Figure 1 Logic model

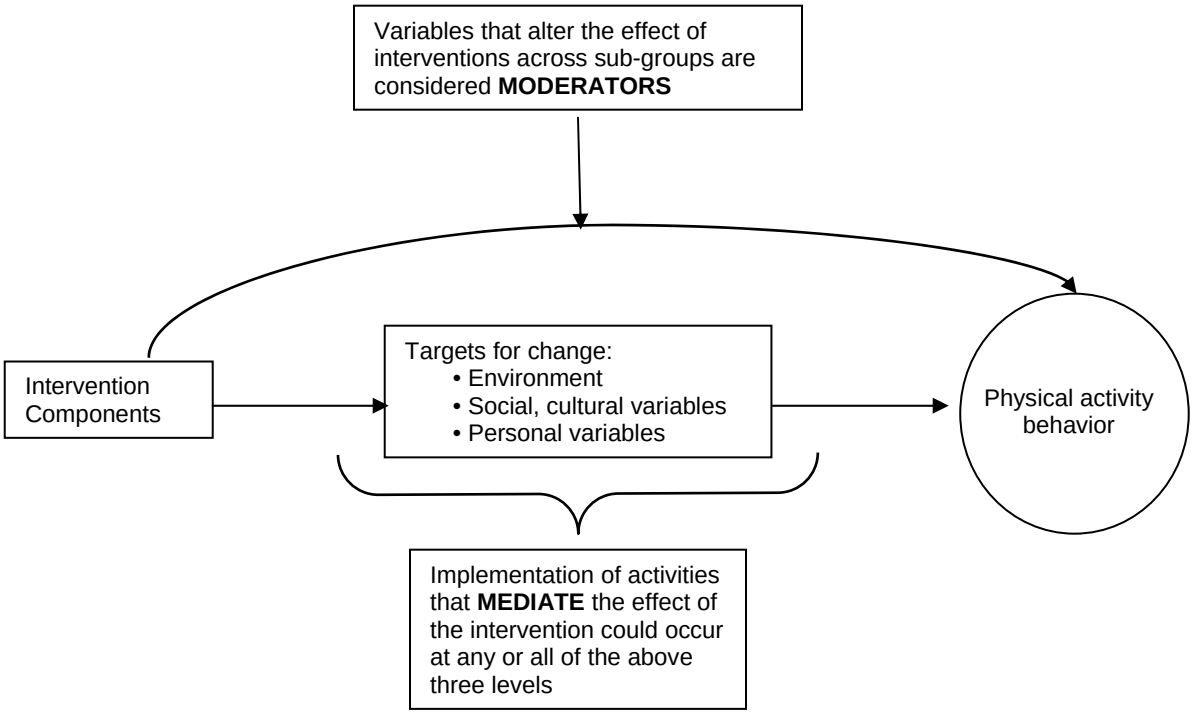
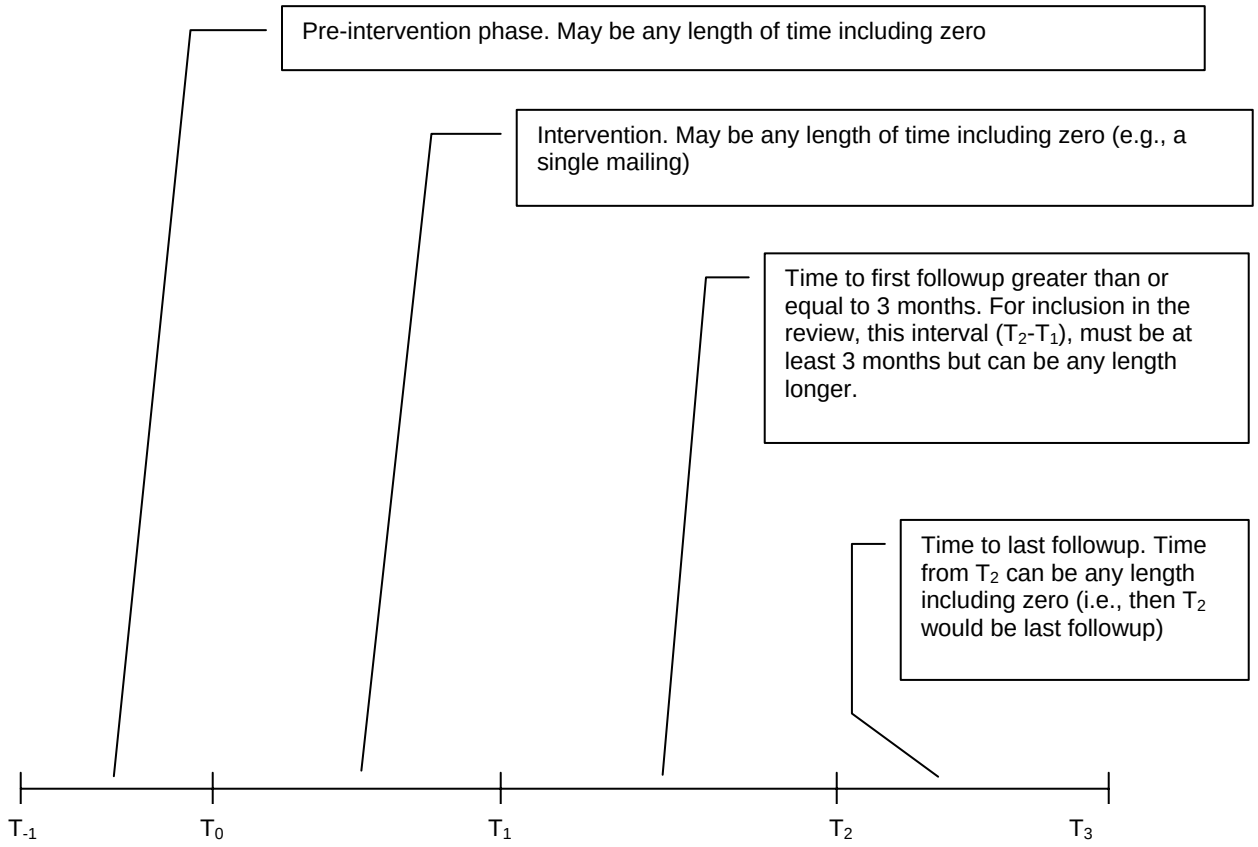


