**Evidence Table 12a. Weight related outcomes for combined diet and physical activity intervention studies taking place in a school 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 measure, mean (SD)** | **Mean change from base-line (SD)** | **Second followup time-point in weeks** | **N Second follow-up** | **Second follow-up measure, mean (SD)** | **Mean change from base-line (SD)** | **Final measure time-point** | **N at final measure** | **Final follow-up measure, mean (SD)** | **Mean Change from Base-line (SD)** | **Measure of Association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI percentile (change)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dzewalto-wski, 20106 | 1 | 112 |  | 52 | 112 |  | 0.9 (0.4) | 104 | 112 |  | 0.2(.3) |  |  |  |  | P=0.17 |
| 2 | 134 |  | 52 | 134 |  | 0.1 (0.3) | 104 | 134 |  | 0.1(.3) |  |  |  |  |  |
| Hollar, 201011 | 1 | 737 | NR | 34 weeks | NR |  | -0.95 (23.2) | 68 weeks | NR |  | -0.47 (12.1) |  |  |  |  |  |
| 2 | 3032 | NR | 34 weeks | NR |  | -1.46 (16.3) | 68 weeks | NR |  | -1.73 (13.6) |  |  |  |  |  |
| **BMI, z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dzewaltowski, 20106 | 1 | 112 |  | 52 | 112 |  | 0.1 (0.1) | 104 | 112 |  | 0.0 (0.1) |  |  |  |  | P=0.11 |
| 2 | 134 |  | 52 | 134 |  | -0.1 (0.1) | 104 | 134 |  | -0.1 (0.1) |  |  |  |  |  |
| Schetzina, 200920 | No control arm in this study; interven-tion only |  |  |  |  |  |  |  |  |  |   |  |  |  |  |  |
| 2 | 114 | 0.60 (1.07) Range: -1-2 | 30 | 114 | 0.65(1.13) Range:-1.5-2.0 | 0.05 (0.42) |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 364 | 0.66 | 104 | 364 | 0.76 | 0.10 |  |  |  |  |  |  |  | Adjusted diff.: -0.01(95% CI: -0.08 to 0.06) | P= 0.8 |
| 2 | 479 | 0.73 | 104 | 479 | 0.80 | 0.07 |  |  |  |  |  |  |  |  |  |
| Story, 201226 | 1 | 187 | 0.42; SE = 0.14 |   |   |   |   | ~84 weeks |   | 0.64; SE = 0.14 |   |   |   |   |   | No statistic-ally sig-nificant change in BMI, BMI-Z, skinfold or % body fat was associated with inter-vention. |
| Story, 201226 | 2 | 267 | 0.58; SE = 0.12  |   |   |   |   |   |   | 0.80; SE =0.12 |   |   |   |   |   |  |
| Williamson, 201230 | 1 | 587 | 0.82; SE = 1.12 |   |   |   |   |   |   |   |   |   |   |   |   | F test; p-value NS |
| 2 | 713 | 0.83; SE = 1.22 |   |   |   |   |   |   |   |   | 112 |   |   |   |  |
| 3 | 760 | 0.71; SE=1.123 |   |   |   |   |   |   |   |   | 112 |   |   |   |  |
| **BMI Kg/m2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Burke, 19981 | 1 Con-trol | 240 | 17.6 (2.5) |  | 240 | 18.0 (2.4) |  |  | 240 | 18.7 (2.6) |  |  |  |  |  |  |
| 2 WASP-AN | 272 | 17.9 (2.7) |  | 272 | 18.5 (2.9) |  |  | 272 | 19.0 (3.1) |  |  |  |  |  |  |
| 3 PEEP | 288 | 18.2 (2.7) |  | 288 | 18.7 (2.9) |  |  | 288 | 19.4 (3.1) |  |  |  |  |  |  |
| Caballero, 20032 | 1 | 825 | 19.1 | 156 | 682 | 22.2 |  |  |  |  |  |  |  |  |  | Mean difference: -0.2; (95% CI: -0.50 to 0.15); P=0.298 |
| 2 | 879 | 19.0 | 156 | 727 | 22.0 |  |  |  |  |  |  |  |  |  |  |
