**Evidence Table 28a. Weight related outcomes for combination diet and physical activity intervention studies taking place in a school setting with consumer health informatics components and in a school setting with home and consumer health informatics components**

| **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 follow-up 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, kg/m2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ezendam, 20125 | 1 | 376 | 19.23(2.96)  |   |   |   |   |   |   |   |   | 114 | 337 | 20.67 (3.15) |   | difference in BMI post-intervention+ 0.14 (95% CI -0.17-0.45); p-value = NR |
| Ezendam, 20125 | 2 | 440 | Median (SD) =19.48, (3.45) |   |   |   |   |   |   |   |   |   | 391 | 21.08(3.93) |   |  |
| Gorely, 20113 | 1 | 279 | 17.3(2.5)  |   |   |   |   |   |   |   |   | 120 | 215 | 18.8(2.9) |   | Beta = 0.1 (95% CI 0.05-0.2); p-value = <0.05 |
| Gorely, 20113 | 2 | 310 | Median (SD) =17.9, (2.9)  |   |   |   |   |   |   |   |   |   | 206 | 19.3(3.6) |   |  |
| BMI, SDS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 | 279 | 0.4(1.1)  |   |   |   |   |   |   |   |   | 120 | 215 | 0.4 (1.1) |  | Beta = 0.04 (95% CI 0.02-0.1); p-value < 0.05 |
| Gorely, 20113 | 2 | 310 | Median (SD) =0.6, (1.1)  |   |   |   |   |   |   |   |   |   | 206 | 0.6 (1.2)  |  |  |
| **Change in BMI** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spiegel, 20062 | 1 | 479 |  | 24 | 479 |  | 0.5210 (1.01610)SE=0.04643 |  |  |  |  |  |  |  |  |  |
| 2 | 534 |  | 24 | 534 |  | 0.1606 (0.89446)SE=0.03871 |  |  |  |  |  |  |  |  | The PearsonCorrelation for change in BMI baseline to post-data measure with treatment (r = -0.186; N 1013) was significant at the 0.01 level (two-tailed). |
| **Percent Overweight/ Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ezendam, 20125 | 1 | 376 | 13.0 |   |   |   |   |   |   |   |   | 114 | 340 | 16.2  |   | OR = 0.91 (95% CI 0.52-1.61) |
| Ezendam, 20125 | 2 | 440 | Median (SD) =15.7 |   |   |   |   |   |   |   |   |   | 393 | 17.8 |   |  |
| **Percent Underweight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ezendam, 20125 | 1 | 398 | 9.0% |   |   |   |   |   |   |   |   | 104 |   |   |   |  |
| Ezendam, 20125 | 2 | 485 | Median (SD) =9.1%  |   |   |   |   |   |   |   |   |   |   |   |   |  |
| Ezendam, 20125 | 1 | 376 | 66.82(6.95)  |   |   |   |   |   |   |   |   | 114 | 339 | 73.24(8.20) |   | difference in WC post-intervention=0.6 (95% CI -0.44- 1.64); p=NR |
| Ezendam, 20125 | 2 | 442 | Median (SD) =67.88, (8.13) |   |   |   |   |   |   |   |   |   | 393 | 74.70(9.78) |   |  |
| Waist Circumference, cm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 | 279 | 59.6(7.2)  |   |   |   |   |   |   |   |   | 120 | 215 | 64.8(7.4) |   | Beta=0.4 (95% CI 0.1-0.6); p<0.05 |
| Gorely, 20113 | 2 | 310 | Median (SD) =60.3, (7.9) |   |   |   |   |   |   |   |   | 120 | 206 | 65.4(8.8) |   |  |
| Percent Body Fat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 | 279 | 21.7(7.4)  |   |   |   |   |   |   |   |   | 120 | 206 | 23.6(7.8);  |   | Beta=0.2 (95% CI -0.03-0.4); p=NS |
| Gorely, 20113 | 2 | 310 | Median (SD) =22.6, (7.2) |   |   |   |   |   |   |   |   |   | 215 | 24.7(8.8) |   |  |
| Body fat, summ of 4 SF measures |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gorely, 20113 | 1 | 279 | 21.5(9.9)  |   |   |   |   |   |   |   |   | 120 | 215 | 24.4(11.8) |   | Beta=0.3 (95% 0-0.7); p=NS |
| Gorely, 20113 | 2 | 310 | Median (SD) =23.0(10.3) |   |   |   |   |   |   |   |   | 120 | 206 | 26.1(13.3) |   |  |

CI = Confidence Interval; N = Sample Size; NR = Not Reported; NS = Not Significant; SD = Standard Deviation; SE = Sample Error; WC = Waist Circumference