**Evidence Table 33a. Weight related outcomes for combined diet and physical activity intervention studies taking place in a home only setting**

| **Bibliography** | **Arm** | **Baseline N** | **Baseline measure, mean (SD)** | **First followup timepoint in weeks** | **N at first followup** | **First followup measure, mean (SD)** | **Mean change from baseline (SD)** | **Second followup timepoint in weeks** | **N Second followup** | **Second followup measure, mean (SD)** | **Mean change from baseline (SD)** | **Final measure timepoint** | **N at final measure** | **Final followup measure, mean (SD)** | **Mean Change from baseline (SD)** | **Measure of association** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Prevalence of overweight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Epstein, 20011 | 2 | 13 | 7.2 (6.0) | 52 weeks |  |  | -1.10 (5.29) |  |  |  |  |  |  |  |  | p>0.05 |
| Epstein, 20011 | 3 | 13 | 6.5 (8.0) | 52 weeks |  |  | -2.40 (5.39) |  |  |  |  |  |  |  |  |  |
| Prevalence of obesity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fitzgibbon,20124 | 1 | 74 | 15% |  |  |  |  | 52 |  |  |  |  |  |  |  |  |
| Fitzgibbon,20124 | 2 | 72 | 28% |  |  |  |  | 52 |  |  |  |  |  |  |  | Baseline prevalence obesity for overall sample was 21%. At 52 week followup :15% |
| BMI-kg/m^2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fitzgibbon,20124 | 1 | 74 | mean (SD) = 16.9(2.0) ; | 14 | 72 | 16.9  (2.2) | 0.09  (0.05) | 52 | 67 | 16.2  (2.3) | -0.68 (0.10) |  |  |  |  |  |
| Fitzgibbon,20124 | 2 | 72 | mean (SD) =17.0, (1.9); | 14 | 71 | 17.2  (2.3) | 0.16  (0.05) | 52 | 61 | 16.4  (2.5) | -0.51 (0.11) |  |  |  |  | Unadjusted between group difference at 14 weeks: 0.07 (95% CI: -0.23 to 0.38); p>0.05 Adjusted between group difference at 14 weeks:  -0.04(95% CI: -0.13 to 0.05)p>0.05 Unadjusted between group difference at 52 weeks: 0.17(95% CI:-0.45 to 0.80)p>0.05  Adjusted between group difference at 52 week followup = 0.22 (95% CI 0.02-0.41); p-value <0.05 |
| BMI-z-score |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| French, 20113 | 1 | NR | mean (SD) = 0.76 | 52 |  | mean (SD) = 0.67 |  |  |  |  |  |  |  |  |  |  |
| French, 20113 | 2 | NR | mean (SD)= 0.71 | 52 |  | mean (SD) = 0.69 |  |  |  |  |  |  |  |  |  | Intervention effect on BMI z-score  0.0638; se=0.10;  p-value = 0.53 |
| Fitzgibbon,20124 | 1 | 74 | mean (SD) = 0.83  (0.97) | 14 | 72 |  | 0.03  (0.01) | 52 | 67 |  | -0.54 (0.05) |  |  |  |  |  |
| Fitzgibbon,20124 | 2 | 72 | mean  (SD) =0.96, (1.07) | 14 | 71 |  | 0.00  (0.01) |  |  |  | -0.51 (0.05) |  |  |  |  | Adjusted between group difference in BMI z-score at 14 weeks:  -0.03(95% CI: -0.13 to 0.06)  p>-0.05;  Adjusted between group difference in BMI z-score at 52 week followup=  0.07 (95% CI  -0.03 to 0.17) p>0.05 |
| Weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fitzgibbon,20124 | 1 | 74 | mean (SD) = 19.1  (3.4) | 14 | 72 |  | 1.13  (0.22) | 52 | 67 |  | 3.04 (0.18) |  |  |  |  |  |
| Fitzgibbon,20124 | 2 | 72 | median (SD) =19.2  (3.3) | 14 | 71 |  | 1.66  (0.22) | 52 | 61 |  | 3.61 (0.19) |  |  |  |  | Adjusted change in weight at 14 weeks: 0.53(95% CI: -0.83 to 1.89);   Adjusted change in weight at 52 week followup = 0.57 (95% CI -0.55,1.68); p=>/=0.05 |