| **Study** | **FU (mo)** | **IG** **N** | **CG** **N** | **BL** **Mean IG** | **BL** **SD IG** | **BL Mean CG** | **BL** **SD CG** | **FU** **Mean IG** | **FU** **SD IG** | **FU** **Mean CG** | **FU** **SD CG** | **Change Mean IG** | **Change SD IG** | **Change Mean CG** | **Change SD CG** | **Mean Difference of Change Between Groups** | **SE Difference of Change** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ADAPT, 2006138 | 36 | 123 | 118 | 128.00 | 11.32 | 125.00 | 11.08 | 127.00 | 11.32 | 126.00 | 11.08 |  |  |  |  |  |  |
| Applegate, 1992127 | 6 | 21 | 26 | 142.60 | 11.70 | 144.50 | 9.70 | 133.90 |  | 140.00 |  | -8.70 |  | -4.50 |  |  |  |
| Arroll, 1995128 | 6 | 48 | 43 | 145.00 |  | 145.30 |  | 139.80 |  | 139.10 |  |  |  |  |  |  |  |
| Bo, 2007146 | 12 | 169 | 166 | 142.60 | 14.10 | 141.50 | 15.20 | 140.70 | 17.70 | 146.30 | 18.20 | -1.99 | 18.77 | 4.79 | 16.99 |  |  |
| CA WISEWOMAN, 2010108 | 12 | 433 | 436 | 125.10 |  | 124.70 |  | 119.20 |  | 121.00 |  | -5.90 |  | -3.70 |  |  |  |
| DEER, 199871 | 12 | 95 | 91 |  |  |  |  |  |  |  |  | -2.60 | 7.90 | -1.00 | 7.80 |  |  |
| DPP, 200289 | 24 | 1079 | 1082 | 123.70 | 14.80 | 123.50 | 14.40 |  |  |  |  | -3.40 | 13.14 | -0.52 | 13.16 |  |  |
| DPP, 200289 | 36 | 1079 | 1082 | 123.70 | 14.80 | 123.50 | 14.40 |  |  |  |  | -3.27 | 16.42 | -0.57 | 16.45 |  |  |
| EDIPS, 200190 | 6 | 35 | 32 | 137.20 | 19.90 | 132.80 | 16.40 | 129.30 | 19.50 | 132.60 | 14.40 | -7.90 | 16.70 | -0.27 | 14.30 | -7.60 | 3.88 |
| EUROACTION, 2008106 | 12 | 1019 | 332 |  |  |  |  |  |  |  |  | -7.60 |  | -2.80 |  | -4.80 | 2.76 |
| FDPS, 2001118 | 24 | 256 | 250 | 140.00 | 18.00 | 136.00 | 17.00 |  |  |  |  | -5.00 | 14.00 | 0.00 | 15.00 |  |  |
| GOAL, 2009139 | 12 | 201 | 215 | 146.00 | 18.50 | 145.00 | 15.50 |  |  |  |  | -6.86 | 18.59 | -3.66 | 14.88 |  |  |
| Green Prescription Program, 2003123 | 12 | 451 | 427 | 135.10 | 19.60 | 135.40 | 17.90 |  |  |  |  | -2.58 | 15.66 | -1.21 | 14.34 | -1.31 | 1.12 |
| Hardcastle, 2008167 | 6 | 203 | 131 | 134.05 | 19.38 | 133.29 | 18.77 |  |  |  |  | -2.90 | 10.83 | -0.60 | 10.64 |  |  |
| Hardcastle, 2008167 | 18 | 203 | 131 | 133.12 | 16.53 | 132.41 | 17.33 | 128.98 | 14.43 | 129.96 | 17.75 |  |  |  |  |  |  |
| HIP, 2009136 | 6 | 132 | 132 | 133.80 | 16.30 | 131.60 | 14.60 |  |  |  |  | -9.70 | 12.70 | -6.70 | 12.80 |  |  |