| Danielzik, 20074 | 1 | 1420 | Median = 15.4; Interquartile Range (14.6-16.4) | 208 | 1420 | Median = 17.2; Inter-quartile Range (15.8-19.6) | Median = 1.8; Inter-quartile range (0.9-3.3) | 416 | 952 | Median 20.0;Inter-quartile Range (18.7-22.3) | Median 4.7; Inter-quartile range (3.5 to 6.3) |  |  |  |  | 0.-1 |
| 2 | 344 | Median 15.6; Range (14.8-16.7) | 208 | 344 | Median 17.5; Range (16.0-19.1) | 1.7 Inter-quartile range (0.7-3.1) | 416 | 240 | Median 20.3; Inter-quartile Range (18.9 to 22.5) | Median 4. 6; Inter-quartile range (3.5 to 6.2) |  |  |  |  |  |
| Foster, 20087 | 1 | 364 | 20.76 | 104 | 364 | 22.86 | 2.10 |  |  |  |  |  |  |  | Adjusted diff: -0.04(95% CI: -0.27 to 0.19) | P= 0.71 |
| 2 | 479 | 21.07 | 104 | 479 | 23.06 | 1.99 |  |  |  |  |  |  |  |  |  |
| Hopper, 200512 | 1 | 96 | 17.69 | 34 | NR | 18.44 |  |  |  |  |  |  |  |  |  | NS |
| 2 | 142 | 17.83 | 34 | NR | 18.15 |  |  |  |  |  |  |  |  |  |  |
| Manios, 199815 | 1 | 162 | 16.3(2.3) | 156 | 162 | 18.0(3.1) | 1.7 (1.4) |  |  |  |  |  |  |  |  | P<.0005 |
| 2 | 231 | 16.2(2.2) | 156 | 162 | 16.9(3) | 0.7 (1.5) |  |  |  |  |  |  |  |  |  |
| Nader,199918 | 1 | 2117 | 17.6 SE=0.1 |  |  |  |  |  |  |  |  | 312 weeks | 1496 | 22.1 SE=0.1 |  | P=0.79 |
| 2 | 2989 | 17.6 SE=0.1 |  |  |  |  |  |  |  |  | 312 weeks | 2164 | 22.0 SE=0.1 |  |  |
| Shofan, 201121 | 1 | 26 | 18.9 ± 4.3 (Range13.4-33) | 104 | 26 | 19.4 ± 4.6 (Range13-31 ) | 0.48 ± 1.23 (-2-3.5) (Range -2-3.5) |  |  |  |  |  |  |  |  |  |
| 2 | 82 | 17.9 ± 3.9 Range: 11.5-33 | 104 | 82 | 18.7 ± 4.6 (Range12-38) | 0.94 ± 1.5 (-2.9-5.5) Range: (-2.9-5.5) |  |  |  |  |  |  |  |  |  |
| Brandstetter, 201227 | 1 | 495 | 16.24(2.10)  | 52 | 495 | NR |   |   |   |   |   |   |   |   |   | Differences between control and intervention group = -0.06 (95% CI: -0.21-0.10) |
| 2 | 450 | Median (SD) =16.23(2.25) |   | 450 | NR |   |   |   |   |   |   |   |   |   |  |
| Llargues, 201128 | 1 | 237 | 16.5 ; (95% CI 16.7 to 17.5) |   |   |   |   | 104 |   | 18.3; 95% CI (16.7 to 17.5) |   |   |   |   |   | NR |
| 2 | 272 | Median (SD) =17.1;(95% CI: 16.7 to 17.5) |   |   |   |   |   |   | 17.9; (95% CI:17.4 to 18.4) |   |   |   |   |   |  |
| Story, 201226 | 1 | 187 | 16.52 ; SE = 0.36;  |   |   |   |   | ~84 |   | 17.62; SE = 0.36 |   |   |   |   |   |  |
| 2 | 267 | 16.85; SE = 0.30  |   |   |   |   |   |   | 18.29; SE = 0.31 |   |   |   |   |   | Net difference effect =0.34; SE = 0.17; p-value =0.057 |
| Siegrist, 201131 | 1 | 297 | 17.3(3.0)  | 52 | 297 | 17.9(3.3) |   |   |   |   |   |   |   |   |   |  |
| 2 | 422 | 17.4, (2.9) |   | 422 | 18.1(3.2) |   |   |   |   |   |   |   |   |   | Mean difference in change between groups= -0.1 persons (95% CI -0.2-0); p-value= 0.165 |
| **BMI-SDS (standard deviation score)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lloyd, 201229 | 1 | 122 | 0.4(1.1) ; 95% CI(-2.0to2.9) | 72 | 122 |   |   | 96 | 122 |   |   |   |   |   |   | persons = -0.45 (95% CI: -0.82 - -0.08) |
