**Evidence Table 54a. Weight related outcomes for physical activity intervention studies taking place in a community only setting**

| **Author, year** | **Arm** | **Base-line N** | **Base-line mea-sure, mean (SD)** | **First follow-up time-point in weeks** | **N at first follow-up** | **First follow-up mea-sure, mean (SD)** | **Mean change from base-line (SD)** | **Second follow-up time-point in weeks** | **N Sec-ond follow-up** | **Sec-ond follow-up mea-sure, mean (SD)** | **Mean change from baseline (SD)** | **Final mea-sure time-point** | **N at final mea-sure** | **Final follow-up mea-sure, mean (SD)** | **Mean Change from base-line (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Percent body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Eiholzer, 20101 | 1 | 21 | 7.20  (3.01) | 17 | 21 |  | 0.39± 0.90 | 52 | 20 |  | 0.43± 1.40 |  |  |  |  |  |
| Eiholzer, 20101 | 2 | 25 | 7.34  (3.25) | 17 | 25 |  | 0.65 ± 0.91 | 52 | 21 |  | 0.56 ± 1.62 |  |  |  |  |  |

N = Sample Size; SD = Standard Deviation