**Evidence Table 8. Participant characteristics for studies taking place in a school setting with a home component**

| **Author, year** | **Total N** | **Follow-up period, weeks** | **Girls, N (%)** | **Age,** **Mean (SD) unless otherwise labeled** | **Race, N (%)** | **Grade level, N (%)** | **Comments** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Burke, 19981 | 800 |  26 weeks | 49.0%Overall: 392Arm1: 116Arm2: 133Arm3: 143 | 11.0Arm1: 10.7 (0.31)Arm2: 10.7 (0.34)Arm3: 10.7 (0.35) | NR | Grade 6Overall: 800 (100) |  |
| Caballero, 20032 | 1704 | 156 weeks | Not reported | Overall: 7.6 (0.6) | ≥ 90.0% American Indian | Grade 3 | According to the study there were no significant interactions by sex; therefore, data are shown withvalues from boys and girls combined. |
| Coleman, 20053 | 896 | 104 weeks | 47.2%Arm1: 224Arm2: 199 | NR | 93.0% Hispanic | 3rd gradesOverall: 896 (100) | Children were followed up into fourth and fifth grades. For aerobic fitness only, children were also tested in the sixth grade. |
| Danielzik, 20074 |  1764 | 12-416 weeks | 50.5%Arm1: (51.2)Arm2: (49.7) | Arm1: 6.3Range: 6.0-6.5Arm2: 6.3Range: 5.9-6.5 | NR | 1st grade |  |
| Dzewaltowski, 20106 | 273 | 104weeks | 50%Overall:135 (49.5)Arm1: 57 (46)Arm2: 78 (53) | Arm1: mean: 9.19 (0.66)Arm2: mean: 9.34 (0.65) | 62.7% White, 18.8% Black, 8.9% American Indian, 6.6% Hispanic, 3.0% Other |  3rd and 4th | Please note: The intervention was 2 years, but by using a repeated cross- sectional design, outcomes were tracked for the same places rather than for the same individuals.90% of control site children (n = 112) and 91% (n = 134) of intervention site students completed both the fall and spring assessments.Authors examined representativeness of the data, we compared the fourth grade after-school students to demographic information reported by the schools in aggregate for all fourth graders attending during the fall semester of each year of measurement. After-school participants were similar to all fourth graders in terms of gender (50% boys and girls for both), but were moreethnically diverse with lower percentage of non-Hispanic white (after-school = 62%; School = 72%), and had a higher percentage of children with free/reduced lunch eligible status (after-school = 48%; school = 38%). Of all fourth grade students, after-school programs reached 32% across the study years. |
| Foster, 20087 | 1349 (students) | 104 | Overall: (53.7%)Arm1: 313 (52.17)Arm2: 412 (55.01) | Overall: 11.2 (1)Arm1: 11.20 (1)Arm2: 11.13 (1) | 45.6% Black, 22.4% Asian, 14.1% Hispanic, 12.4% White, 5.5% Other | 4th, 5th, and 6th grade | Baseline BMI of entire sample was 20.9 ± 5.1 kg/m2. 40.7% of entire sample were overweight or obese. |
| Hatzis, 20108 | 634 | 520 weeks | Overall: 52.4% | NR | NR | Grade 1Overall: (100) | Not all students receiving the intervention or control were evaluated. A total of 1046 students were randomly selected for evaluation at baseline. of those initial 1046 children, 634 participated in the re-evaluation reported on in this article (n of the group reported on in the re-evaluation: 332 girls overall; 331 intervention, 303 control).This article is one of the multiple articles from the Creten health education program study8 ,15 ,32-34 |