| 2 | 80 | 0.3, (1.1); 95% CI (-2.3to2.5) |   | 80 |   |   |   | 80 |   |   |   |   |   |   |  |
| **BMI-other** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lloyd, 201229 | 1 | 122 | 17.8(2.8) ; (95% CI: 13.7 to 25.1) | 72 | 122 |   |   | 96 | 122 |   |   |   |   |   |   | mean difference =-1.16 (95% CI: -2.15--0.18) |
| 2 | 80 | Median (SD) =17.4, (2.6); (95% CI: 13.3 to 25.4) |   | 80 |   |   |   | 80 |   |   |   |   |   |   |  |
| **Incidence of Overweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 208 |  | 104 | 208 | 14.90% | 14.90 |  |  |  |  |  |  |  |  | Adjusted Odds=1.00 |
| 2 | 268 |  | 104 | 268 | 7.46% | 7.46 |  |  |  |  |  |  |  |  | Adjusted Odds=0.65 (0.54-0.79) p<.001 |
| **Incidence of Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 266 |  | 104 | 266 |  6.39% | 6.39 |  |  |  |  |  |  |  |  | Adjusted Odds=1.0 |
| 2 | 346 |  | 104 | 346 | 5.78% | 5.78 |  |  |  |  |  |  |  |  | Adjusted Odds=1.0 (0.66-1.52) P=.99 |
| **Prevalence of Overweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 365 | 15.89% | 104 | 365 | 20% | 4.11 |  |  |  |  |  |  |  |  | Adjusted Odds=1.0 |
| 2 | 479 | 16.28% | 104 | 479 | 14.61% | -1.67 |  |  |  |  |  |  |  |  | Adjusted Odds=0.65 (0.54-0.79) P=<.001 |
| **Prevalence of Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 365 | 23.56% | 104 | 365 | 24.93% | 1.37 |  |  |  |  |  |  |  |  | Adjusted Odds=1.00 |
| 2 | 479 | 26.72% | 104 | 479 | 27.97% | 1.25 |  |  |  |  |  |  |  |  | Adjusted Odds=1.09 (0.85-1.40) P=.48 |
| Danielzik, 20074 | 1 | 1420 | 3.9 | 208 | 1420 | 5.1 |  |  |  |  |  |  |  |  |  | Odds ratio at end of follow up period; 0.87, 95 % CI: 0.40 to 1.74, P=0.628 |
| 2 | 344 | 3.8 | 208 | 344 | 5.2 |  |  |  |  |  |  |  |  |  |  |
| **Prevalence of Obesity+Over-weight in All children** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Marcus, 200916 | 1 | 671 | 16.1% | 208 | 430 | 18.9% | 2.8% |  |  |  |  |  |  |  |  | (I-C) = -6.0, CI; -10.6 to -1.3, P=<0.05 |
| 2 | 719 | 20.3% | 208 | 591 | 17.1% | -3.2% |  |  |  |  |  |  |  |  |  |
| **% Obese (>=95th percentile)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Speroni, 200724 | 1 | 105 | 8% | 24 | 105 | 7% |  |  |  |  |  |  |  |  |  |  |
| 2 | 80 | 33.5% | 24 | 80 | 26% |  |  |  |  |  |  |  |  |  |  |
| Story, 201226 | 1 | 187 | 14.01; SE = 4.08 |   |   |   |   | ~84 weeks |   | 20.57;SE = 4.13 |   |   |   |   |  | Net difference = 2.11%; SE = 3.11 |
| 2 | 267 | Median (SD) =17.01; SE = 3.44 |   |   |   |   |   |   | 25.68;SE = 3.47 |   |   |   |   |  |  |
| **% Overweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Story, 201226 | 1 | 187 | 12.52 ; SE = 3.12 |   |   |   |   | ~84 weeks |   | 22.31; SE = 3.23 |   |   |   |   |  | Net difference = -10.14; SE = 4.14; p-value = 0.019 |
| 2 | 267 | Median (SD) =15.80; SE = 2.55 |   |   |   |   |   |   | 15.45; SE = 2.62 |   |   |   |   |  |  |