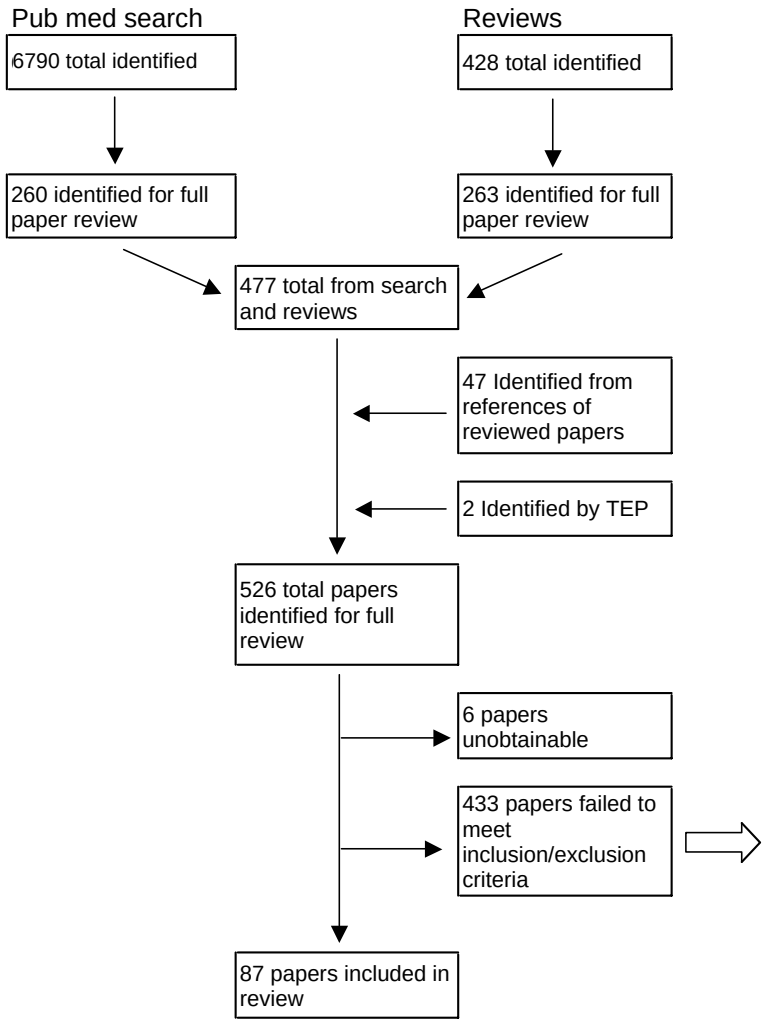
Figure 2. Definition of time points in reviewed studies



T_1-T_0: The length of time of the intervention. For the purpose of the review, the intervention is over when specific contact (except for outcomes measurement) with the subjects ends. This may or may not have been the definition of the end of the intervention by the study authors.

T_2-T_1 and T_3-T_1: These are the followup intervals. This is referred to as time to followup in the review. This may or may not have been how the individual study authors defined the time to followup.

Figure 3. Identification and disposition of references for general population



Reason for exclusion	Number	Percent
Non english language	1	0.2%
Abstract only	2	0.5%
No behavioral intervention or policy change	40	9.2%
No physical activity or fitness outcome	46	10.6%
No concurrent control group	44	10.2%
Fewer than 75 subjects total	75	17.3%
Less than 3 months between end of intervention and follow-up	219	50.6%
Targeted subjects with acute disease	2	0.5%
Targeted subjects with vascular disease	2	0.5%
Targeted subjects with osteoarthritis	2	0.5%