| HIP, 2009136 | 18 | 128 | 122 | 133.80 | 16.30 | 131.60 | 14.60 |  |  |  |  | -8.60 |  | -7.50 |  |  |  |
| HTTP, 1993134 | 18 | 86 | 74 | 162.00 | 14.00 | 161.00 | 13.00 | 154.00 | 16.00 | 158.00 | 18.00 | -8.00 | 17.00 | -3.00 | 18.00 | -5.00 | 2.55 |
| Hyman, 2007135 | 6 | 188 | 93 | 139.75 | 18.64 | 137.20 | 17.20 | 133.03 | 19.94 | 133.90 | 19.10 |  |  |  |  |  |  |
| Hyman, 2007135 | 18 | 188 | 93 | 139.75 | 18.64 | 137.20 | 17.20 | 132.53 | 19.26 | 134.30 | 18.40 |  |  |  |  |  |  |
| IMPALA, 2009133 | 12 | 286 | 261 | 144.00 | 19.00 | 150.00 | 19.00 | 138.00 | 16.00 | 142.00 | 16.00 |  |  |  |  |  |  |
| Kallings, 2009141 | 6 | 41 | 50 | 137.60 | 2.20 | 142.30 | 2.60 |  |  |  |  | 0.20 | 14.70 | -4.10 | 12.45 |  |  |
| LIFE, 2010130 | 11 | 60 | 66 | 148.60 | 17.82 | 142.90 | 17.87 |  |  |  |  | -9.30 |  | -4.10 |  |  |  |
| LIHEF, 2002137 | 24 | 360 | 355 | 149.00 | 16.00 | 148.00 | 16.00 |  |  |  |  | -6.20 |  | -4.20 |  | -2.00 | 1.17 |
| Migneault, 2012126 | 8 | 169 | 168 | 130.60 | 19.80 | 131.80 | 18.60 |  |  |  |  | -2.06 |  | 0.25 |  | -2.31 |  |
| Moreau, 2001104 | 6 | 15 | 9 | 142.00 | 11.62 | 142.00 | 9.00 | 131.00 |  | 143.00 | 9.00 | -11.00 | 4.94 | -0.80 | 4.29 |  |  |
| NC WISEWOMAN, 2008110 | 6 | 107 | 110 | 126.00 | 18.62 | 129.00 | 20.98 | 125.00 | 15.52 | 125.00 | 15.73 |  |  |  |  | 0.50 | 2.1 |
| NC WISEWOMAN, 2008110 | 12 | 105 | 105 | 126.00 | 18.62 | 129.00 | 20.98 | 126.00 | 15.37 | 125.00 | 15.37 |  |  |  |  | 0.50 | 2.1 |
| Nilsson, 1992119 | 12 | 30 | 29 | 147.50 | 15.50 | 151.80 | 19.50 | 139.80 | 19.40 | 148.00 | 19.10 |  |  |  |  |  |  |
| ODES, 199580 | 12 | 52 | 43 | 132.80 | 15.14 | 128.70 | 9.84 |  |  |  |  | -6.40 | 10.10 | -0.50 | 11.15 |  |  |
| PEGASE, 2008120 | 6 | 274 | 199 |  |  |  |  |  |  |  |  | -0.63 | . | 0.34 |  |  |  |
| PHPP, 2007121 | 12 | 46 | 41 | 127.60 | 15.70 | 132.00 | 17.80 | 122.40 | 16.30 | 123.30 | 15.20 |  |  |  |  |  |  |
| PREDIAS, 200995 | 12 | 91 | 91 | 141.80 | 18.60 | 139.10 | 15.90 | 137.20 | 17.10 | 139.10 | 15.30 | -4.60 | 19.10 | -1.00 | 16.70 |  |  |
| PREMIER, 2003116 | 6 | 97 | 97 |  |  |  |  |  |  |  |  | -14.20 | 10.10 | -7.80 | 10.30 | -6.30 | 1.3 |
| PREMIER, 2003116 | 18 | 96 | 97 | 144.10 | 7.10 | 143.50 | 8.20 |  |  |  |  | -11.00 | 13.00 | -9.90 | 13.20 | -1.00 | 1.51 |
| PREPARE, 200999 | 6 | 29 | 29 | 139.00 | 15.00 | 141.00 | 15.00 |  |  |  |  | -3.30 | 18.27 | -2.60 | 11.13 | 0.20 | 3.49 |
