**Evidence Table 11c. Clinical outcomes for physical activity intervention studies taking place in a school setting with a home component**

| **Author, year** | **Arm** | **Baseline N** | **Baseline measure, mean (SD)** | **Final measure timepoint** | **N at final measure** | **Final follow-up measure, mean (SD)** | **Mean Change from baseline (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Cardiovascular risk score** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 0.06(.53) | 39 | 205 | −0.03(.51) |  | Adjusted difference at follow-up: -0.18  (-0.29 to -0.06) p=0.003 |
| 2 | 297 | 0.01(.49) | 39 | 297 | −0.27(.44) |  |  |
| **SBP** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 103(8) | 39 | 205 | 102(9) |  | Adjusted difference at follow-up: -0.08  (-0.26 to -0.23) p=0.88 |
| 2 | 297 | 104(9) | 39 | 297 | 101(9) |  |  |
| Simon, 200822 | 1 | 479 | 107.14 CI:106.10 to 108.18 | 199 |  | 113.85 CI:112.63 to 115.06 | -0.42 (-2.29; 1.44) p=0.66 | Intervention X Time interaction, p<0.01 |
| 2 | 475 | 108.91 CI:107.86 to 109.96 | 199 |  | 115.20 CI:114.02 to 116.37 |  |  |
| **DBP** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 61(7) | 39 | 205 | 61(8) |  | Adjusted difference at follow-up:  -0.08  (-0.26 to -0.23) p=0.88 |
| 2 | 297 | 62(8) | 39 | 297 | 60(7) |  |  |
| Simon, 200822 | 1 | 479 | 64.12 CI:62.27 to 65.98 | 199 |  | 65.82 CI:63.99 to 67.65 | -0.46 (-2.14; 1.23) p=0.60 | Interaction X Time interaction, p=0.01 |
| 2 | 475 | 65.38 CI:63.53 to 67.23 | 199 |  | 66.61 CI:64.78 to 68.44 |  |  |
| **Plasma insulin** |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | 479 | 8.61 CI:8.02 to 9.19 | 199 |  | 11.03 CI:10.36 to 11.70 | 0.03 (-0.98; 1.04) p=0.96 | Interaction X Time interaction, p=0.85 |
| 2 | 475 | 8.57 CI:7.97 to 9.17 | 199 |  | 11.02 CI:10.34 to 11.71 |  |  |
| **HOMA** |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | 479 | 1.97 CI:1.83 to 2.11 | 199 |  | 2.42 CI:2.26 to 2.57 | 0.01 (-0.23; 0.24) p=0.95 | Interaction X Time interaction, p=0.90 |
| 2 | 475 | 1.96 CI:1.82 to 2.10 | 199 |  | 2.41 CI:2.25 to 2.57 |  |  |
| **Plasma Triglyceride** |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | 479 | 70.08 CI:66.85 to 73.31 | 199 |  | 65.65 CI:61.98 to 69.32 | -2.60 (-7.97; 2.78) p=0.34 | Interaction X Time interaction, p=0.19 |
| 2 | 475 | 75.20 CI:71.92 to 78.47 | 199 |  | 68.17 CI:64.47 to 71.86 |  |  |
| **Plasma Total cholesterol** |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | 479 | 152.67 CI:149.65 to 155.68 | 199 |  | 160.21 CI:156.96 to 163.45 | 2.71 (-0.91; 6.34) p=0.15 | Interaction X Time interaction, p=0.19 |
| 2 | 475 | 157..57 CI:154.44 to 160.70 | 199 |  | 167.83 CI:164.53 to 171.12 |  |  |
| **Plasma HDL** |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | 479 | 48.23 CI:44.85 to 51.60 | 199 |  | 54.88 CI:51.60 to 58.17 | 3.43 (1.73; 5.13) p<0.0001 | Interaction X Time interaction, p<0.0001 |
| 2 | 475 | 47.99 CI:44.67 to 51.32 | 199 |  | 58.08 CI:54.82 to 61.35 |  |  |
| **Plasma Glucose** |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | 479 | 0.92  CI:0.91 to 0.92 | 199 |  | 0.88  CI:0.87 to 0.89 | 0.00 (-0.01; 0.01) p=0.81 | Interaction X Time interaction, p=0.86 |
| 2 | 475 | 0.92  CI:0.91 to 0.92 | 199 |  | 0.88  CI:0.87 to 0.89 |  |  |
| **Triglyceride** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | .64(0.29) | 39 | 205 | .69(0.32) |  | Adjusted difference: -0.10  (-0.18 to -0.01) p<0.02 |
| 2 | 297 | .60(.25) | 39 | 297 | .60(.25) |  |  |
| **HDL** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 1.60(0.35) | 39 | 205 | 1.55(0.37) |  | Adjusted difference: 0.27  (0.09 to 0.44) p<0.003 |
| 2 | 297 | 1.65(0.35) | 39 | 297 | 1.68(0.35) |  |  |
| **Glucose** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 4.6(0.4) | 39 | 205 | 4.7(0.4) |  | Adjusted difference: -0.40  (-0.70 to -0.09) p<0.01 |
| 2 | 297 | 4.5(0.4) | 39 | 297 | 4.6(0.3) |  |  |
| **Physical Quality of life** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 53.2 (7.7) | 39 | 205 | 53.9 (6.5) |  | Adjusted difference: 0.42  (-1.23 to 2.06) p=0.62 |
| 2 | 297 | 53.4 (8.9) | 39 | 297 | 53.7(8.7) |  |  |
| **Psychological Quality of life** |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 53.0 (6.5) | 39 | 205 | 52.0 (7.3) |  | Adjusted difference: 0.59  (-0.85 to 2.03) p=0.42 |
| 2 | 297 | 52.5(6.9) | 39 | 297 | 52.3(7.7) |  |  |

CI = Confidence Interval; DBP = Diastolic Blood Pressure; HDL = High Density Lipoprotein; HOMA = Homeostatic Model Assessment; N = Sample Size; SBP = Systolic Blood Pressure; SD = Standard Deviation