**EvidenceTable 5a. Weight related outcomes for physical activity 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 time-point 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)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Walther, 200958 | 1 | 73 | -0.01(1) | 52 | 73 |  |  |  |  |  |  |  |  |  | -0.24 (1.04) | After adjustment for intraclass correlation, no significant effect on BMI-SDS was detected. |
| 2 | 109 | 0.07(1) | 52 | 109 |  |  |  |  |  |  |  |  |  | -0.1 (1.05) | Difference Intervention Group - Control Group; -0.08 (-0.28 to 0.13)  p-value= 0.472 |
| Donnelly, 200911 | 1 | 713 | 18.0(3.7) |  |  |  |  |  |  |  |  | fall 2003-spring 2006 | 698 | 20.0 (1.9)  CI 2.0-4.6 | 2.0 (1.9) | There were no significant differences for change in BMI or BMI percentile (baseline to year three) for PAAC vs. control. |
| 2 | 814 | 17.9(3.1) |  |  |  |  |  |  |  |  | fall 2003-spring 2006 | 792 | 19.9 (1.9)  CI: 2.0-4.1 | 2.0 (1.9) | P value 0.83 |
| Stenevi-Lundgren, 200947 | 1 | 50 | 16.3(1.9) | 52 | 50 |  |  |  |  |  |  |  |  |  | 0.4  (CI 0.2, 0.5) | NR |
| 2 | 53 | 16.8(2.9) | 52 | 53 |  |  |  |  |  |  |  |  |  | 0.5  (CI 0.2, 0.8) | NR |
| Reed, 200838 | 1 | 90 | 19.1(3.7) | 39 | NR | 19.4  Range  19.1-19.5 |  |  |  |  |  |  |  |  | 0.3 | The unadjusted % difference in change (Intervention % change - control % change) = -1.0%.) Not significant difference between groups. |
| 2 | 178 | 18.8(3.5) | 39 | NR | 19.2  Range  19.2-19.6 |  |  |  |  |  |  |  |  | 0.4 | NR |
| Heelan, 200919 | 1 | 123 | 17.80 (2.97) |  |  |  |  | 104 | 85 |  |  |  |  |  | 1.24  (1.44) | NR |
| 2 | 201 | 18.95 (3.40) |  |  |  |  | 104 | 78 |  |  |  |  |  | 1.05  (1.52) | NR |
| Resaland, 201162 | 1 | 131 | 17(2.7) |  |  |  |  | 104 | 82 | 18.0 (3.0) |  |  |  |  | 0.8 | NR |
|  | 2 | 125 | Median (SD) = 17.3, (2.7) |  |  |  |  |  | 92 | 18.1 (3.0) |  |  |  |  | 0.8 |  |
| **BMI z-score** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heelan, 200919 | 1 | 123 | NR |  |  |  |  | 104 | 85 |  | 0.03  (0.45) |  |  |  |  | NR |
| 2 | 201 | NR |  |  |  |  | 104 | 78 |  | -0.17 (1.25) |  |  |  |  | NR |
| **BMI percentile** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heelan, 200919 | 1 | 123 | 61.6 (29.1) |  |  |  |  | 104 | 85 |  |  |  |  |  | 0.58 (13.23) | NR |
| P | 201 | 67.6 (22.3) |  |  |  |  | 104 | 78 |  |  |  |  |  | -2.08 (14.5) | NR |
| **Percent Overweight/Obese** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Walther, 200958 | 1 | 73 | 10.9 | 52 | 73 | 14 |  |  |  |  |  |  |  |  | 3.1 | NR |
|  | 2 | 109 | 12.8 | 52 | 109 | 7.5 |  |  |  |  |  |  |  |  | -5.3 | NR |
| **Percent body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heelan, 200919 | 1 | 123 | 17.80  (2.97) |  |  |  |  | 104 | 85 |  |  |  |  |  | 1.24 (1.44) |  |
| 2 | 201 | 18.95  (3.40) |  |  |  |  | 104 | 78 |  |  |  |  |  | 1.05 (1.52) |  |
| Stenevi-Lundgren, 200947 | 1 | 50 | 19(7.4) | 52 | 50 |  | 1.3  (CI 0.9, 1.7) |  |  |  |  |  |  |  | 1.3  (CI 0.9, 1.7) |  |
| 2 | 53 | 19.3(9.5) | 52 | 53 |  | 3.4  (CI 2.7, 4.1) |  |  |  |  |  |  |  | 3.4  (CI 2.7, 4.1) |  |
| Valdimarsson, 200653 | 1 | 50 | 5.2(3.3) | 52 | 50 |  |  |  |  |  |  |  |  |  | 1.0 (0.9) | Mean change in fat mass P<0.001 (unadjusted) |
| 2 | 53 | 5.3(3.9) | 52 | 53 |  |  |  |  |  |  |  |  |  | 1.9 (1.5) |  |
| **Change in waist circumference cm** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Resaland, 201162 | 1 | 131 | 61.2 (6.6) |  |  |  |  | 104 | 82 | 64.9 (7.9) |  |  |  |  | 3.7 | NR |
| Resaland, 201162 | 2 | 125 | Median (SD) = 61.6, (6.5) |  |  |  |  |  | 92 | 65.2 (7.6) |  |  |  |  | 3.3 |  |
| **Weight change**  **(Kg)** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stenevi-Lundgren, 200947 | 1 | 50 | 27.4(5.5) | 52 | 50 |  | 3.2  (CI 2.9, 3.6) |  |  |  |  |  |  |  | 3.2 (CI 2.9, 3.6) | NR |
|  | 2 | 53 | 27.6(5.5) | 52 | 53 |  | 3.5 (CI 2.9, 4.2) |  |  |  |  |  |  |  | 3.5 (CI 2.9, 4.2) | P value =0.42. (unadjusted) |
| Resaland, 201162 | 1 | 131 | 32.0 (6.3) |  |  |  |  | 104 | 82 | 38.1 (8.0) |  |  |  |  | 6.1 | NR |
| Resaland, 201162 | 2 | 125 | Median (SD) =32.9, (6.6) |  |  |  |  |  | 92 | 39.1 (8.2) |  |  |  |  | 6.2 |  |

BMI = Body Mass Index; CI = Confidence Interval; Cm = Centimeter; Kg = Kilogram; NR = Not reported; P = P value; PAAC = Physical Activity across the Curriculum; SD = Standard Deviation; SDS = Standard Deviation Score