| PREPARE, 200999 | 12 | 29 | 29 | 139.00 | 15.00 | 141.00 | 15.00 |  |  |  |  | -0.4 | 13.33 | -3.5 | 14.01 | 2.70 | 3.34 |
| RIS, 1998112 | 12 | 239 | 238 | 155.00 | 18.00 | 155.00 | 20.00 |  |  |  |  | -3.00 | 16.00 | -2.00 | 20.00 | -2.00 | 1.79 |
| RIS, 1998112 | 79.2 | 248 | 252 | 155.00 | 18.00 | 155.00 | 20.00 |  |  |  |  | -1.00 | 15.27 | 1.00 | 17.01 | -2.00 | 1.43 |
| Rodriguez, 2012 | 6 | 154 | 168 | 135.96 | 13.78 | 137.15 | 17.52 | 131.19 | 14.58 | 131.65 | 16.82 |  |  |  |  |  |  |
| Rodriguez, 2012 | 12 | 151 | 158 | 135.96 | 13.78 | 137.15 | 17.52 | 130.58 | 14.39 | 130.90 | 20.98 |  |  |  |  |  |  |
| Rodriguez-Cristobal, 2012172 | 24 | 146 | 154 | 133.80 | 17.40 | 134.70 | 18.00 | 129.60 | 15.10 | 136.90 | 14.80 |  |  |  |  | -6.80 | 2.02 |
| SLIM, 2011149 | 24 | 56 | 58 | 141.60 | 16.70 | 145.00 | 14.60 | 137.20 | 14.70 | 139.90 | 13.50 |  |  |  |  |  |  |
| SLIM, 2011149 | 49.2 | 57 | 58 | 141.60 | 16.70 | 145.00 | 14.60 | 138.60 | 14.30 | 141.20 | 13.90 |  |  |  |  |  |  |
| TONE, 1998117 | 36 | 147 | 341 | 127.60 | 12.10 | 127.70 | 12.10 |  |  |  |  |  |  |  |  |  |  |
| Wister, 2007140 | 12 | 157 | 158 | 139.00 | 15.20 | 136.10 | 14.30 |  |  |  |  | -7.49 | 15.85 | -3.58 | 16.03 |  |  |
| SPRING, 2012100 | 12 | 89 | 90 | 158.00 | 17.10 | 158.00 | 16.30 |  |  |  |  | -6.80 | 17.09 | -5.60 | 14.28 | 1.20 | 2.35 |
| MDPS, 201285 | 12 | 38 | 41 | 135.90 | 18.61 | 132.10 | 14.04 |  |  |  |  | -6.55 | 14.73 | -0.45 | 18.31 | -6.10 | 3.75 |
| Live Well, Be Well, 201286 | 6 | 113 | 117 | 126.90 | 18.07 | 127.60 | 21.63 |  |  |  |  | 0.70 | 14.88 | -1.20 | 14.06 |  |  |
| Live Well, Be Well, 201286 | 12 | 113 | 117 | 126.90 | 18.07 | 127.60 | 21.63 |  |  |  |  | 0.30 | 14.88 | 0.30 | 17.31 |  |  |
| Cochrane, 2012102 | 12 | 236 | 365 | 144.40 | 16.20 | 146.00 | 17.00 |  |  |  |  | -5.64 | 14.85 | -6.65 | 16.67 |  |  |
| HIPS, 2012103 | 12 | 355 | 300 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E-LITE, 201387 | 15 | 81 | 81 | 118.20 | 11.50 | 118.40 | 11.20 |  |  |  |  | -0.40 | 13.50 | 0.10 | 14.40 |  |  |
| PRO-FIT, 201268 | 12 | 169 | 143 | 123.00 | 14.40 | 126.30 | 15.70 | 123.00 | 14.10 | 125.20 | 14.40 |  |  |  |  |  |  |
| Bosworth, 200984 | 24 | 110 | 128 | 126.00 | 20.00 | 124.00 | 18.00 |  |  |  |  |  |  |  |  | -3.90 | 1.5 |

**Abbreviations:** BL = baseline; CG = CG; FU = followup; IG = intervention group; mo = months; SD = standard deviation; SE = standard error.