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

| **Author, Year** | Outcome | Arm | Baseline N | Baseline measure, mean (SD) | **Final** measure time point | N at **final** measure | **Final** follow up measure, mean (SD) | Mean Change from baseline (SD) | Measure of association | Notes |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| French, 20113 | Moderate to vigorous Physical activity (minutes/day) | 1 |  | 140.16 | 52 |  | 102.07 |  |  |  |
|  |  | 2 |  | 118.35 | 52 |  | 123.56 |  | Estimate of intervention effect: 24.375(28.38) P=0.39 |  |
| French, 20113 | Television viewing (hours per day) | 1 |  | 2.71 | 52 |  | 1.93 |  |  |  |
|  |  | 2 |  | 2.89 | 52 |  | 2.08 |  | Estimate of intervention effect: 0.1105(0.40) p=0.79 |  |
| Fitzgibbon,20124 | Moderate to vigorous Physical activity (minutes/day) | 1 | 28 | 98.8(38.7) | 14 | 23 | 100.9(7.0) |  |  |  |
|  |  | 2 | 42 | 90.6(24.9) | 14 | 23 | 109.9(7.5) |  | Between group difference at 14 weeks: 9.02 (95%CI -35.1 to 53.2) | PA measured only at post -intervention period.  |
| Fitzgibbon,20124 | Screen time (hours per day) | 1 | 64 | 3.0(1.6) | 52 |  | 3.4(0.5) |  | Between group difference at 14 weeks: 0.26(95% CI: -0.58 to 1.10) | Screen time was similar between groups at post intervention and 52 week followup. |
|  |  | 2 | 60 | 3.2(1.7) | 52 |  | 3.3(0.5) |  |  |  |
| Epstein, 20011 | Fruit and Vegetable Intake: servings per day | 2 | 13 | 2.8(1.5) | 52 | 13 | 3.52 | 0.72(1.11) |  |  |
|  |  | 3 | 13 | 3.2(1.6) | 52 | 13 | 2.65 | -0.55(1.31) | P-value 0.12 |  |
| French, 20113 | Fruit and Vegetable Intake (portions per day)  | 1 |  | 1.78 | 52 |  | 1.50 |  |  |  |
|  |  | 2 |  | 1.85 | 52 |  | 2.05 |  | Estimate of intervention effect: 0.4658 (0.23), p = 0.05  |  |
| French, 20113 | Sugar beverages (portions per day) | 1 |  | 0.60 | 52 |  | 0.64 |  |  |  |
|  |  | 2 |  | 0.46 | 52 |  | 0.53 |  | Estimate of intervention effect: -0.0071 (0.16)P=0.96 |  |
| Fitzgibbon,20124 | Energy intake (Kcal) | 1 | 58 | 1336(481) | 52 |  | 1339(12) |  |  |  |
|  |  | 2 | 55 | 1340(481) | 52 |  | 1313(12) |  | Between group difference at 14 weeks: -26.3(95% CI -96.0 to 43.5) | Outcome measurements provided at 14 week (post-intervention) time point only. No statistically significant difference between groups at 14 or 52 week followup. |
| Fitzgibbon,20124 | Fruit Intake: (servings per day) | 1 | 58 | 1.1(1.2) | 52 |  | 1.1(0.1) |  |  |  |
|  |  | 2 | 55 | 0.7(0.9) | 52 |  | 1.3(0.1) |  | Between group difference at 14 weeks: 0.28(95%CI -0.36 to 0.92) | Outcome measurements provided at 14 week (post-intervention) time point only. No statistically significant difference between groups at 14 or 52 week followup. |
| Fitzgibbon,20124 | Vegetable Intake: servings per day | 1 | 58 | 1.1(0.9) | 52 |  | 1.3(0.2) |  |  |  |
|  |  | 2 | 55 | 1.4(1.5) | 52 |  | 1.1(0.2) |  | Between group difference at 14 weeks: -0.18(95%CI -1.35 to 0.99) | Outcome measurements provided at 14 week (post-intervention) time point only. No statistically significant difference between groups at 14 or 52 week followup. |