**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: 392  Arm1: 116  Arm2: 133  Arm3: 143 | 11.0  Arm1: 10.7 (0.31)  Arm2: 10.7 (0.34)  Arm3: 10.7 (0.35) | NR | Grade 6  Overall: 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 with values from boys and girls combined. |
| Coleman, 20053 | 896 | 104 weeks | 47.2%  Arm1: 224  Arm2: 199 | NR | 93.0% Hispanic | 3rd grades  Overall: 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: 6.3  Range: 6.0-6.5  Arm2: 6.3  Range: 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 more ethnically 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 1  Overall: (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 graders  Overall: 97 (.258)  2nd graders  Overall: 94 (.250)  3rd graders Overall: 100 (0.266)  4th graders  Overall: 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 grade  Overall: (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 Grade  Overall: 222 (44.2)  Arm 1: 91 (44.4)  Arm 2: 131 (44.1)  5th Grade  Overall: 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 weeks  At 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: 7.5  Range: 6-10  Arm1: 7.5 (1.3)  Arm2: 7.4 (1.3) | NR | Grades 1- 4 | The proportion of parents categorized as 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: 43  Arm2: 50 | Mean age=13.2l  Range: 12-13  Arm1:13.3 (0.9)  Arm2:13.1 (0.8) | NR | 7th Grade  Overall: (100) | Value for baseline 'N' here is for individuals who participated until the 52-week follow-up  218 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=9.0  Arm1:  Arm2: 9 (0.60)  Range: 7-10 | 94.0% White, 3.0% Black, 3.0% Other | 3rd Grade  Arm 1:  Arm 2: (46)  4th  Arm 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 grade  Overall: (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 were enrolled in the KLF group than the contrast group (57% vs. 44%, p < .05) | Mean age=9.3  Arm1: mean: 9.2  Arm2: mean: 9.4 | 78.3% White, 21.7% Hispanic | Grade 2  Arm 1: (33)  Arm 2:  Grade 4  Arm 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=9.8  Arm1: 9.77 (0.49)  Arm2: 9.79 (0.53) | 80.0% Mexican American | 4th grade  Overall: (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 | Arm1:47.8  Arm2:44.8 | Arm1:7.53(0.42) Arm2:7.61(0.42) | NR | Grade: second grade Overall: 1119 (100) |  |
| Llargues, 201128 | 509 | 76 weeks | Arm1:45.6  Arm2:46.3 | 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:58.5  Arm1:60  Arm2:58.8  Arm3:57.2 | 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