**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>0.05Adjusted 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 |