**Evidence Table 17a. Weight related outcomes for combined diet and physical activity intervention studies taking place in a school setting with home and community components**

| **Author, year** | **Arm** | **Base-line N** | **Baseline Measure, mean (SD)** | **First Follow-up Time-point in weeks** | **N at First Follow-up** | **First Follow-up Measure, mean (SD)** | **Mean Change from Base-line (SD)** | **Second Follow-up time-point in weeks** | **N Second Follow-up** | **Second Follow-up Measure, mean (SD)** | **Mean change from Base-line (SD)** | **Final Measure time-point** | **N at Final Measure** | **Final Follow-up measure, mean (SD)** | **Mean Change from Base-line (SD)** | **Measure of Association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI (Kg/m2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Angelopoulos, 20091 | 1 | 325 | 20.1 (3.4) | 52 |  | 20.2 (3.2) | 0.1  95% CI:  -0.03 -0.2 |  |  |  |  |  |  |  |  | Point estimate:  -1.2  P-value arm2 vs. arm 1: 0.047 |
| 2 | 321 | 20.3 (3.6) | 52 |  | 19.2 (2.9) | -1.1  95% CI:  -1.2-0.9 |  |  |  |  |  |  |  |  | Point estimate:  -1.2  P-value arm 2 vs. arm 2: 0.047 |
| Millar, 20117 | 1 | 778 | 21.6(3.5) |  |  |  |  |  |  |  |  | 156 | 778 | 23.1(3.6) |  | Adjusted difference  Point estimate:  –0.22  P-value arm 2 vs. arm 2: 0.06 |
| Millar, 20117 | 2 | 1276 | Median (SD) =21.6, (3.8) |  |  |  |  |  |  |  |  |  | 1276 | 23.0(4.1) |  | Adjusted difference  Point estimate:  –0.22  P-value arm 2 vs. arm 2: 0.06 |
| Naul, 2012 8 | 2 | 296 | 16.3% | 44 | 296 | 16.6% |  |  |  |  |  |  |  |  |  | Germany:  F (1, 260) = 14,079,  P < 0.001  Netherlands:  F (1, 295) = 15,128  P < 0.001 |
| **BMI (<5th)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 0% | 34 | 246 | 0.41% |  |  |  |  |  |  |  |  |  |  |
| **BMI (15th–85th)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 47% | 34 | 246 | 43% |  |  |  |  |  |  |  |  |  |  |
| 2 | 204 | 46% | 34 | 204 | 42% |  |  |  |  |  |  |  |  |  |  |
| **BMI (85th–95th)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 20% | 34 | 246 | 19% |  |  |  |  |  |  |  |  |  |  |
| 2 | 204 | 21% | 34 | 204 | 24% |  |  |  |  |  |  |  |  |  |  |
| **BMI (≥95th)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 33% | 34 | 246 | 38% |  |  |  |  |  |  |  |  |  |  |
| 2 | 204 | 32% | 34 | 204 | 32% |  |  |  |  |  |  |  |  |  |  |
| **BMI z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Angelopoulos, 20091 | 1 | 325 | 0.83 (0.9) | 52 |  | 0.67 (0.8) | -0.16  95% CI:  -0.19 –  -0.12 |  |  |  |  |  |  |  |  | Point estimate –0.3  P-value arm2 vs. arm 1: 0.074 |
| 2 | 321 | 0.87 (0.9) | 52 |  | 0.41 (0.9) | -0.46  95% CI:  -0.50 –  -0.42 |  |  |  |  |  |  |  |  | Point estimate –0.3  P-value arm2 vs. arm 1: 0.074 |
| Millar, 20117 | 1 | 778 | 0.48(1.01) |  |  |  |  |  |  |  |  | 156 | 778 | 0.53 (0.95) |  | Adjusted difference  Point estimate:  –0.07  P-value arm 2 vs. arm 2: 0.03 |
| Millar, 20117 | 2 | 1276 | Median (SD)= 0.52 (1.05) |  |  |  |  |  |  |  |  |  | 1276 | 0.50 (1.05) |  | Adjusted difference  Point estimate:  –0.07  P-value arm 2 vs. arm 2: 0.03 |
