**Evidence Table 45b. Intermediate outcomes for combination diet and physical activity intervention studies taking place in a primary care setting**

| Bibliography | Arm | 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 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Percent of Parents reported setting a goal of >/=5 fruits and vegetables per day |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 49% |  | N/A |
| Percent of Parents reported making nutrition changes |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 26% |  | N/A |
| Percent of Parents reported setting a goal of >/=1 hour of physical activity per day |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 40% |  | N/A |
| Percent of Parents reported making physical activity changes |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 15% |  | N/A |
| Percent of Parents reported setting a goal of </=2 hours per day of screen time |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 38% |  | N/A |
| Percent of Parents reported making TV/screen changes |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 12% |  | N/A |
| Percent of Parents reported setting a goal of drinking no sugar-sweetened beverages. |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 32% |  | N/A |
| Percent of Parents reported making changes in sugar-sweetened beverages. |  |  |  |  |  |  |  |  |
| Polacsek, 20091 | 2 | 378 | NR | 73 weeks |  | 17% |  | N/A |