Figure 4. Time between end of intervention and last followup

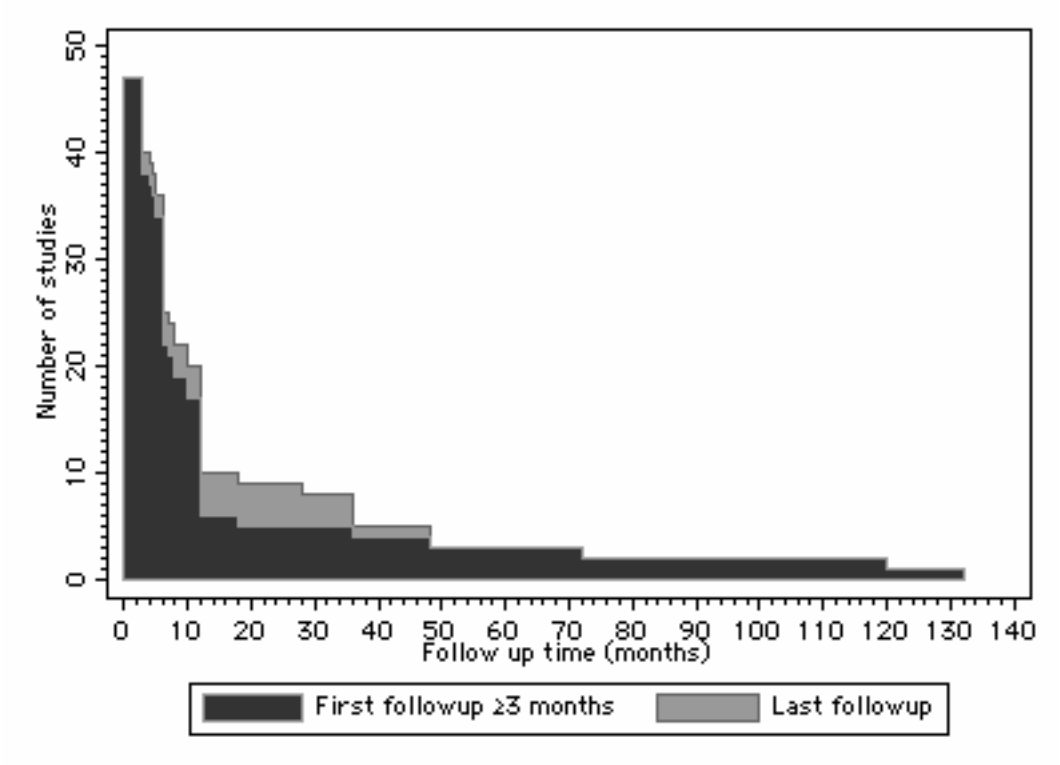
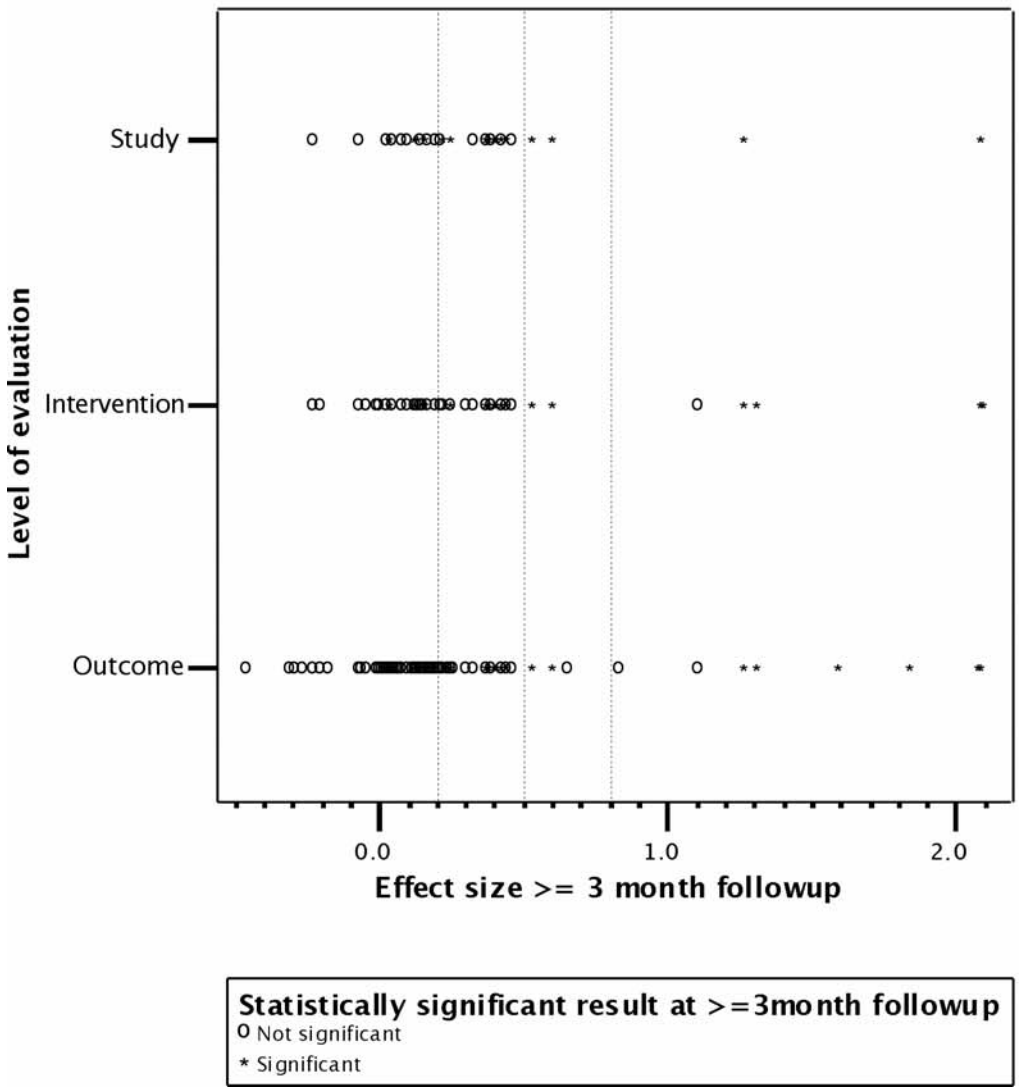


Figure 5. Effect size at last followup within each level of analysis



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
Study	14 (41%)	16 (47%)	2 (6%)	2 (6%)	13
Intervention	21 (42%)	22 (44%)	2 (4%)	5 (10%)	22
Outcome	58 (57%)	33 (32%)	3 (3%)	8 (8%)	64

