**Table 5b. Weight outcomes among intervention studies adults in the general population**

| **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** | **N at 60 months** | **Weight, 60 months, mean** | **Change from BL** | **Final measure, months** | **N at final meas-ure** | **Weight, final measure, mean** | **Change from BL** | **Measure of Assoc-iation** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Diet Interventions** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Howard, 20061 | 1 | Weight (kg) | 29272 | 76.7  SD : 16.5 |  | Mean change : 0 |  |  | Mean  change : 0.5 |  |  | Mean  change : 0.7 |  | 108 | 25056 | SD : 10.1  Mean change : -0.1 |  |  |
|  | 2 |  | 19524 | 76.8  SD : 16.6 |  | Mean  change : -2.2 |  |  | Mean  change : -1.3 |  |  | Mean  change : -0.2 |  | 108 | 16297 | SD : 10.1  Mean  change : -0.8 |  |  |
| Bhargava 20029 | 1 | kg | 351 | 76.2  SD : 12.5 | N: 351  Check if this is the last time-point reported | 75.9  SD : 12.7 |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 |  | 575 | 76.0  SD : 12.7 | N: 575  Check if this is the last reported time-point | 75.9  SD : 12.7 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical activity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 | 1 | Body mass (kg) | 82 | 80.7  SD : 1.3 | N : 67 | 0.88  se : 0.84 |  | N : 63  Check if this is the last time-point reported | 2.42  se : 0.84 |  |  |  |  |  |  |  |  |  |
|  | 2 |  | 82 | 81.6  SE : 1.3 | N : 71 | 0.88  SE : 0.84 |  | N : 70  Check if this is the last reported time-point | 1.72  SE : 0.79 |  |  |  |  |  |  |  |  |  |
| Schmitz, , 20072 | 1 | % Change in body mass (kg) from baseline |  |  | N : 67 | 0.88  SD : 0.84 |  | N : 63  Check if this is the last time-point reported | 2.42  SD : 0.84 |  |  |  |  |  |  |  |  | P=0.54 |
|  | 2 |  |  |  | N : 71 | 1.17  SD : 0.79 |  | N : 70  Check if this is the last reported time-point | 1.72  SD : 0.79 |  |  |  |  |  |  |  |  | P=0.54 |
| **Combination Interventions** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Levine, 20077 | 1 | In kg at 2 year and 3 year | 93 | 67.5 | N : 74 | Mean change : 0.8 (+-5.8) |  | 36 | 70 | 36 | 70 | Mean change : 0.7 (+-4.8) |  |  |  |  |  |  |
|  | 2 |  | 97 | 68.4 |  |  |  | N : 71 | Mean change : -0.6 (+-4.7) | N : 71 | Mean change : -0.6 (+-4.7) |  |  |  | 36 | 74 | Mean change : -0.1 (+-4.7) |  |
|  | 3 |  | 94 | 69.5 |  |  |  | N : 65 | Mean change : 0.3 (+-4.4) | N: 65 | Mean change : 0.3 (+-4.4) |  |  |  | 36 | 61 | Mean change : 1.3 (+-5.4) |  |
| Fortmann, 8110 | 1 | Regression coefficients of relative weight change: relative weight was defined as actual weight divided by ideal weight determined according to the mean of the weight-for-height ranges given in the Metropolitan Life Insurance Company Ideal Weight Table | 365 | 1.23 | N : 365 | 1.233 |  | N: 365 | 1.236 | N : 365 | 1.236 |  |  |  | 36 | 365 | 1.24 | Regression coefficient of average annual percentage change in geometric mean  N=363  P=0.06 |
|  | 2 |  | 363 | 1.21 | n : 363 | 1.21 |  | n : 363 | 1.21 | n : 363 | 1.21 |  |  |  | 36 | 363 | 1.21 | N=385  P=0.07 |
|  | 3 |  | 385 | 1.19 | n : 385 | 1.19 |  | n : 385 | 1.195 | n : 385 | 1.195 |  |  |  | 36 | 385 | 1.20 |  |

BL = Baseline; Kg = Kilogram; N = Sample Size; SD = Standard Deviation; SE = Standard Error

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