| **Remission of Overweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 144 |  | 104 | 144 | 7.64% | -7.64 |  |  |  |  |  |  |  |  | Adjusted Odds=1.00 |
| 2 | 206 |  | 104 | 206 | 10.68% | -10.68 |  |  |  |  |  |  |  |  | Adjusted Odds=1.34 (0.71-2.54) P=.37 |
| Danielzik, 20074 | 1 | 1420 | 5.2 | 1420 | 208 | 11.1 |  |  |  |  |  |  |  |  |  | Odds ratio at end of follow up period; 0.83, CI: 0.57 to 1.31, P=0.497 |
| 2 | 344 | 7.0 | 1420 | 208 | 10.2 |  |  |  |  |  |  |  |  |  |  |
| **Remission of Obesity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Foster, 20087 | 1 | 86 |  | 104 | 86 | 13.95% | -13.95 |  |  |  |  |  |  |  |  | Adjusted Odds=1.00 |
| 2 | 128 |  | 104 | 128 | 10.94% | -10.94 |  |  |  |  |  |  |  |  | Adjusted Odds=0.84 (0.48-1.46) P=.54 |
| **Weight (kg)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Burke, 19981 | 1 | 240 | 37.2(7.2) |  | 240 | 39.9(7.5) |  |  | 240 | 43.5(8.5) |  |  |  |  |  |  |
| 2 | 272 | 37.6(7.9) |  | 272 | 41.1(9.0) |  |  | 272 | 44.4(10.0) |  |  |  |  |  |  |
| 3 | 288 | 38.0(7.5) |  | 288 | 41.0(8.5) |  |  | 288 | 45.0(9.4) |  |  |  |  |  |  |
| **Total sample percent > or equal to 85th percentile** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hoelscher, 201010 | 1 | 554 | 42(0.02) | 52 weeks | NR | 40.7(0.02) | -1.3 |  |  |  |  |  |  |  |  | Difference between CATCH BPC and CATCH BP schools = -7.0, P=0.051 |
| 2 | 553 | 47.4(0.02) |  |  | 39.1(0.02) | -8.3 |  |  |  |  |  |  |  |  |  |
| **Total sample percent > or equal to 95th percentile** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hoelscher, 201010 | 1 | 554 | 23.9(0.02) | 52 weeks | NR | 22(0.02) | -1.9 |  |  |  |  |  |  |  |  | Difference between CATCH BPC and CATCH BP schools =-1.7, P=0.33 |
| 2 | 553 | 27.5(0.02) |  |  | 23.9(0.02) | -3.6 |  |  |  |  |  |  |  |  |  |
| **Waist circumference in cm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Burke, 19981 | 1 | 240 | 59.4(5.8) |  | 240 | 62.6(5.9) |  |  | 240 | 63.8(6.4) |  |  |  |  |  |  |
| 2 | 272 | 60.5(6.7) |  | 272 | 63.5(7.0) |  |  | 272 | 64.4(7.2) |  |  |  |  |  |  |
| 3 | 288 | 60.7(6.5) |  | 288 | 64.1(7.2) |  |  | 288 | 65.6(7.5) |  |  |  |  |  |  |
| Brandstetter, 201227 | 1 | 495 | 59.20(6.38)  | 52 | 495 |   |   |   |   |   |   |   |   |   |   | Differences between control and intervention group, SE = -0.85 (95% CI: -0.1.59 - -0.12); P= NR |
| 2 | 450 | Median (SD) =59.66, (6.65) |   | 450 |   |   |   |   |   |   |   |   |   |   |  |
| Lloyd, 201229 | 1 | 122 | 62.6(7.0) ; 95% CI (52 to 83) | 72 | 122 |   |   | 96 | 122 |   |   |   |   |   |   |  |
| 2 | 80 | Median (SD) =62.0, (6.5); 95% CI (50 to 81) |   | 80 |   |   | 96 | 80 |   |   |   |   |   |   | First F/U:Mean difference (intervention minus control)= -2.01 (95% CI -4.23-0.21); P=NRSecond F/U:Mean difference (intervention minus control)= -2.97 (95% CI -5.36- -0.59); P=NR |
| Siegrist, 201131 | 1 | 297 | 61.2(7.8)  | 52 | 297 | 62.0(8.6) |   |   |   |   |   |   |   |   |   | Mean difference in change between groups= 1.7 (95% CI: 1.2-2.3); P<0.001 |