Figure 6. Effect size by measure type for all outcomes

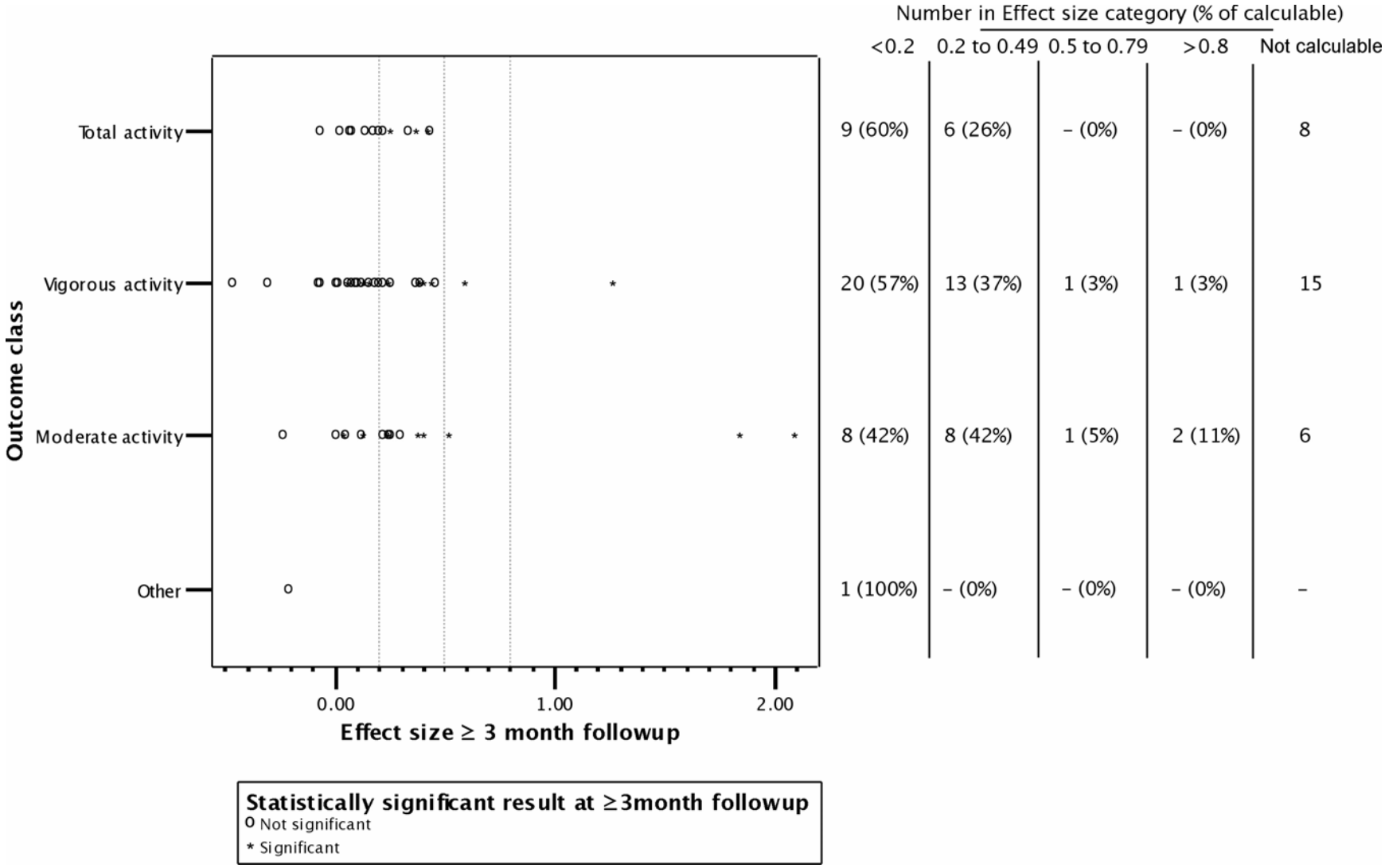
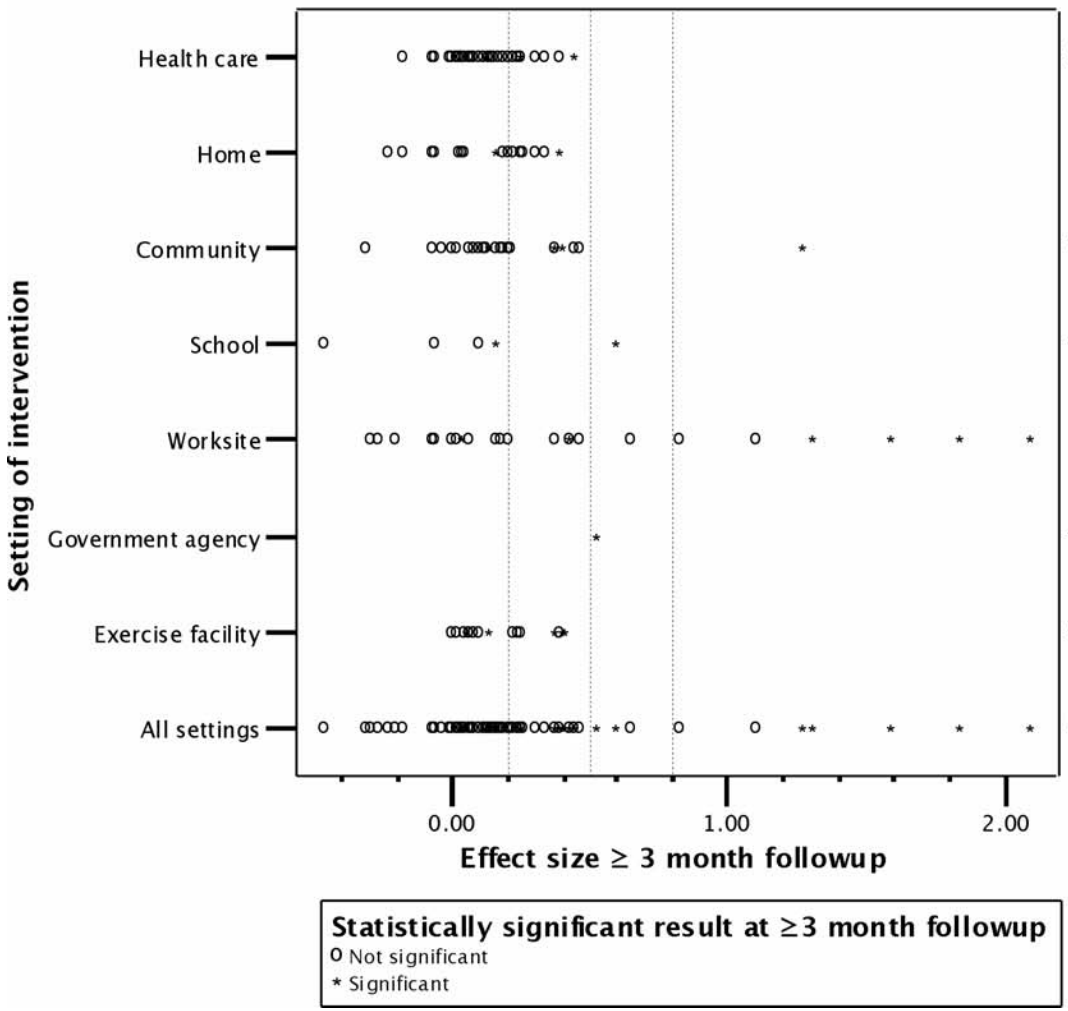


