**Evidence Table 58b. Weight related outcomes for combination diet and physical activity intervention studies taking place in a community setting with a school component, subgroups**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author, year** | **Arm** | **Sub-group** | **Base-line N** | **Base-line 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 followup 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** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Singh, 20092 | 1 | Girls | 222 | 19.5(3.4) | 34 | NR | 20.0(3.5) |  | 52 | NR | 20.3(3.4) |  | 86 | NR | 20.9(3.6) |  | b/w gp diff in change= −0.1 (−0.2 to 0.1) for 8 month f/u; b/w gp diff in change= 0.2 (−0.1 to 0.5) for 20 month f/u |
| 2 |  | 337 | 19.0(3.0) | 34 | NR | 19.5(3.1) |  | 52 | NR | 19.9(3.2) |  | 86 | NR | 20.2(2.9) |  |  |
| 1 | Boys | 254 | 19.0(2.9) | 34 | NR | 19.4(2.9) |  | 52 | NR | 19.8(3.0) |  | 86 | NR | 20.0(2.7) |  | b/w gp diff in change= −0.1 (−0.2 to 0.1) for 8 month f/u; b/w gp diff in change= 0.2 (−0.1 to 0.5) for 20 month f/u |
| 2 |  | 295 | 18.2(2.6) | 34 | NR | 18.6(2.8) |  | 52 | NR | 19.1(3.0) |  | 86 | NR | 19.4(2.9) |  |  |
| Sallis 3 | 1 |  Girls |  | Median (SD) =19.52 (0.89) | 104 |  NR | 19.73 (1.16) |  |  |  |   |   |   |   |   |  |  |
|  | 2 |   Girls |  | Median (SD) =19.76 (0.77) | 104 |  NR | 19.88 (1.16) |  |  |  |   |   |   |   |   |  |  |
| Sallis 3 | 1 |  Boys |  | 19.68 (0.63) | 104 |  NR | 20.04 (0.85) |  |  |  |   |   |   |   |   |  |  |
|  | 2 |   Boys |  | 20.12 (0.98) | 104 |  NR | 19.84 (0.61) |  |  |  |   |   |   |   |   |  |  |
|  **Sum of skinfold in mm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Singh, 20092 | 1 | Girls | 222 | 55.1(27.0) | 34 | NR | 56.0(26.8) |  | 52 | NR | 54.6(22.4) |  | 86 | NR | 68.7(28.7) |  | b/w gp diff in change= -2.3CI: -4.3 to -0.3 for 8 month f/u; b/w gp diff in change= −2.0 (−3.9 to −0.1) for 20 month f/u |
| 2 |  | 337 | 53.1(23.0) | 34 | NR | 53.3(24.8) |  | 52 | nNR | 52.0(20.7) |  | 86 | NR | 64.2(21.9) |  |  |
| 1 | Boys | 254 | 41.5(20.5) | 34 | NR | 41.1(21.8) |  | 52 | NR | 40.5(21.9) |  | 86 | NR | 43.7(22.0) |  | b/w gp diff in change= −1.0 (−2.4 to 0.5) for 8 month f/u; b/w gp diff in change= −1.1 (−4.4 to 0.2) for 20 month f/u |
| 2 |  | 295 | 38.9(18.5) | 34 | NR | 38.0(20.5) |  | 52 | NR | 38.4(22.4) |  | 86 | NR | 41.9(22.4) |  |  |
| **Waist circumference (cm)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Singh, 20092 | 1 | Girls | 222 | 67.2(8.0) | 34 | NR | 68.9(8.1) |  | 52 | NR | 68.7(8.0) |  | 86 | NR | 70.4(8.4) |  | b/w gp diff in change= −0.4 (−0.8 to 0.2) for 8 month f/u; b/w gp diff in change= 0.9 (−1.1 to 0.6) for 20 month f/u |
| 2 |  | 337 | 65.7(6.8) | 34 | NR | 67.0(6.8) |  | 52 | NR | 67.3(7.3) |  | 86 | NR | 68.1(6.8) |  |  |
| 1 | Boys | 254 | 68.0(7.5) | 34 | NR | 68.9(7.2) |  | 52 | NR | 69.7(7.5) |  | 86 | NR | 72.8(8.1) |  | b/w gp diff in change= −0.6 (−1.1 to −0.1) for 8 month f/u; b/w gp diff in change= 1.1 (0.1 to 2.0) for 20 month f/u |
| 2 |  | 295 | 66.1(7.0) | 34 | NR | 66.9(6.8) |  | 52 | NR | 68.3(7.7) |  | 86 | NR | 71.9(7.6) |  |  |

b/w = between; BMI = Body Mass Index; diff = differences; f/u = follow-up; gp = group; kg/m2 = kilogram per meter squared; N = Sample Size; NR = Not Reported; SD = Standard Deviation