**Evidence Table 32a. Weight related outcomes for diet intervention studies taking place in a home only setting**

| **Bibliography** | **Arm** | **Baseline N** | | **Baseline measure, mean (SD)** | **First followup timepoint in weeks** | **N at first followup** | **First followup measure, mean (SD)** | **Mean change from baseline (SD)** | **Second followup timepoint in weeks** | **N Second followup** | **Second followup measure, mean (SD)** | **Mean change from baseline (SD)** | **Final measure timepoint** | **N at final measure** | **Final followup measure, mean (SD)** | **Mean Change from baseline (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| BMI (Kg/m2) |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lappe, 20042 | 1 | 32 | | 17 (3) |  |  |  |  |  |  |  |  | 104 | 32 | 19 (3.3) |  |  |
| 2 | 27 | | 17 (2) |  |  |  |  |  |  |  |  | 104 | 27 | 19 (2.8) |  |  |
| Fat mass (kg) |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lappe, 20042 | 1 | 32 | | 8.6 (3.2) |  |  |  |  |  |  |  |  | 104 | 32 | 11.4 (4.9) | 33%  Range: (0-139%) |  |
| 2 | 27 | | 7.9 (2.6) |  |  |  |  |  |  |  |  | 104 | 27 | 10.7 (3.6) | 38%  Range: (6-75%) |  |
| Weight (kg) |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lappe, 20042 | 1 | 32 | 33.2 (6.7) | |  |  |  |  |  |  |  |  | 104 | 32 | 44.1 (9.9) | 33%  Range (16-72%) |  |
| 2 | 27 | 32.2 (4.6) | |  |  |  |  |  |  |  |  | 104 | 27 | 42.9 (7.5) | 34%  Range (17-59%) |  |