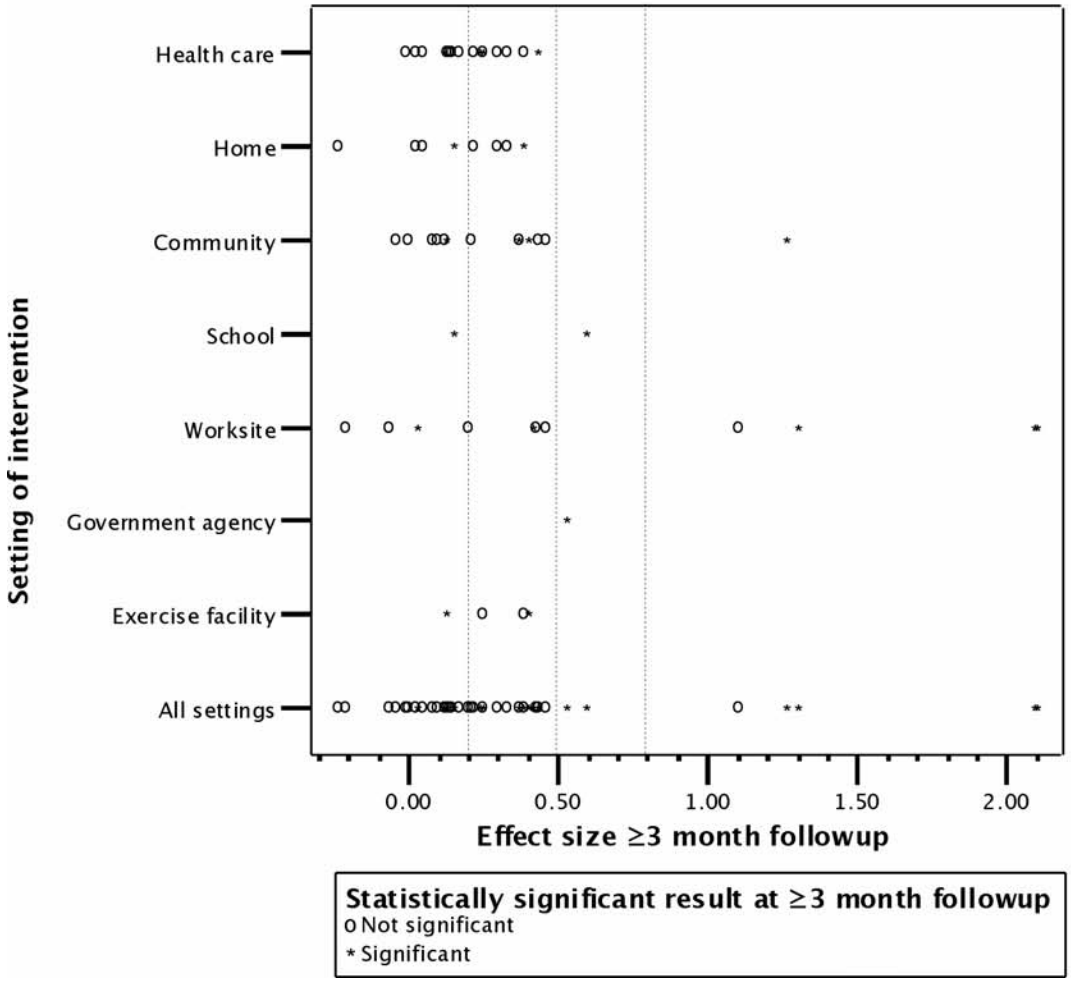
Figure 7. Effect size by intervention setting for all outcomes



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
Health care	26 (59%)	18 (41%)	– (0%)	– (0%)	10
Home	11 (61%)	7 (39%)	– (0%)	– (0%)	4
Community	20 (67%)	9 (30%)	– (0%)	1 (3%)	8
School	4 (80%)	– (0%)	1 (20%)	– (0%)	34
Worksite	13 (52%)	4 (16%)	1 (4%)	7 (28%)	11
Government agency	– (0%)	– (0%)	1 (100%)	– (0%)	2
Exercise facility	8 (47%)	9 (53%)	– (0%)	– (0%)	0
All settings	58 (57%)	33 (32%)	3 (3%)	8 (8%)	64†

†Effect size not calculable for one outcome in religious institution and one outcome in child care center.

