**Table 17b. Weight outcomes in studies in college-settings, combination interventions**

| **Author,****Year** | **Arm** | **Out-come Defined** | **Base-line N** | **Base-line Weight, mean** | **N at 12 months** | **Weight, 12 months, mean** | **Change from BL** | **N at 24 months** | **Weight, 24 months, mean** | **Change from BL** | **Final mea-sure, months** | **N at Final Mea-sure** | **Weight, final mea-sure, mean** | **Change from BL** | **Vari-ables adjust-ed for** | **Subgroup Analyses** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hivert, 20071 | 1 | kg | 57 | 63.5SEM: 1.3 | 54 |  | Mean change: 1.2SEM: 0.5 | 48 |  | Mean change: 0.7SEM: 0.6 |  |  |  |  |  |  | Repeated measures ANOVA p-value for group effect 0.04. |
|  | 2 | kg | 58 | 62.9SEM: 1.4 | 51 |  | Mean change: (-0.2)SEM: 0.4 | 48 |  | Mean change: (-0.6)SEM: 0.5 |  |  |  |  |  |  |  |
| Matvienko, 20012 | 1 | kg | 19 | 65.7SD: 12.7 |  |  |  |  |  |  | 16 months | 15 | 68.9SD: 18.4 |  |  | Subgroup analysis among desirable BMI (≤24 kg/m2) and higher BMI (>24 kg/m2). No significant differences between intervention and controls within the desirable BMI group. There was a significant difference between controls (arm 1) and intervention (arm 2) within the higher BMI group.N; baseline wt, baseline wt SD;16-month wt, 16-month wt SD:Arm 1: 6, 80.5, 15.3; 89.7, 17.9Arm 2: 11; 75.4, 12.1; 74.0, 14.3DID p-value=0.025. | No significant differences between control and intervention using repeated measures ANOVA. |
|  | 2 | kg | 21 | 67.7SD: 12.9 |  |  |  |  |  |  | 16 months | 18 | 67.7SD: 13.6 |  |  |  |  |

ANOVA = Analysis of Variance test; BL = Baseline; BMI = Body Mass Index; DID = Differences in between differences; N = Sample Size; SD = Standard Deviation; SEM = Standard Error of the Mean; Wt = Weight

**References**

 1. Hivert MF, Langlois MF, Berard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obes (Lond) 2007; 31(8):1262-9.

 2. Matvienko O, Lewis DS, Schafer E. A college nutrition science course as an intervention to prevent weight gain in female college freshmen. J Nutr Educ 2001; 33(2):95-101.