**Table 4a. Strength of evidence of studies among adults in the college environment**

| **Number of Studies, Participants** | **Domains Pertaining to Strength of Evidence** | | | | **Strength of evidence** |
| --- | --- | --- | --- | --- | --- |
|  | **Risk of Bias** | **Consistency** | **Directness** | **Precision** |  |
| **BMI change** | | | | | |
| **Combination** |  |  |  |  |  |
| 2 trials, n=155 | Moderate  Outcome assessor not blinded | Consistent  Point estimate favors intervention in all trials | Direct  Goal of studies was prevention of weight gain | Imprecise  No variability reported | Low |
| **Weight change** | | | | | |
| **Combination** |  |  |  |  |  |
| 2 trials, n=155 | Moderate  Outcome assessor not blinded | Consistent  Point estimate favors intervention in all trials | Direct  Goal of studies was prevention of weight gain | Imprecise  No variability reported | Low |
| **Waist circumference** | | | | | |
| **Combination** |  |  |  |  |  |
| 1 trial, n=115 | Moderate  Outcome assessor not blinded | N/A | Direct  Goal of studies was prevention of weight gain | Imprecise  No variability reported | Low |
| **Adherence** | | | | | |
| **Combination** |  |  |  |  |  |
| 1 interventional trial, n=115 | Moderate  Outcome assessor not blinded | N/A | Direct  Goal of studies was prevention of weight gain | Imprecise  No variability reported | Low |

N/A = Not Applicable

**References**

1. Hivert MF, Langlois MF, Bérard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obesity 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.