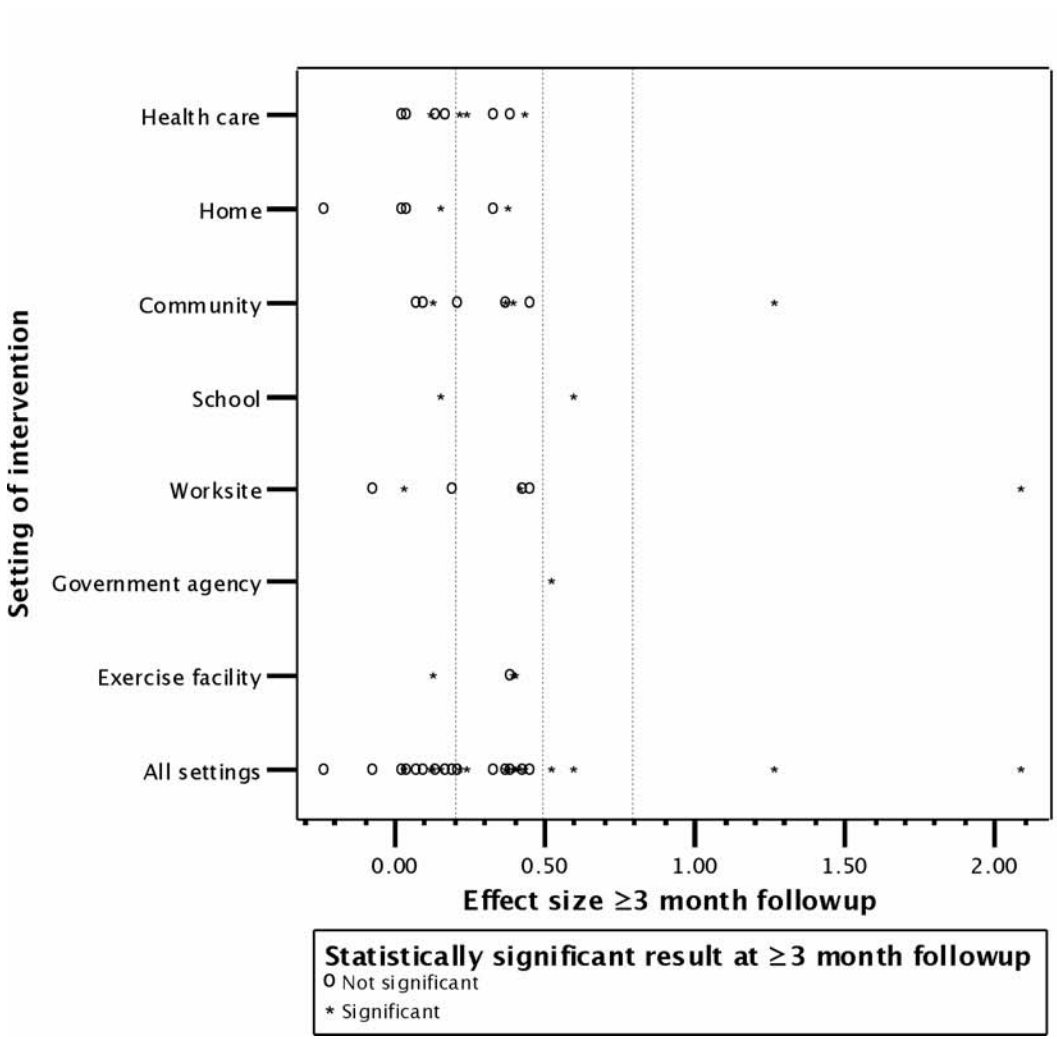
Figure 8. Effect size by intervention setting for all interventions



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
Health care	9 (43%)	12 (57%)	– (0%)	– (0%)	3
Home	4 (50%)	4 (50%)	– (0%)	– (0%)	4
Community	6 (42%)	6 (42%)	– (0%)	1 (8%)	4
School	1 (50%)	– (0%)	1 (50%)	– (0%)	6
Worksite	4 (36%)	3 (27%)	– (0%)	4 (36%)	9
Government agency	– (0%)	– (0%)	1 (100%)	– (0%)	1
Exercise facility	1 (14%)	6 (86%)	– (0%)	– (0%)	0
All settings	21 (42%)	22 (44%)	2 (4%)	5 (10%)	22†

†Effect size not calculable for one intervention in religious institution and one intervention in child care center.

