**Table 13b. Weight outcome in studies in a work setting, combination interventions**

| **Author,****Year** | **Arm** | **Outcome defined** | **Baseline N** | **Baseline weight, mean** | **N at 12 months** | **Weight, 12 months, mean** | **Change from BL** | **N at 24 months** | **Weight, 24 months, mean** | **Change from BL** | **Variables adjusted for** | **Subgroup Analyses** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dekkers, 20117 | 1 | kg | 92 | 92.3SD: 11.3 |  |  |  | 49 | 90.3SD: 10.8 |  |  |  | Mean change for arm2 (telephone) vs arm1 (control) at 24 months: -0.3 (95%CI -2.6-2.0)Mean change for arm2 (Internet) vs arm1 (control) at 24 months: -2.1 (95%CI -4.4-0.2) |
|  | 2 | kg | 91 | 94.4SD: 15.6 |  |  |  | 44 | 90.3SD: 14.8 |  |  |  |  |
|  | 3 | kg | 93 | 94.0SD: 13.7 |  |  |  | 48 | 90.0SD: 15.4 |  |  |  |  |
| Goetzel, 20091 Goetzel, 20102 | 1 | lbs |  |  | 633 | 193.2 | Mean change: 1.4 | 382 | 189.2 | Mean change: 1.3 | Propensity score adjustment (age, gender, ethnicity, wage status, work status, education, and health risk status) | Subgroup analysis at 24 months with the following groups: arm 1 control; arm 2 moderate intensity environmental intervention; and arm 3 high intensity environmental intervention.N; baseline wt, 24M wt; change, p:Arm1: 382; 188.0, 189.8; 1.3, 0.0071Arm2: 213; 187.9, 187.9; 0.0, 0.9827Arm3: 926; 188.9, 188.7; -0.2; 0.6399DID Arm 2 v Arm 1: Wt: -2.1; p=0.0333DID Arm 3 v Arm 1:Wt: -1.5; p=0.0148 | 12-month group difference in weight change: -1.5 (p=0.0007)24-month group difference in weight change: -1.6 (p=0.0050)The 1- and 2-year results only use data from participants who completed both the baseline and follow up assessments; therefore, the N and weight at baseline are different for these two studies. Intervention group contains both moderate and high intensity groups. |
|  | 2 | lbs |  |  | 2486 | 193.6 | Mean change: (-0.1) | 1139 | 189.0 | Mean change: (-0.3) |  |  |  |
| Kwak, 20103 | 1 | kg | 188 |  | 165 |  | Mean change: (-0.13)SD: 2.29 | 146 |  | Mean change: 0.08SD: 3.16 | Adjusted for baseline age, gender, BMI, marital status, education, and smoking status. |  | No significant differences between control and intervention using multilevel linear regression. |
|  | 2 | kg | 365 |  | 295 |  | Mean change: (-0.64)SD: 3.32 | 256 |  | Mean change: (-0.29)SD: 4.25 |  |  |  |
| Robbins, 20068 | 1 | lbs | 65,089 | + 10.3 lbs |  |  |  |  |  |  | Control groups unadjusted results; while intervention groups adjusted for age, rank, smoking status, and proximity  | Subgroup analysis stratified by sex.N, Control mean wt change; intervention mean wt change, difference, p for differenceWomen: 8771; 0.8; (-0.2); (-1.0), 0.031Male senior airmen: 7518; 0.6; (-0.7); (-1.3); 0.016All other men: 52,302; 2.5; 2.8; 0.3; NS | 12-month results only in subgroups (senior rank men, all other men, women). No baseline characteristics reported by these groups.  |
|  | 2 | lbs | 3,502 |  + 11.7 lbs |  |  |  |  |  |  |  |  |  |

BL = Baseline; BMI = Body Mass Index; Kg = Kilogram; Lbs = Pounds (unit of weight); N = Sample Size; SD = Standard Deviation; Wt = Weight

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