**Evidence Table 4a. Weight related outcomes for diet intervention studies taking place in a school only setting**

| **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 baseline (SD)** | **Second follow-up timepoint in weeks** | **N Second follow-up** | **Second follow-up measure, mean (SD)** | **Mean change from baseline (SD)** | **Final measure timepoint** | **N at final measure** | **Final Follow-up measure, mean (SD)** | **Mean Change from Baseline (SD)** | **Measure of Association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BMI (Kg/m2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James, 200722 | 1 | NR | 17.5(2.36) | 52 | NR | 18.3 (2.85) | 0.71  (1.45) | 156 | 215 | 19.7(3.36) | 2.14  (1.64) |  |  |  |  | No significant difference in change in BMI from baseline between the two groups. At 12 months mean difference= 0.10, 95% CI: 0.00 to 0.21, p=0.06.  Final point estimate mean difference= 0.26,  95% CI: -0.07 to 0.58  p=0.12 |
| 2 | NR | 17.2(2.14) | 52 | NR | 17.8  (2.45) | 0.62  (0.79) | 156 | 219 | 19.0 (3.21) | 1.88 (1.71) |  |  |  |  |  |
| James, 200421 | 1 | 304 | 17.6(0.7) | 26 |  |  |  |  |  |  |  | 52 | 279 | 18.3 (0.8) | 0.6 | Grp2-G1  change in BMI: 0.13  95% CI:  -0.08 to 0.34 |
| 2 | 311 | 17.4(0.6) | 26 |  |  |  |  |  |  |  | 52 | 295 | 17.9 (0.7) | 0.5 |  |
| **BMI, z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James, 200722 | 1 | NR | NR | 52 | NR |  | 0.05 (0.57) | 156 |  |  | 0.10 (0.53) |  |  |  |  |  |
| 2 | NR | NR | 52 | NR |  | 0.03  (0.30) | 156 |  |  | -0.01 (0.58) |  |  |  |  |  |
| James, 200421 | 1 | 304 | 0.47(0.20) |  |  |  |  |  |  |  |  | 52 | 279 | 0.60  (0.19 ) | 0.08 (0.13) | Grp2-G1  b/w diff in change in BMI z-score; 0.04  95% CI: -0.04 to 0.12 |
| 2 | 311 | 0.50(0.23) |  |  |  |  |  |  |  |  | 52 | 295 | 0.48 (0.23) | -0.04 (0.07) |  |
| James, 200722 | 1 | NR | 0.53 (0.98) | 52 | NR | 0.63(1.07) |  | 156 | 215 | 0.63(1.12) |  |  |  |  |  | G2-G1 Mean difference; 0.20 (0.01 to 0.38) p value 0.04 (After 12months) 0.24 (0.02 to 0.46) p value 0.03 (after 3years follow up) |
| 2 | NR | 0.44 (0.98 | 52 | NR | 0.44(1.01) |  | 156 | 219 | 0.39(1.17) |  |  |  |  |  |  |
| **Prevalence of Overweight/**  **Obesity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James, 200722 | 1 | NR | 20.6 | 52 | NR | 28.5 |  | 156 | 215 | 30.2 |  |  |  |  | 9.6 | Final point estimate odds ratio= 0.79,  95% CI:0.52 to 1.21, p=0.28 |
| 2 | NR | 17.4 | 52 | NR | 18.7 |  | 156 | 219 | 25.6 |  |  |  |  | 8.2 |  |
| James, 200421 | 1 | 304 | 19.4% (8.4) | 26 |  |  |  |  |  |  |  | 52 | 279 | 26.9% (8.0)  95% CI: 12.3 to 7.5% | 7.5 | Grp2-G1  change in % of overweight  7.7  95% CI: 2.2 to 13.1 |
| 2 | 311 | 20.3% (6.3) | 26 |  |  |  |  |  |  |  | 52 | 295 | 20.1%  ( 6.3)  95% CI: 6.7 to -0.2% | -0.2 |  |
| **Change in Waist circumference cm** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James, 200722 | 1 |  |  | 52 | NR | 0.08(0.64) |  | 156 | NR | 0.099  (0.99) |  |  |  |  | 0.19 | Final point estimate adjusted mean difference= 0.09,  95% CI: -0.06 to 0.26, p= 0.25 |
| 2 |  |  | 52 | NR | 0.08(0.47) |  | 156 | NR | 0.01(0.66) |  |  |  |  | -0.07 |  |

CI = Confidence Interval; Grp2-G1 = Difference in means between group2 and group1; kg/m2 = kilogram per meter squared; N = Sample Size; NR = Not Reported; P = p-value; SD = Standard Deviation