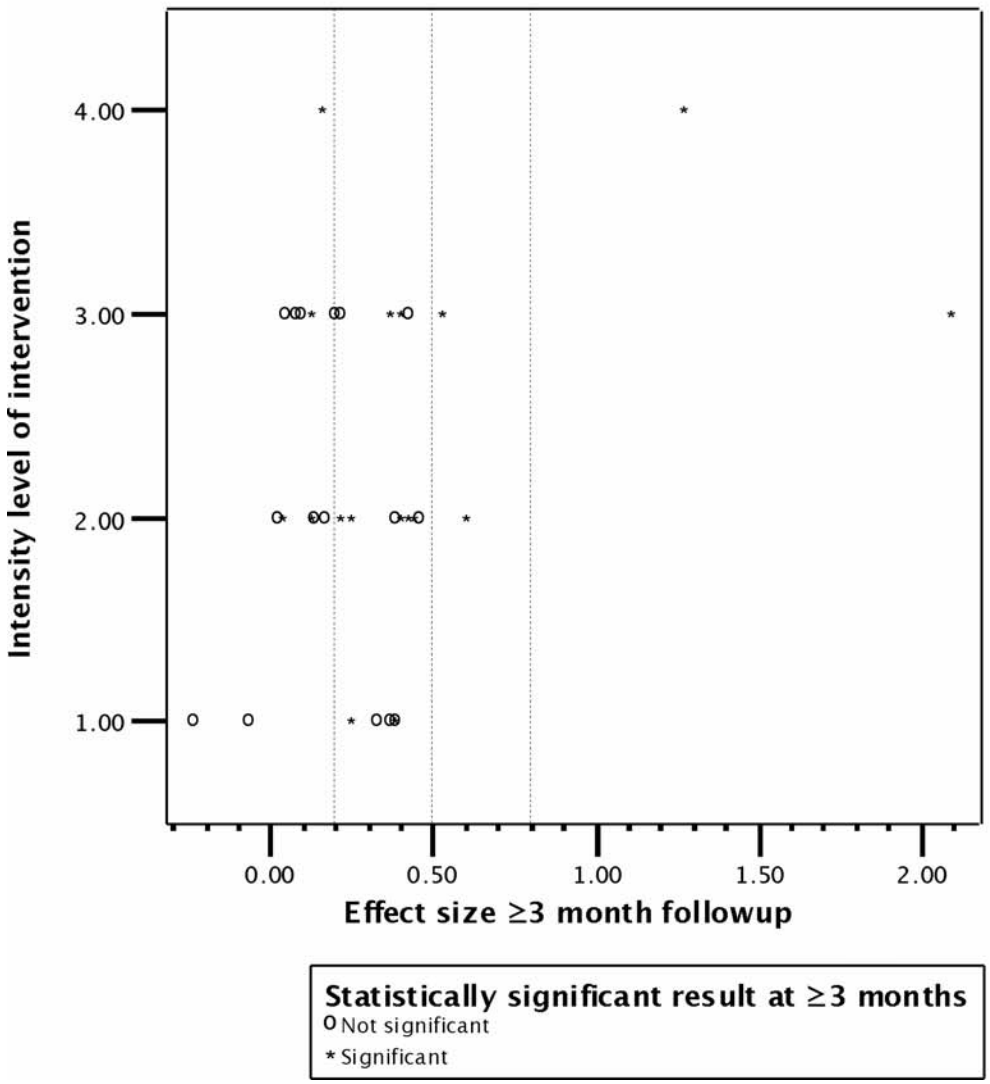
Figure 9. Effect size by intervention setting for all studies



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
Health care	6 (46%)	7 (54%)	– (0%)	– (0%)	1
Home	4 (67%)	2 (33%)	– (0%)	– (0%)	1
Community	3 (33%)	5 (56%)	– (0%)	1 (11%)	3
School	1 (50%)	– (0%)	1 (50%)	– (0%)	5
Worksite	3 (43%)	3 (43%)	– (0%)	1 (14%)	6
Government agency	– (0%)	– (0%)	1 (100%)	– (0%)	1
Exercise facility	1 (25%)	3 (75%)	– (0%)	– (0%)	0
All settings	14 (41%)	16 (47%)	2 (6%)	2 (6%)	13†

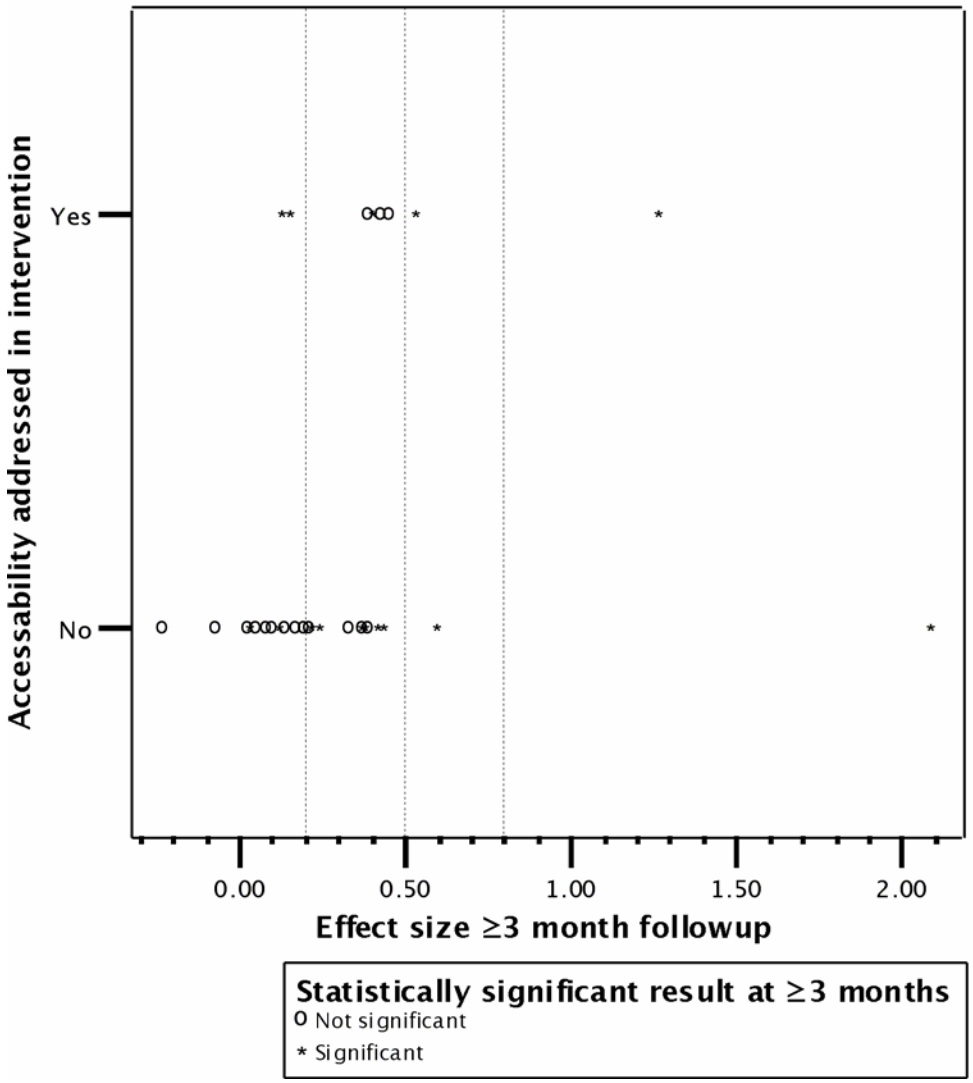
†Effect size not calculable for one intervention in religious institution and one intervention in child care center.

