**Evidence Table 66a.** **Weight related outcomes for combined diet and physical activity intervention studies taking place in a community setting with a home component**

| **Author, year** | **Arm** | **Base-line N** | **Baseline measure, mean (SD)** | **First follow-up time-point in weeks** | **N at first follow-up** | **First follow-up mea-sure, mean (SD)** | **Mean change from base-line (SD)** | **Second follow-up time-point in weeks** | **N Second follow-up** | **Second follow-up mea-sure, mean (SD)** | **Mean change from base-line (SD)** | **Final mea-sure time-point** | **N at final mea-sure** | **Final follow-up mea-sure, mean (SD)** | **Mean Change from base-line (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Robison, 20101 | 1 | 127 | 20.68 (1.07) | 52 | NR | NR | 0.24(0.19) |  |  |  |  |  |  |  |  | Adjusted difference in change per year:  0.02, 95% CI  (-0.02 to 0.06) |
| 2 | 134 | 0.94 (1.07) | 52 | NR | NR | 0.26(0.19) |  |  |  |  |  |  |  |  | Adjusted difference in change per year:  0.02, 95% CI  (-0.02 to 0.06) |
| **BMI** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klesges, 20102 | 1 | 150 | 22.0 (5.7) | 52 | 120 | 23.5 (0.14) |  |  |  |  |  | 104 | 127 | 24.8 (0.19) |  | Diff(I-C): -0.06  95% CI (-0.87 to 0.75) |
|  | 2 | 153 | 21.7 (6.0) | 52 | 110 | 23.6 (0.14) |  |  |  |  |  | 104 | 116 | 24.7 (0.18) |  | Diff(I-C): -0.06  95% CI (-0.87 to 0.75) |
| **Waist circumference, cm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klesges, 20102 | 1 | 150 | 71.8 (15.3) | 52 | 120 | 76.0 (0.49) |  |  |  |  |  | 104 | 127 | 79.7 (0.61) |  | Diff(I-C): -0.10  95% CI (-1.97 to 1.78) |
|  | 2 | 153 | 71.1 (15.4) | 52 | 110 | 79.7 (0.61) |  |  |  |  |  | 104 | 116 | 79.6 (0.60) |  | Diff(I-C): -0.10  95% CI (-1.97 to 1.78) |
| **Body fat %** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klesges, 20102 | 1 | 150 | 28.5 (13.2) | 52 | 120 | 30.7 (0.39) |  |  |  |  |  | 104 | 127 | 32.3 (0.29) |  | Diff(I-C): -0.10  95% CI (-1.32 to 1.16) |
|  | 2 | 153 | 28.0 (11.5) | 52 | 110 | 30.3 (0.38) |  |  |  |  |  | 104 | 116 | 32.2 (0.41) |  | Diff(I-C): -0.10  95% CI (-1.32 to 1.16) |
| **Fat free mass, kg** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klesges, 20102 | 1 | 150 | 29.8 (0.61) | 52 | 120 | 33.9 (0.29) |  |  |  |  |  | 104 | 127 | 37.2 (0.29) |  | Diff(I-C): 0.32  95% CI (-0.79 to 1.43) |
|  | 2 | 153 | 29.2 (6.5) | 52 | 110 | 34.1 (0.25) |  |  |  |  |  | 104 | 116 | 37.6 (0.28) |  | Diff(I-C): 0.32  95% CI (-0.79 to 1.43) |
| **Triceps skinfold thickness, mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klesges, 20102 | 1 | 150 | 18.9 (9.8) | 52 | 120 | 22.5 (0.77) |  |  |  |  |  | 104 | 127 | 27.0 (0.92) |  | Diff(I-C): -0.10  95% CI (-4.75 to 2.79) |
|  | 2 | 153 | 18.2 (8.5) | 52 | 110 | 22.4 (0.76) |  |  |  |  |  | 104 | 116 | 26.0 (0.91) |  | Diff(I-C): -0.10  95% CI (-4.75 to 2.79) |
| **Weight, kg** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Klesges, 20102 | 1 | 150 | 44.0 (15.0) | 52 | 120 | 52.0 (0.36) |  |  |  |  |  | 104 | 127 | 58.3 (0.56) |  | Diff(I-C): -0.02  95% CI (-1.37 to 1.33) |
|  | 2 | 153 | 43.1 (15.5) | 52 | 110 | 52.1 (0.36) |  |  |  |  |  | 104 | 116 | 58.4 (0.55) |  | Diff(I-C): -0.02  95% CI (-1.37 to 1.33) |