| Hendy, 20119 | 382 | 52 weeks | Overall: 44.8% | NR | NR | 1st gradersOverall: 97 (.258)2nd gradersOverall: 94 (.250)3rd graders Overall: 100 (0.266)4th gradersOverall: 91 (0.242) | Out of the 382 children in the study, 278 (72.8%) had complete records for reward and peer monitoring. All children had complete information for exercise. |
| Hoelscher, 201010 | 1107 | 52 weeks | Overall: 583 (53.0%)Arm1: Arm2: 299 (54)Arm3: 284 (51) | Overall: 9.92 (0.51)Arm1: Arm2: 10.0 (0.71)Arm3: 9.85 (0.38) | 66.0% Hispanic, 20.0% White, 14.0% Black | 4th grade |  |
| Hollar, 201011 | 1197 | 68 weeks | Overall: (51.0%) | Mean age: 7.8 (1.67) | 68.0% Hispanic, 15.0% White, 9.0% Black, 8% Other  | NR |  |
| Hopper, 200512 | 238 | 86 weeks | Overall: 117 (49.0%) | Mean age=7.60 | 83.0% White, 5.0% Hispanic, 5.0% Asian, 5.0% American Indian, 2.0% Black  | 3rd gradeOverall: (100) |  |
| Kriemler, 201013 | 502 | 47 weeks | Overall: 257 (51.0%)Arm1: 102 (49.8)Arm2:155 (52.2) | 6.9 and 11.1 | NR | 1st GradeOverall: 222 (44.2)Arm 1: 91 (44.4)Arm 2: 131 (44.1)5th GradeOverall: 280 (55.8)Arm 1: 114 (55.6)Arm 2: 166 (55.9) | For questions #88,89,95, and 96, I put in column percentages not row percentages. For example, in the intervention group, 44.1% of the students are in the 1st grade and 55.9% of the students are in the 5th grade.Children with a baseline assessment but no follow-up assessment did not differ from the remaining children in terms of age, sex, and the primary and secondary outcome variables at baseline. |
| Lionis, 199114 | 171 | 39 | Overall: (51.0%) | 13-14NR | NR | NR |  |
| Manios, 199815 | 962 | 156 weeks | Overall: 47.0% | NR | NR | Grade 1 | This article is one of the multiple articles from the Creten health education program study8 ,15 ,32-34 |
| Marcus, 200916 | 3135 | 208 weeksAt termination of the intervention: 123 and 188 children (11%) randomized to control and intervention schools, respectively, had participated for the full duration (208 weeks) of the intervention; 301 and 376 children (24%) participated for 3 years; 378 and 457 children (29%)participated during 2 years; and an additional 498 and 517 (36%) participated in the study for 1 year. | Overall: (49.0%) | Overall: 7.5Range: 6-10Arm1: 7.5 (1.3)Arm2: 7.4 (1.3) | NR | Grades 1- 4 | The proportion of parents categorizedas immigrants varied between 5 and 10% (range) in both intervention and control schools. The proportion of children living with two parents varied between 63 and 77% in intervention and between 63 and 80% in control schools, low-income households between 8 and 22% in intervention and between 7 and 22% in control schools and parents reporting an academic level of education (higher than upper secondary school) between 23 and 46% in intervention and between 26 and 46% in control schools. |
| Mihas, 201017 | 191 |  52 weeks | 49%Arm1: 43Arm2: 50 | Mean age=13.2lRange: 12-13Arm1:13.3 (0.9)Arm2:13.1 (0.8) | NR | 7th GradeOverall: (100) | Value for baseline 'N' here is for individuals who participated until the 52-week follow-up218 were randomized at baseline.105 assigned to control, 108 to intervention. 101 and 107 subjects at 2.1 week follow-up in Arm 1 vs. Arm 2 |
