**Evidence Table 11a. Weight related outcomes for physical activity intervention studies taking place in a school setting with a home component**

| **Author, year** | **Arm** | **Base-line N** | **Base-line measure, mean (SD)** | **First follow-up time-point in weeks** | **N at first followup** | **First followup measure, mean (SD)** | **Mean change from base-line (SD)** | **Second followup time-point in weeks** | **N Second follow-up** | **Second followup measure, mean (SD)** | **Mean change from base-line (SD)** | **Final measure time-point** | **N at final measure** | **Final followup measure, mean (SD)** | **Mean Change from base-line (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI (Kg/m2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 17.04(2.63) | 43 | 205 | 17.44(2.89) |  |  |  |  |  |  |  |  |  | Adjusted difference at follow-up:-0.12CI: -0.19 to -0.04p=0.003 |
| 2 | 297 | 17.13(2.53) | 43 | 297 | 17.36(2.67 |  |  |  |  |  |  |  |  |  |  |
| Robinson, T. N., 199919 | 1 | 103 | 18.10(3.77) | 30 | 100 | 18.81(3.76) |  |  |  |  |  |  |  |  |  | Adjusted change: -0.45CI: -0.73 to -0.17p=0.002 |
| 2 | 95 | 18.38(3.67) | 30 | 92 | 18.67(3.77) |  |  |  |  |  |  |  |  |  |  |
| **Waist circumference in cm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 57.66(6.43) | 43 | 205 | 59.86(7.39) |  |  |  |  |  |  |  |  |  | Adjusted difference at follow-up: -0.08CI: -0.2 to 0.05p=0.25 |
| 2 | 297 | 57.95(6.94) | 43 | 205 | 59.45(6.94) |  |  |  |  |  |  |  |  |  |  |
| Robinson, T. N., 199919 | 1 | 103 | 59.51(8.91) | 30 | 100 | 64.73(8.91) |  |  |  |  |  |  |  |  |  | Adjusted change: -2.30CI: -3.27 to 1.33p= 0.001 |
| 2 | 95 | 60.48(9.91) | 30 | 92 | 63.57(8.96) |  |  |  |  |  |  |  |  |  |  |
| **Skinfold thickness in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kriemler, 201013 | 1 | 205 | 31.32(12.82) | 43 | 205 | 33.70(17.24) |  |  |  |  |  |  |  |  |  | Adjusted difference at follow-up: -0.12CI: -0.21 to -0.03p= 0.009 |
| 2 | 297 | 32.11(13.23) | 43 | 297 | 32.50(14.67) |  |  |  |  |  |  |  |  |  |  |
| Robinson, T. N., 199919 | 1 | 103 | 13.97(5.43) | 30 | 100 | 16.46(5.27) |  |  |  |  |  |  |  |  |  | Adjusted change: -1.47CI: -2.41 to 0.54p=0.002 |
| 2 | 95 | 14.55(6.06) | 30 | 92 | 15.47(5.95) |  |  |  |  |  |  |  |  |  |  |
| **Hip circum-ference, cm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Robinson, T. N., 199919 | 1 | 103 | 72.7(8.78) | 30 | 100 | 76.79(8.37) |  |  |  |  |  |  |  |  |  | Adjusted change: -0.27CI: -1.08 to 0.53P=0.50 |
| Robinson, T. N., 199919 | 2 | 95 | 72.78(8.91) | 30 | 92 | 76.53(7.94) |  |  |  |  |  |  |  |  |  |  |
| **Waist to hip ratio** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Robinson, T. N., 199919 | 1 | 103 | .82(.05) | 30 | 100 | .84(0.05) |  |  |  |  |  |  |  |  |  | Adjusted change: -0.02CI: -0.03 to -0.01P=<0.001 |
| Robinson, T. N., 199919 | 2 | 95 | .83(.05) | 30 | 92 | 083(.06) |  |  |  |  |  |  |  |  |  |  |

CI = Confidence Interval; N = Sample Size; SD = Standard Deviation