**Evidence Table 11b. Weight related outcomes for physical activity intervention studies taking place in a school setting with a home component, subgroups**

| **Author, year** | **Arm** | **Sub-group** | **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 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 change** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | Initially- Non overweight students |  | 17.33 CI:17.02 to 17.63 | 43 |  | 17.84 CI:17.53 to 18.14 | -0.04 (-0.16; 0.08) p=.50 | 95 |  | 18.71 CI:18.40 to 19.01 | -0.18 (-0.36; -0.01) p=.03 | 199 |  | 20.16 CI:19.86 to 20.46 | -0.33 (-57; -0.08) p<.0.01 |  |
| 2 |  |  | 17.20 CI:16.89 to17.52 | 43 |  | 17.67 CI:17.36 to 17.98 |  | 95 |  | 18.40 CI:18.09 to 18.71 |  | 199 |  | 19.71 CI:19.41 to 20.02 |  |  |
| 1 | Initially Overweight students. |  | 23.94 CI:23.25 to 24.63 | 43 |  | 24.51 CI:23.80 to 25.21 | 0.13(-0.25; 0.51) p=0.51 | 95 |  | 25.57 CI:24.87 to 26.27 | -0.40 (-0.94; 0.13) p=0.13 | 199 |  | 26.33 CI:25.60 to 27.05 | 0.20(-0.58 ;0.98) p=0.62 |  |
| 2 |  |  | 23.82 CI:23.12 to 24.52 | 43 |  | 24.51 CI:23.81 to 25.21 |  | 95 |  | 25.04 CI:24.34 to 25.75 |  | 199 |  | 26.40 CI:25.67 to 27.13 |  |  |
| **Fat mass index** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | Initially overweight participants |  | 7.04 CI:6.60 to 7.49 | 43 |  | 6.91 CI:6.46 to 7.36 | -0.03 (-0.37; 0.30 ) p=.84 | 95 |  | 7.52 CI:7.06 to 7.97 | -0.23 (-0.70; 0.23) p=0.33 | 199 |  | 7.39 CI:6.90 to 7.89 | 0.37 (-0.32; 1.05) p=0.29 |  |
| 2 |  |  | 6.83 CI:6.41 to 7.24  | 43 |  | 6.83 CI:6.41 to 7.24 |  | 95 |  | 7.06 CI:6.65 to 7.48 |  | 199 |  | 7.54 CI:7.10 to 7.98 |  |  |
| 1 | Initially- Non overweight students. |  | 2.70 CI:2.44 to 2.97 | 43 |  | 2.74 CI:2.48 to 3.00 | -0.08 (-0.17; 0.02) p=0.12 | 95 |  | 3.20 CI:2.94 to 3.46 | -0.19 (-0.32; -0.05) p<0.01 | 199 |  | 3.74CI:3.48 to 3.99 | -0.20 (-0.39; -0.01) p<0.05 |  |
| Simon, 200822 | 2 |  |  | 2.65 CI:2.39 to 2.92 | 43 |  | 2.61 CI:2.35 to 2.88 |  | 95 |  | 2.96 CI:2.70 to 3.23 |  | 199 |  | 3.49 CI:3.23 to 3.75 |  |  |
| **Fat free mass index** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | Initially overweight participants |  | 16.85 CI:16.65 to 17.13  | 43 |  | 17.54 CI:17.24 to 17.83 | 0.16 (-0.08; 0.40) p=0.84 | 95 |  | 17.97 CI:17.68 to 18.26 | -0.13 (-0.45; 0.20) p=0.45 | 199 |  | 18.70 CI:18.38 to 19.01 | 0.02 (-0.44; 0.48) p=0.92 |  |
| 2 |  |  | 17.03 CI:16.74 to 17.32 | 43 |  | 17.88 CI:17.59 to 18.18 |  | 95 |  | 18.03 CI:17.73 to 18.32 |  | 199 |  | 18.90 CI:18.59 to 19.22 |  |  |
| 1 | Initially non-overweight |  | 14.62 CI:14.42 to 14.83 | 43 |  | 15.09 CI:14.89 to 15.29 | 0.04 (-0.04; 0.12) p=0.36 | 95 |  | 15.51 CI:15.31 to 15.71 | 0.00 (-0.11; 0.11) p=.95 | 199 |  | 16.42 CI:16.23 to 16.62  | -0.12 (-0.28; 0.04) p=0.14 |  |
| 2 |  |  | 14.55 CI:14.35 to 14.76 | 43 |  | 15.06 CI:14.85 to 15.26 |  | 95 |  | 15.44 CI:15.23 to 15.64 |  | 199 |  | 16.23 CI:16.03 to 16.44 |  |  |
| **% Body fat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Simon, 200822 | 1 | InitiallyNon over-weight students. |  | 15.08 CI:14.01 to 16.15 | 43 |  | 14.83 CI:13.77 to 15.89 | -0.38 (-0.80; 0.04) p=0.07 | 95 |  | 16.45 CI:15.39 to 17.51 | -0.75 (-1.34; -0.16) p<0.01 | 199 |  | 17.88 CI:16.83 to 18.93 | -0.20 (-0.39; -0.01) p < 0.05 |  |
| 2 |  |  | 14.87 CI:13.79 to 15.94 | 43 |  | 14.24 CI:13.16 to 15.31 |  | 95 |  | 15.49 CI:14.41 to 16.56 |  | 199 |  | 17.12 CI:16.06 to 18.18 |  |  |
| 1 | Initially Overweight students. |  | 28.95 CI:27.71 to 30.20 | 43 |  | 27.80 CI:26.52 to 29.08 | -0.35 (-1.35; 0.65) p=0.49 | 95 |  | 28.73 CI:27.45 to 30.00 | -0.46 (-1.84; 0.91) p=0.51 | 199 |  | 27.12 CI:25.74 to 28.49 | 1.33 (-0.61; 3.28) p=0.18 |  |
| 2 |  |  | 28.15 CI:26.89 to 29.40 | 43 |  | 26.64 CI:25.37 to 27.91 |  | 95 |  | 27.46 CI:26.17 to 28.74 |  | 199 |  | 27.64 CI:26.27 to 29.01 |  |  |

CI = Confidence Interval; N = Sample Size; SD = Standard Deviation