**Evidence Table 4b. Weight related outcomes for diet intervention studies taking place in a school only setting, by subgroup**

| **Author, Year** | **Arm** | **Sub-group** | **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 mea-sure, 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** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vandongen, 199554 | 1 | Boys | 78 | 18.1  CI:  17.5-8.6 | 39 | 78 | 18.2  CI:  17.6-18.8 |  |  |  |  |  |  |  |  | 0.1 | There was no significant difference between groups with respect to BMI. |
| 2 |  | 91 | 18  CI:  17.5-18.5 | 39 | 91 | 18.5  CI:  17.9 -19 |  |  |  |  |  |  |  |  | 0.5 |  |
| 3 |  | 58 | 18.2  CI:  17.4-19 | 39 | 58 | 18.4  CI:  17.6 -19.2 |  |  |  |  |  |  |  |  | 0.2 |  |
| 1 | Girls | 67 | 17.6  CI:  16.9-18.3 | 39 | 67 | 18.2  CI:  17.4 -18.9 |  |  |  |  |  |  |  |  | 0.6 | There was no significant difference between groups with respect to BMI. |
| 2 |  | 108 | 17.5  CI:  17-17.9 | 39 | 108 | 18  CI:  17.5-18.5 |  |  |  |  |  |  |  |  | 0.5 |  |
| 3 |  | 68 | 17.5  CI:  16.8-18.2 | 39 | 68 | 17..8  CI:  17.1-19.4 |  |  |  |  |  |  |  |  | 0.3 |  |
| **Obese prevalence (IOTF cut off points)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James, 200421  obese prevalence (based on 1990 British centile charts)  James, 200421 | 1 | boys | 144 | 3 (1.7) |  |  |  |  | 52 | 134 | 3 (1.7) |  |  |  |  |  | At 12 months the mean percentage of overweight and obese children increased in the control clusters by 7.5%, compared with a decrease in the intervention group of 0.2% (mean difference 7.7%, 2.2% to 13.1%; |
| 2 |  | 160 | 7 (4.1) |  |  |  |  | 52 | 156 | 6 (3.5) |  |  |  |  |  |  |
| 1 | girls | 160 | 12 (7.3) |  |  |  |  | 52 | 145 | 11 (6.3) |  |  |  |  |  | NR |
| 2 |  | 151 | 9 (5.7) |  |  |  |  | 52 | 139 | 8 (4.7) |  |  |  |  |  | NR |
| 1 | boys | 144 | 10 (7.0) |  |  |  |  | 52 | 134 | 12 (9.0) |  |  |  |  |  | NR |
| 2 |  | 160 | 11 (6.9) |  |  |  |  | 52 | 156 | 11 (7.1) |  |  |  |  |  | NR |
| 1 | girls | 160 | 12 (7.5) |  |  |  |  | 52 | 145 | 13 (9.0) |  |  |  |  |  | NR |
|  | 2 |  | 151 | 10 (6.6) |  |  |  |  | 52 | 139 | 9 (6.5) |  |  |  |  |  | NR |
| Obese prevalence (based on British waist circumference centile charts)  James, 200421  overweight prevalence (IOTF cut off points)  James, 200421 | 1 | boys | 144 | 14 (9.9) |  |  |  |  | 52 | 134 | 14 (10.4) |  |  |  |  |  | NR |
| 2 |  | 160 | 15 (9.5) |  |  |  |  | 52 | 156 | 13 (8.4) |  |  |  |  |  | NR |
| 1 | girls | 160 | 17 (10.7) |  |  |  |  | 52 | 145 | 27 (19.0) |  |  |  |  |  | NR |
| 2 |  | 151 | 15 (9.9) |  |  |  |  | 52 | 139 | 16 (11.5) |  |  |  |  |  | NR |
| 1 | boys | 144 | 33 (18.8) |  |  |  |  | 52 | 134 | 39 (22.2) |  |  |  |  |  | NR |
| 2 |  | 160 | 34 (20.1) |  |  |  |  | 52 | 156 | 31 (18.3) |  |  |  |  |  | NR |
| 1 | girls | 160 | 46 (28.0) |  |  |  |  | 52 | 145 | 50 (29.6) |  |  |  |  |  | NR |
| 2 |  | 151 | 43 (27.6) |  |  |  |  | 52 | 139 | 39 (23.1) |  |  |  |  |  | NR |
| 1 | boys | 144 | 28 (19.6) |  |  |  |  | 52 | 134 | 33 (25.6) |  |  |  |  |  | NR |
| 2 |  | 160 | 32 (19.2) |  |  |  |  | 52 | 156 | 31 (19.9) |  |  |  |  |  | NR |
| 1 | girls | 160 | 32 (20.1) |  |  |  |  | 52 | 145 | 37 (28.3) |  |  |  |  |  | NR |
| 2 |  | 151 | 29 (19.2) |  |  |  |  | 52 | 139 | 29 (20.9) |  |  |  |  |  | NR |
| 1 | boys | 144 | 28 (20.3) |  |  |  |  | 52 | 134 | 33 (25.0) |  |  |  |  |  | NR |
| 2 |  | 160 | 34 (21.5) |  |  |  |  | 52 | 156 | 35 (22.6) |  |  |  |  |  | NR |
| 1 | girls | 160 | 38 (24.4) | 26 |  |  |  | 52 | 145 | 52 (36.9) |  |  |  |  |  | NR |
| 2 |  | 151 | 33 (22.1) | 26 |  |  |  | 52 | 139 | 40 (29.6) |  |  |  |  |  | NR |

BMI = Body Mass Index, CI = Confidence Interval, N = Sample Size; NR = Not Recorded, IOTF = International Obesity Task Force, SD = Standard Deviation