overall: 156 | NR |  | NR | Age was presented separately for boys and girls. |
| Skybo, 200244 | 58 | 39 weeks | Arm1: 15Arm2: 13 | NR | White, non-HispanicArm 1: (28)Arm 2: (51.5)Black, non-HispanicArm 1: (40)Arm 2: (39.4)Latino/HispanicArm 1: (4)Arm 2: (3)UnspecifiedArm 1: (23)Arm 2: (6.1) | Grade 3Overall: (100) | One student from each arm withdrew from the study explaining why total number of participants from both arms (56) is not equal to total N at baseline (58). |
| Smolak, 200145 | 509 | 104 weeks | Overall: 252 | NR |  | Grade 6Overall: 253Grade 7Overall: 241 | There were no clear demographics reported for final numbers, either baseline or follow up. |
| Sollerhed, 200846 | 132 | 156 weeks | Overall: 59Arm1: 23Arm2: 36 | Overall:Range 6-9Arm1: Range 6-9Arm2: Range 6-9 |  | NR |  |
| Stenevi-Lundgren, 200947 | 103 | 52-104 weeksControl group was followed for 104 weeks. | Overall: 103 (100)Arm1: 50 (100)Arm2: 53 (100) | Arm1: 7.9 (0.6)Range (6.8– 8.9)Arm2: 7.7 (6)Range (6.5–8.7) | White, non-HispanicOverall:103 (100)Arm 1: 50 (100)Arm 2: 53 (100) | Grade1-2Overall: 103 (100)Arm 1: 50 (100)Arm 2: 53 (100) |  |
| Stock, 200748 | 360 | 43 weeks | Arm1: 33 (54)Arm2: 38 (54)Arm3: 64 (64)Arm4: 64 (50) | NR |  | Grade 7Overall: (100) |  |
| Taylor, 200749 | 730 | 104 weeks | Overall: NRArm1: 111Arm2: 112 | Arm1: 7.7 (1.6)Arm2: 7.7 (1.8) | White, non-HispanicOverall: (81.8)Asian/Pacific IslanderOverall: (0.9)Maori Overall: 17.3 | NR |  |
| Thivel, 201150 | 457 | 26 weeks | Overall: 228Arm1: 112Arm2: 117 | Overall: Range 6-10Arm1: Range 6-10Arm2: Range 6-10 |  | Grade 1-2Overall: 457Arm 1: 228Arm 2: 229 |  |
| Trevino, 200551 | 387 | 34 weeks | Arm1: 94 (51)Arm2: 107 (55) | Arm1: 9.7Arm2: 9.8 |  | NR | 495 students returned parental consents but only 387 students (78%) had completed both pre and post data collection. Groups were similar on household and education demographic characteristics. Median household income was $11,691 (arm 1) and $10,337 (arm 2); 69.4% (arm 1)and 71.8% (arm 2)had an education level less than a high school diploma. |
| Tucker, 201152 | 99 | 34 weeks | Overall: 99Arm1: 33Arm2: 66 | Overall: 9.65 | NR | Grade 4-5Overall: 99 (100) |  |
| Valdimarsson, 200653 | 103 | 52–104 weeksThe intervention students were followed up one year post enrollment and the control students were followed up two years post enrollment. Allowed 2-year follow-up controls since BMC and aBMD is found to increase over the study span in a linear fashion. | Overall: 103 (100)Arm1: 50 (100)Arm2: 53 (100) | Arm1: 7.9 (0.6)Arm2: 7.7 (0.6) |  | NR | Weight at baseline was 27.6 (kg; SD 5.5) for intervention students (arm 2) compared to 27.3 (kg; SD 5.5) for control students (arm 1). |
| Vandongen, 199554 | 1147 | 39 weeks | Overall: 485Arm1: 67Arm2: 77Arm3: 81Arm4: 108Arm5: 68 | Overall: Range 10-12Arm1: Range 10-12Arm2: Range 10-12Arm3: Range 10-12Arm4: Range 10-12Arm5: Range 10-12 |  | year 6Overall: (100)Arm 1: (100)Arm 2: (100)Arm 3: (100)Arm 4: (100)Arm 5: (100) | Number of participants per arm is only presented by specific variables – i.e. dietary variables, blood pressure, etc. It is not presented for overall sample per arm. |
| Viskic-Stalec, 200755 | 220 | 34 weeks | Overall: (100)Arm1: (100)Arm2: (100) | NR |  | NR |  |
| Vizcaino, 200856 | 1044 | 36-72 weeks | Arm1: 310 (51.1)Arm2: 253 (49.3) | Arm1: 9.4 (0.6)Arm2: 9.4 (0.7) |  | NR |  |
| Walter, 198557 | 1563 | 52 weeks | Overall: (48.6) | Overall: 9.1 | White, non-HispanicOverall: (24.6)Black, non-HispanicOverall: (48.9)Latino/HispanicOverall: (23.2)Primarily of Asian or Pacific origin Overall: (3.3) | 4th GradeOverall: (100)Arm 1: (100)Arm 2: (100) |  |
| Walther, 200958 | 211 | 52 weeks | Arm1: (42)Arm2: (47) | Arm1: 11.1 (0.7)Arm2: 11.1 (0.7) |  | 6th GradeOverall: 211 (100)Arm 1: 73 (100)Arm 2: 109 (100)Arm 3: 29 (100) | 188 students were randomized at baseline to intervention and control groups and 32 were selected none randomly as the reference group. Because of removals and dropout of schools (3 students in the intervention group and 3 students in the control group), 182 students were included for baseline and follow-up analysis (reported above) and 29 students from the reference group. |
| Warren, 200359 | 218 | 61-69 weeks | Overall: 107Arm1: 25Arm2: 25Arm3: 27Arm4: 30 | Overall: 6.1 (0.6)Arm1: 6.1 (0.6)Arm2: 6.1 (0.6)Arm3: 6.1 (0.6)Arm4: 6.1 (0.7) |  | Years 1 and 2 |  |

aBMD= areal bone mineral density; BMC= bone mineral content; BMI= Body Mass Index; N= Sample size; NR= Not reported; NS= Not significant; PAAC= Physical Activity Across the Curriculum; SD= Standard deviation; WSB= Walking School Bus