**Evidence Table 4c. Clinical outcomes for diet intervention studies taking place in a school only setting, subgroups**

| **Author, year** | **Arm** | **Subgroup** | **Baseline N** | **Baseline measure, mean SD)** | **Final measure timepoint** | **N at final measure** | **Final followup measure, mean SD)** | **Mean Change from baseline SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP** |  |  |  |  |  |  |  |  |  |
| Vandongen, 199554 | 1 | Boys | 78 | 106.6  CI: 104.9-108.3 | Other | 78 | 102.5  CI: 100.1-104.9 |  | There were no significant differences in change in SBP |
| 4 |  | 91 | 105.3  CI: 103.8-106.7 | 39 | 91 | 101.9  CI: 100 -103.8 |  |  |
| 5 |  | 58 | 106.1  CI: 104.4-107.8 | Other | 58 | 101.8  CI: 99.6-104.0 |  |  |
| 6 |  | 97 | 105.5  CI: 103.8-107.3 | 39 | 97 | 102.6  CI: 100.8-104.3 |  |  |
| 1 | Girls | 67 | 105.9  CI: 104.1-107.7 | Other | 67 | 103.1  CI: 101.3 -106.5 |  |  |
| 4 |  | 108 | 104.5  CI: 102.9-106.2 | 39 | 108 | 101.7  CI: 100-103.4 |  |  |
| 5 |  | 68 | 105.8  CI: 103.8-107.8 | Other | 68 | 104.3  CI: 101.8-103.4 |  |  |
| 6 |  | 84 | 105.5  CI: 103.8-107.1 | 39 | 84 | 104.7  CI: 102.8-106.7 |  |  |
| **DBP** |  |  |  |  |  |  |  |  |  |
| Vandongen, 199554 | 1 | Girls | 67 | 61.1  CI: 60.9-63.5 | Other | 67 | 57.9  CI: 57.3-58.4 |  | A significant decrease in blood pressure relative to controls was seen only for diastolic blood pressure in girls in the two fitness programs (fitness and fitness + school nutrition) |
| 4 |  | 108 | 60.4  CI: 59.2-61.5 | 39 | 108 | 57.4  CI: 56.3-58.5 |  |  |
| 5 |  | 68 | 61.7  CI: 60.2-63.1 | Other | 68 | 60  CI: 58.2-61.5 |  |  |
| 6 |  | 84 | 62.1  CI: 61.0-63.3 | 39 | 84 | 59.2  CI: 57.8-60.5 |  |  |
| 1 | Boys | 78 | 63.6  CI: 62.2-65 | Other | 78 | 58.1  CI: 56.7-59.5 |  | There was no significant difference between groups |
| 4 |  | 91 | 61.1  CI: 59.9-62.3 | 39 | 91 | 57.2  CI: 55.9- 58.3 |  |  |
| 5 |  | 58 | 61.8  CI: 60.4-63.1 | Other | 58 | 56.7  CI: 55.2-58.1 |  |  |
| 6 |  | 97 | 62.2  CI: 61.1-63.3 | 39 | 97 | 58.3  CI: 57.2-59.5 |  |  |
| **Total cholesterol** |  |  |  |  |  |  |  |  |  |
| Vandongen, 199554 | 1 | Boys | 78 | 4.37  CI: 4.22-4.51 | Other | 78 | 4.41  CI: 4.26 -4.56 |  | Increases were significantly greater than controls for boys in the fitness group. |
| 4 |  | 91 | 4.22  CI: 4.09-4.35 | 39 | 91 | 4.44  CI: 4.29-4.59 |  |  |
| 5 |  | 58 | 4.05  CI: 3.92-4.19 | Other | 58 | 4.29  CI: 4.09-4.49 |  |  |
| 6 |  | 97 | 4.19  CI: 4.06-4.31 | 39 | 97 | 4.41  CI: 4.26-4.56 |  |  |
| 1 | Girls | 67 | 4.45  CI: 4.27-4.63 | Other | 67 | 4.40  CI: 4.18-4.61 |  | Increases were significantly greater than controls for girls in all intervention groups. |
| 4 |  | 108 | 4.29  CI: 4.14-4.43 | 39 | 108 | 4.42  CI: 4.28-4.57 |  |  |
| 5 |  | 68 | 4.15  CI: 4 -4.29 | Other | 68 | 4.40  CI: 4.25-4.54 |  |  |
| 6 |  | 84 | 4.33  CI: 4.18-4.49 | 39 | 84 | 4.57  CI: 4.40-4.74 |  |  |

CI = Confidence Interval; DBP = Diastolic blood pressure; N = Sample Size; SBP = Systolic blood pressure; SD = Standard Deviation