| De Coen, 20122 | 1 | 557 | 0.13 (0.92) | 104 | 442 | 0.15 (0.89) |  |  |  |  |  |  |  |  |  | P-value = NS |
| De Coen, 20122 | 2 | 1032 | Median (SD) = 0.12(0.95) |  | 670 | 0.11 (1.03) |  |  |  |  |  |  |  |  |  | P-value = NS |
| Tomlin, 20129 | 1 |  | NR |  |  |  |  |  |  |  |  |  |  |  |  | t-test = 1.066;  P-value = 0.288 |
| Tomlin, 20129 | 2 | 148 | Median (SD) =  1.12, (0.86) | 30 | 133 | 1.10(0.87); |  |  |  |  |  |  |  |  |  |  |
| **Percent body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 27.15% | 34 | 246 | 27.55% |  |  |  |  |  |  |  |  |  |  |
| 2 | 204 | 26.17% | 34 | 204 | 25.61% |  |  |  |  |  |  |  |  |  |  |
|  | 450 |  |  |  |  |  |  |  |  |  |  |  |  |  | Point estimate:  5.56 [F(1,449)]  P-value  Grp2-G1  : 0.02 |
| Millar, 20117 | 1 | 778 | 29.1% (9.2) |  |  |  |  |  |  |  |  | 156 | 778 | 28.8% (10.4) |  | Adjusted difference  Point estimate: –0.23  P-value arm 2 vs. arm 2: 0.58 |
| Millar, 20117 | 2 | 1276 | Median (SD) =29.0%, (9.3) |  |  |  |  |  |  |  |  |  | 1276 | 27.4% (10.3) |  | Adjusted difference  Point estimate:  –0.23  P-value arm 2 vs. arm 2: 0.58 |
| **Body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 27.15% | 34s | 246 | 27.55% |  |  |  |  |  |  |  |  |  |  |
| 2 | 204 | 26.17% | 34 | 204 | 25.61% |  |  |  |  |  |  |  |  |  |  |
| **Weight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Millar, 20117 | 1 | 778 | 58.8 (12.7) |  |  |  |  |  |  |  |  | 156 | 1276 | 67.0 (12.7) |  | NR |
| Millar, 20117 | 2 | 1276 | Median (SD) =58.5, (13.2) |  |  |  |  |  |  |  |  |  |  | 67.1 (14.0) |  |  |
| **Pounds** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Greening, 20114 | 1 | 246 | 27.77 | 34 | 246 | 28.93 |  |  |  |  |  |  |  |  |  |  |
| 2 | 204 | 26.55 | 34 | 204 | 27.61 |  |  |  |  |  |  |  |  |  |  |
|  | 450 |  |  |  |  |  |  |  |  |  |  |  |  |  | Point estimate: 0.01 (1,449)  P-value Group 2 vs. Group 1: 0.92 |
| **Percent Overweight/**  **Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Millar, 20117 | 1 | 778 | 27.1% |  |  |  |  |  |  |  |  | 156 | 778 | 28.3 |  | Adjusted difference  Point estimate:  –0.75  P-value arm 2 vs. arm 2: 0.12 |
| Millar, 20117 | 2 | 1276 | Median (SD) =30.2% |  |  |  |  |  |  |  |  |  | 1276 | 27.3 |  | Adjusted difference  Point estimate:  –0.75  P-value arm 2 vs. arm 2: 0.12 |
| Tomlin, 20129 | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | t-test = 0.818; p-value = 0.783 |
| Tomlin, 20129 | 2 | 148 | median (SD) =52.2%; | 28 | 133 | 53.4% |  |  |  |  |  |  |  |  |  |  |
| **Waist circumference, cm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomlin, 20129 | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | t test=0.818; p=1 |
| Tomlin, 20129 | 2 | 148 | median (SD) =26.5%; | 30 | 133 | 26.5% |  |  |  |  |  |  |  |  |  |  |
| **Waist circumference, cm, z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomlin, 20129 | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | t test=-2.303; p=0.23 |
| Tomlin, 20129 | 2 | 148 | median (SD) =0.46, (1.07); | 30 | 133 | 0.57(1.04) |  |  |  |  |  |  |  |  |  |  |

CI = Confidence Interval; Grp2-G1 = Group2 vs. Group 1; N = Sample Size; NR = Not Reported; NS = Not Significant; SD = Standard Deviation