| 2 | 425 | Median (SD) =62.5(8.2);  |   | 425 | 61.6 (8.4)  |   |   |   |   |   |   |   |   |   |  |
| **Weight in kg** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caballero, 20032 | 1 | 825 | 32.9 | 156 | 682 | 49.0 |  |  |  |  |  |  |  |  |  | Mean difference= -0.0; (95% CI: -0.86 to 0.86); P=0.996 |
| 2 | 879 | 32.5 | 156 | 727 | 49.0 |  |  |  |  |  |  |  |  |  |  |
| Danielzik, 20074 | 1 | 1420 | Median 22.0; Interquartile Range (20.4-24.5) | 208 | 1420 | Median 35.7; Inter-quartile Range (31.7-42.0) | 13.2 | 416 | 952 | Median 57.0; Inter-quartile Range (51.3-64.0) | Median 34.5; Inter-quartile Range (30.0-40.2)  |  |  |  |  | -0.5 |
| 2 | 344 | Median 22.5; Interquartile Range (20.5-24.5) | 208 | 344 | Median 36.1; Inter-quartile Range (31.7-41.2) | 13.5 | 416 | 240 | Median 56.2; Inter-quartile Range )51.3-63.5) | Median 34.0 Inter-quartile Range (29.7-40.1) |  |  |  |  |  |
| Hopper, 200512 | 1 | 96 | 31.11 | 34 weeks | NR | 34.28 |  |  |  |  |  |  |  |  |  | NS |
| 2 | 142 | 30.87 | 34 weeks | NR | 33.60 |  |  |  |  |  |  |  |  |  | NS |
| Shofan, 201121 | 1 | 26 | 35±10.3 (Range 13.4-33) | 104 | 26 | 41.1±12.1 (Range 24-80) | 6.1 ± 3.0 (Range 1.5-12.5) |  |  |  |  |  |  |  |  |  |
| 2 | 82 | 32.5± 9.1 (Range 21-65) | 104 | 26 | 38.6 ± 12.5 (Range 22-87)  | 6.4 ± 4.3 (Range -2.5-21.5) |  |  |  |  |  |  |  |  |  |
| **Skinfold Sum in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hopper, 200512 | 1 | 96 | 26.69 | 34 weeks |  | 28.00 |  |  |  |  |  |  |  |  |  | NS |
| 2 | 142 | 26.29 | 34 weeks |  | 27.42 |  |  |  |  |  |  |  |  |  |  |
| **Percentage body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Trevino, 200425 | 1 | 602 | 26.79 (10.8) | 34 weeks | 602 | 26.09 (10.9) | -0.71 |  |  |  |  |  |  |  |  | Adjusted difference: 0.18, (95% CI: -0.45 to 0.81);P=0.56 |
| 2 | 619 | 27.96 (11.5) | 34 weeks | 619 | 26.86 (11.1) | -1.10 |  |  |  |  |  |  |  |  |  |
| Story, 201226 | 1 | 187 | 16.84 ; SE = 0.93  |   |   |   |   | ~84 weeks |   | 20.21; SE = 0.93 |   |   |   |   |   | Net diff. effect=0.90; SE = 0.57; P=0.12 |
| 2 | 267 | 17.75; SE = 0.79  |   |   |   |   |   |   | 20.21; SE = 0.93 |   |   |   |   |   |  |
| Williamson, 201230 | 1 | 352 |  |  |  |  |  |  |  |  |  |  | 121 |  | 4.9 (SE: 0.46) | F-statistic =2.68; P=>0.06 |
| 2 | 419 |  |  |  |  |  |  |  |  |  |  | 121 |  | 3.7 (0.42) |  |
| 3 | 419 |  |  |  |  |  |  |  |  |  |  |  |  | 3.9 (0.39) |  |
| **Triceps skinfold thickness in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caballero, 20032 | 1 | 825 | 13.3 | 156 | 682 | 17.2 |  |  |  |  |  |  |  |  |  | Mean difference= 0.1, (95% CI: -0.67 to 0.83), P=0.837 |
| 2 | 879 | 13.3 | 156 | 727 | 17.2 |  |  |  |  |  |  |  |  |  |  |
| Danielzik, 20074 | 1 | 1420 | Median 10.3; Interquartile Range (9.0-13.0) | 208 | 1420 | Median 14.3; Inter-quartile Range(10.1-19.4) | Median 3.6; Inter-quartile Range (0.0-7.3) |  |  |  |  |  |  |  |  | NS |
