**Table 5a. BMI outcomes among intervention studies among adults in the general population**

| **Author,**  **Year** | **Group** | **Outcome defined** | **Baseline N** | **Baseline BMI, mean** | **N at 12 months** | **BMI, 12 months, mean** | **Change from BL** | **Final measure (months)** | **N at final measure** | **BMI, final measure, mean** | **Change from BL** | **Test for trend** | **Variables adjusted for** | **Measure of association** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dietary** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Howard, 20061 | 1 | BMI (kg/m2) | 29164 | 29.1  SD : 5.9 |  |  |  | 84 | 24943 | Mean : 29.2  SD : 5.9  Mean change : 0.3  SD Mean change: 3.1 |  | There was a significant difference (p<0.001) in the BMI values for Arm 2 (n = 16230) from baseline to a mean follow-up of 90 months  For mean change (follow-up – baseline), there was a significant difference (p<0.001) between Arm 1 (n = 24943) and Arm 2 (n = 16230)  All data were adjusted for energy intake |  | Difference in change between Group 2 and 1  Mean 0.3  SE 0.03 | The last reported time-point is a mean follow-up of 7.5 years |
|  | 2 |  | 19457 | 29.1  SD : 5.9 |  |  |  | 84 | 16230 | Mean : 29.0  SD : 6.1  Mean change : 0.03  SD Mean change: 3.2 |  |  |  |  |  |
| **Physical Activity** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 | 1 | BMI (kg/m2) | 82 | 29.4  SD : 0.4 | N: 67 | 0.85  SE : 0.86 |  | 24 | N : 63  Check if this is the last time-point reported | Mean : 2.32  SE : 0.86 |  | % change, not mean change p for change over time between groups p=0.74 |  |  |  |
|  | 2 |  | 82 | 29.4  SD : 0.4 | N : 71 | 1.07  SE : 0.81 |  |  | N : 70  check if this is the last reported time-point | Mean : 1.92  SE : 0.81 |  |  |  |  |  |
| Petrella, 20033 | 1 |  | 110 | 27.9  SD : 1.1 | N : 110  Check if this is the last time-point reported | 27.3  SD : 0.9 |  |  |  |  |  | Condition x time interaction p=0.39 for 3 groups. Also no differences post-intervention and 1yr fup between 3 groups for condition x time p=0.57  Non-stat sig trend for women randomized to clinic to have decrease in BMI during 2yr intervention compared to correspondence or control p=0.10 |  |  | Intervention had no effect on weight over time. |
|  | 2 |  | 131 | 28.2  SD : 0.8 | N : 131  Check if this is the last reported time-point | 26.1  SD : 1.2 |  |  |  |  |  |  |  |  |  |
| Lamb, 20024 | 1 | BMI (kg/m2) |  |  |  |  |  |  |  |  |  | This is ITT. They imputed last value carried forward for those missing BMI. As-treated analysis also provided (not abstracted). | Age  Sex  Other : Baseline moderate physical activity, aerobic capacity |  |  |
|  | 2 |  | 129 | 26.4  SD : 4.02 | N : 93  Check if this is the last reported time-point | 26.3  SD : 3.97  Mean change : -0.01 |  |  |  |  |  |  |  | N: 131 |  |
|  | 3 |  | 131 | 25.8  SD : 3.91 | N : 95  Check if this is the last reported time-point | 25.8  SD : 3.94  Mean change : -0.002 |  |  |  |  |  |  |  | N: 129  -0.009 (95%CI, -0.39 to 0.194)  Comparison Arm1 and Arm3 |  |
| Muscari, 20105 | 1 | BMI (kg/m2) | 60 |  | N : 56  check if this is the last timepoint reported |  |  |  |  |  |  | No value was reported in this article, the result section on page 1061 only states no significant changes were detected concerning BMI in either group. |  |  |  |
|  | 2 |  | 60 |  | N : 53  check if this is the last reported time-point |  |  |  |  |  |  |  |  |  |  |
| Schmitz, 20072 | 1 | % BMI change from baseline |  |  | N : 67 | 0.85  SD : 0.86 |  | 24 | N : 63  Check if this is the last time-point reported | Mean : 2.32  SD : 0.86 |  |  | Other : Adjusted for ethnicity and physical activity at baseline, and for kilocalorie intake and marital status at baseline and 2 yrs | N (12 mo): 63  P=0.74  N (24 mo): 70  P= 0.74 |  |
|  | 2 |  |  |  | N : 71 | 1.07  SD : 0.81 |  |  | N : 70  check if this is the last reported time-point | Mean : 1.92  SD : 0.81 |  |  |  |  |  |
| Petrella, 20033 | 1 | BMI change (define) | 110 | 27.9  SD : 1.1 | N: 110  check if this is the last time-point reported | 27.3  SD : 0.9 |  |  |  |  |  | Unclear if STEP 12 month outcome is correct. Number looks like -2.226.1  7.4% reduction in BMI (p 0.05in table p<0.05 in text) were observed in the STEP group compared to the control group at 12 months from adjusted repeated measures analysis. Unclear what adjusted for. | Other : Not reported but says adjusted |  |  |
|  | 2 |  | 131 | 28.2  SD : 0.8 | N : 131  Check if this is the last reported time-point | 26.1  SD : 1.2 |  |  |  |  |  |  |  |  |  |
| **Combination interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| French, 20116 | 1 | BMI (kg/m2) | 45 house-holds | 29.64 | N : 44 HH | 29.88 |  |  |  |  |  | Means are adjusted for individual gender, smoking status, age, and HH configuration, income, education, and race of main HH adult contact person.  BMI reported on individual level taking into account clustering within household. | Age  Sex  Race/ethnicity  Baseline BMI  Other : Smoking status, household configuration, income, education | BMI “intervention effect”  SE: 0.25  p = 0.48 | BMI reported for adults only. Don’t know exact N. |
|  | 2 |  | 45 house-holds | 28.81 | N : 43 HH  Check if this is the last reported time-point | 28.78 |  |  |  |  |  |  |  |  |  |
| Levine, 20077 | 1 | BMI (kg/m2) | 93 | 25.0  SD : 2.3 |  |  |  |  |  |  |  | Condition x time interaction p=0.39 for 3 groups. Also no differences post-intervention and 1yr fup between 3 groups for condition x time p=0.57  Non-stat sig trend for women randomized to clinic to have decrease in BMI during 2yr intervention compared to correspondence or control p=0.10 |  |  | Intervention had no effect on weight over time. |
|  | 2 |  | 97 | 25.1  SD : 2.3 |  |  |  |  |  |  |  |  |  |  |  |
|  | 3 |  | 94 | 25.1  SD : 2.4 |  |  |  |  |  |  |  |  |  |  |  |
| Burke, 20038 | 1 | BMI change (define) | 43 |  | N : 31  Check if this is the last timepoint reported | Mean change : 0.4 |  |  |  |  |  | At follow-up, BMI increased in all groups with a trend to a smaller increase in the high-level group, but these differences were not significant(P=.28). Changes in BMI also showed no significant between-group differences when men and women were considered separately. Baseline BMI only reported by sex within each category. Adjusted for age, sex, ccounting for correlation within couples |  |  |  |
|  | 2 |  | 47 |  | N : 20  Check if this is the last reported time-point | Mean change : 0.5 |  |  |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | N : 27  Check if this is the last reported time-point | Mean change : 0.2 |  |  |  |  |  |  |  |  |  |

BMI = Body Mass Index; HH; ITT = ; Kg/m2 = kilogram per meter squared; N = Sample Size; SD = Standard Deviation; SE = Standard Error

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