**Evidence Table 66b. Clinical outcomes for physical activity intervention studies taking place in a community setting with home components**

| **Author, year** | **Arm** | **Baseline N** | **Baseline measure, mean SD)** | **Final measure timepoint** | **N at final measure** | **Final followup measure, mean SD)** | **Mean Change from baseline SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SBP** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 98.31, SD : 10.62 | 24 months |  | mean : 1.03, SD : 4.71 |  |  |
|  | 2 | 134 | mean : 98.09, SD : 9.30 | 24 months |  | mean : 1.24, SD : 4.74 |  |  |
| **DBP** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 56.19, SD : 7.06 | 24 months |  | mean : 0.12, SD : 2.76 |  |  |
|  | 2 | 134 | mean : 55.95, SD : 6.02 | 24 months |  | mean : -0.15, SD : 3.43 |  |  |
| **Total cholesterol** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 175.85, SD : 31.17 | 24 months |  | mean : -4.18, SD : 6.88 |  |  |
|  | 2 | 134 | mean : 171.49, SD : 30.50 | 24 months |  | mean : -7.35, SD : 6.97 |  |  |
| **HDL cholesterol** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 57.05, SD : 13.56 | 24 months |  | mean : -3.28, SD : 3.32 |  |  |
|  | 2 | 134 | mean : 54.15, SD : 11.73 | 24 months |  | mean : --3.26, SD : 3.21 |  |  |
| **LDL cholesterol** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 106.42, SD : 28.44 | 24 months |  | mean : -1.06, SD : 5.81 |  |  |
|  | 2 | 134 | mean : 103.94, SD : 26.23 | 24 months |  | mean : -3.90, SD : 7.20 |  |  |
| **Triglycerides, mg/dL** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 61.82, SD : 25.40 | 24 months |  | mean : 1.01, SD : 10.14 |  |  |
|  | 2 | 134 | mean : 66.93, SD : 37.06 | 24 months |  | mean : -1.73, SD : 20.68 |  |  |
| **Glucose, mg/dL** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 84.88, SD : 6.60 | 24 months |  | mean : 1.53, SD : 3.96 |  |  |
|  | 2 | 134 | mean : 84.99, SD : 7.42 | 24 months |  | mean : 1.81, SD : 3.80 |  |  |
| **Insulin, mg/dL** |  |  |  |  |  |  |  |  |
| Robinson, 20101 | 1 | 127 | mean : 9.77, SD : 6.95 | 24 months |  | mean : 2.83, SD : 4.92 |  |  |
|  | 2 | 134 | mean : 10.97, SD : 11.17 | 24 months |  | mean : 1.61, SD : 5.01 |  |  |

DBP = Diastolic blood pressure; HDL = High-density lipoproteins ; LDL = Low-desnsity lipoproteins; Mg/dL = milligram per deciliter; N = Sample Size; SBP = Systolic blood pressure; SD = Standard Deviation