| Nader, 199918 | 3714 | 156 | 48.0% | NR | 69.0% White, 14.0% Hispanic, 13.0% Black, 4% Other  | Grade 3 |  |
| Robinson, 199919 | 198 | 26 weeks | 46.6%NR | [9-11] | NR | 3,4 |  |
| Schetzina, 200920 | 114 | 78 weeks | 53.0%Arm1: Arm2: 60 (53) | Mean age=9.0Arm1: Arm2: 9 (0.60)Range: 7-10 | 94.0% White, 3.0% Black, 3.0% Other  | 3rd GradeArm 1: Arm 2: (46)4thArm 1: Arm 2: (54) |  |
| Shofan, 201121 | 118 | 104 weeks | 46.6% | [9-11] | NR | Grade 4,5, and 6 |  |
| Simon, 200822 | 954 | 208 weeks | 50%Arm1: (47.4)Arm2: (52.6) | Overall: 11.6 (0.6)Arm1:11.7 (0.7)Arm2:11.6 (0.6) | NR | 6th gradeOverall: (100)Arm 1: (100)Arm 2: (100) |  |
| Simonetti D'Arca, 198623 | 1321 | 52 | NR | [3-9] | NR | NR |  |
| Speroni, 200724 | 185 | 24 weeks | Overall: 50.3%Arm1: 45 (57)Arm2: 48 (44)A higher percentage of girls wereenrolled in the KLF group than the contrast group (57% vs. 44%, p < .05) | Mean age=9.3Arm1: mean: 9.2Arm2: mean: 9.4 | 78.3% White, 21.7% Hispanic | Grade 2Arm 1: (33)Arm 2: Grade 4Arm 1: Arm 2: (29)The majority of students (29%) enrolled in the KLF group were in Grade 4, whereas the majority (33%) of the contrast group were in Grade 2.Don't know about other grades, and the difference was not reported to be significant. | At baseline, there is a difference in levels of obesity between the two groups (61% of intervention participants are overweight or obese compared to 16% in the control group). |
| Trevino, 200425 | 1419 | 34 weeks | 49.5%Arm1: (49)Arm2: (50) | Mean age=9.8Arm1: 9.77 (0.49)Arm2: 9.79 (0.53) | 80.0% Mexican American | 4th gradeOverall: (100) |  |
| Story, 201226 | 454 | 80 weeks | NR | Age differs by Group: Investigators reported age separately for boy and girls and by intervention arm. Arm1 Boys mean age 5.80 (0.51)Arm1 Girls mean age 5.77(0.49)Arm2 Boys mean age 5.87(0.54)Arm2 Girls mean age 5.76(0.47) | NR | Grade: Kindergarten Overall: 454 (100) |  |
| Brandstetter, 201227 | 1119 | 52 weeks | Arm1:47.8Arm2:44.8 | Arm1:7.53(0.42) Arm2:7.61(0.42) | NR | Grade: second grade Overall: 1119 (100) |  |
| Llargues, 201128 | 509 | 76 weeks | Arm1:45.6Arm2:46.3 | Overall: 6.03(0.3)  | NR | Reported Grade:1 Overall: (100) | 704 children enrolled, baseline data for 509, 509 analyzed. |
| Lloyd, 201229 | 202 | 72-96 weeks | Overall:(50)Arm1:(50)Arm2:(50) | Overall: 9.69(.3) Arm1:9.69(.3) Arm2:9.69(.3) | NR | NR | There was a higher percentage of body fat in the control group. |
| Williamson, 201230 | 2060 | 121 weeks | Overall:58.5Arm1:60Arm2:58.8Arm3:57.2 | Overall:10.5(1.2) Arm1:10.6(1.2) Arm2:10.5(1.2) Arm3:10.5(1.2) | White, Non-Hispanic Overall:650 (31.6)Arm1:157 (26.8)Arm2:264(37)Arm3:229(30.1)Black, Non-Hispanic Overall:1410 (68.4)Arm1:430 (73.2)Arm2:449 (63)Arm3:531 (69.9) | NR |  |
| Siegrist, 201131 | 724 | 52 weeks | Overall:48.3 | Overall: 8.4 (0.7) | NR | NR |  |

BMI = Body Mass Index; Kg/m2 = kilogram per meter squared; KLF = Kids Living Fit; N = Sample Size; NR = Not Reported; SD = Standard Deviation