| 2 | 344 | Median 10.7; Interquartile Range9.0-13.9 | 208 | 344 | Median 13.7; Interquartile Range (10.2-18.5) | Median 2.9; Interquartile Range ( -0.5-7.2) |  |  |  |  |  |  |  |  |  |
| Nader, 199918 | 1 | 2117 | 12.5 SE = 0.1 |  |  |  |  |  |  |  |  | 312 weeks | 1496 | 15.3 SE (0.2) |  | P=.95 |
| 2 | 2989 | 12.4 SE = 0.1 |  |  |  |  |  |  |  |  | 312 weeks | 2164 | 15.1 SE (0.2) |  |  |
| Story, 201226 | 1 | 187 | 10.45 SE = 0.59 |   |   |   |   | ~84 weeks |   | 11.50;SE =0.60  |   |   |   |   |   | net difference effect = 00.02; SE = 0.67; P=0.978 |
| 2 | 267 | Med-ian =10.84; SE = 0.50  |   |   |   |   | ~84 weeks |   | 11.91; SE =0.50  |   |   |   |   |   |  |
| Brandstetter, 201227 | 1 | 495 | 14.27(5.86)  | 52 | 495 | NR |   |   |   |   |   |   |   |   |   | Differences between control and intervention group, SE = -0.50 (95% CI -1.53-0.53) |
| 2 | 450 | Median (SD) =14.49, (6.37) |   | 450 | NR |   |   |   |   |   |   |   |   |   |  |
| **Subscapular Skinfold thickness in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Caballero, 20032 | 1 | 825 | 10.6 | 156 | 682 | 15.0 |  |  |  |  |  |  |  |  |  | Mean difference= -0.1, (95% CI: -0.85 to 0.70), P=0.848 |
| 2 | 879 | 10.6 | 156 | 727 | 15.0 |  |  |  |  |  |  |  |  |  |  |
| Nader, 199918 | 1 | 2117 | 8.34 SE = 0.12 |  |  |  |  |  |  |  |  | 312 weeks | 1496 | 12.76 SE =0.20 |  | P=0.73 |
| 2 | 2989 | 8.21 SE = 0.10 |  |  |  |  |  |  |  |  | 312 weeks | 2164 | 12.64 SE =0.17 |  |  |
| Story, 201226 | 1 | 167 | 6.93 ; SE = 0.55 |   |  |   |   | ~84 weeks |   | mean = 8.99; SE = 0.56;  |   |   |   |   |   | Net difference effect = 00.05; SE = 0.44; P=0.909 |
| 2 | 167 | median =7.33; SE = 0.47  |   |  |   |   |   |   | 9.43; SE = 0.47 |   |   |   |   |   |  |
| Brandstetter, 201227 | 1 | 495 | 7.98(4.03)  | 52 | 495 | NR |   |   |   |   |   |   |   |   |   | Differences between control and intervention group, SE = -0.64 (95% CI: -1.25-0.02) |
| 2 | 450 | Median (SD) =8.22, (4.64) |   | 450 | NR |   |   |   |   |   |   |   |   |   |  |
| **Fat mass in %** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Danielzik, 20074 | 1 | 952 | Median20.9; Interquartile Range(16.5-25.7) | 416 | 952 | Median = 22.3; Inter-quartile Range(16.6-27.6) | Median = 1.5; Inter-quartile range (-3.6-6.3) |  |  |  |  |  |  |  |  | P=-0.4 |
| 2 | 240 | Median21.0; Interquartile Range(16.2-25.5) | 416 | 240 | Median = 23.1; Inter-quartile Range(16.8-27.9) | Median = 1.9; Inter-quartile range (-3.03-6.6) |  |  |  |  |  |  |  |  |  |

BMI =Body Mass Index; BMI-Z = Body Mass Index Z-score; CATCH BP = Coordinated Approach to Child Health Basic Plus; CATCH BPC = CATCH BP and Community; CI = Confidence Interval; Diff.= difference; F/U = Follow-up; Kg/m2 = kilogram per meter squared; N = Sample Size; NR = Not Reported; NS = Not Significant; P = P-value; PEEP = Physical Education Enrichment Program; SD = Standard Deviation; SE = Sample Error; WASPAN = West Australian Schools Physical Activity and Nutrition Project