Figure 10. Effect size by intensity level for all studies



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
4.00	1 (50%)	– (0%)	– (0%)	1 (50%)	2
3.00	5 (46%)	4 (36%)	1 (9%)	1 (9%)	4
2.00	6 (43%)	7 (50%)	1 (7%)	– (0%)	4
1.00	2 (29%)	5 (71%)	– (0%)	– (0%)	3

Figure 11. Effect size for studies at last followup by whether study addressed accessibility to exercise opportunities



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
Yes	2 (22%)	5 (56%)	1 (11%)	1 (11%)	4
No	12 (48%)	11 (44%)	1 (4%)	1 (4%)	9

Figure 12. Effect size for studies at last followup by whether study included smoking cessation or diet

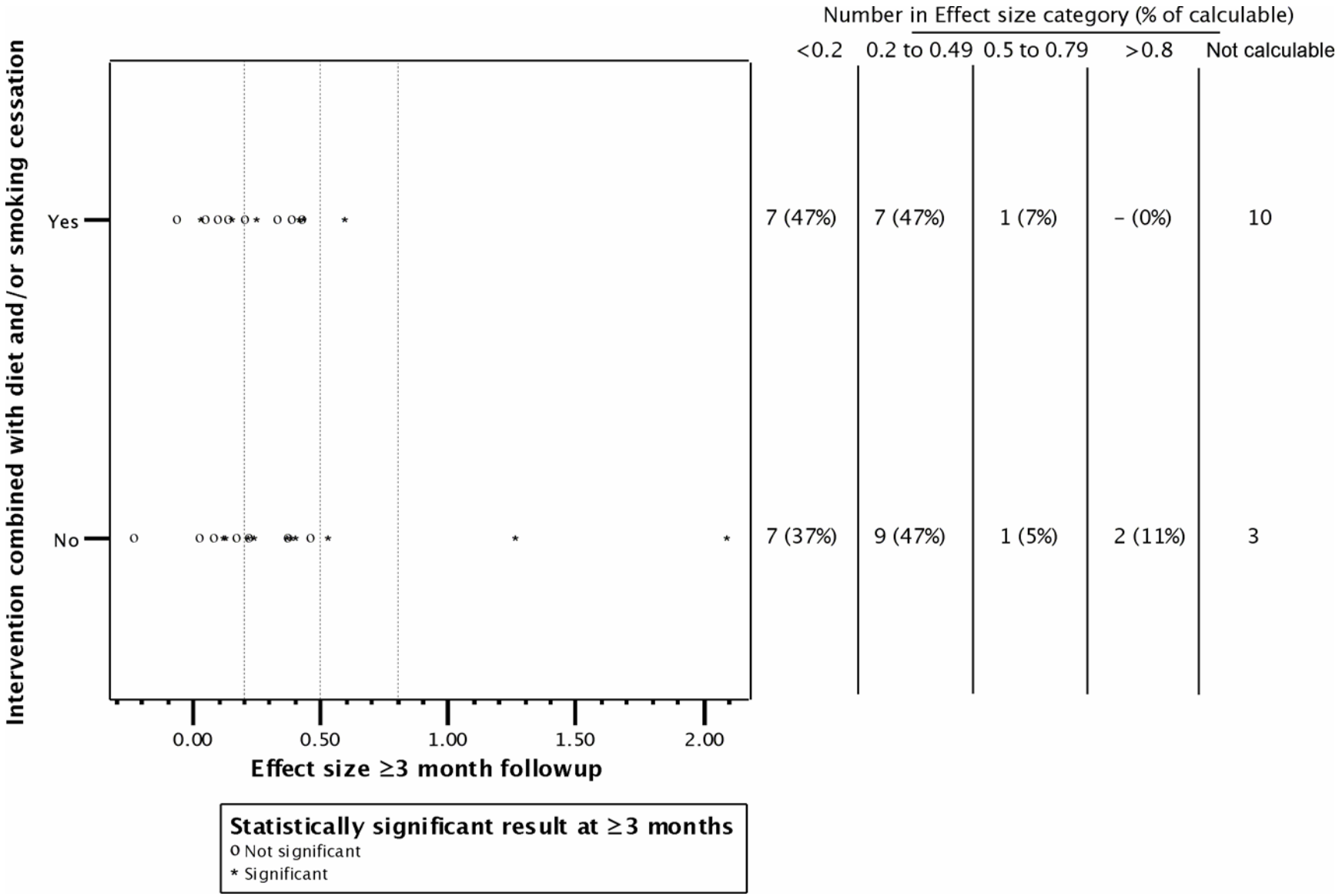
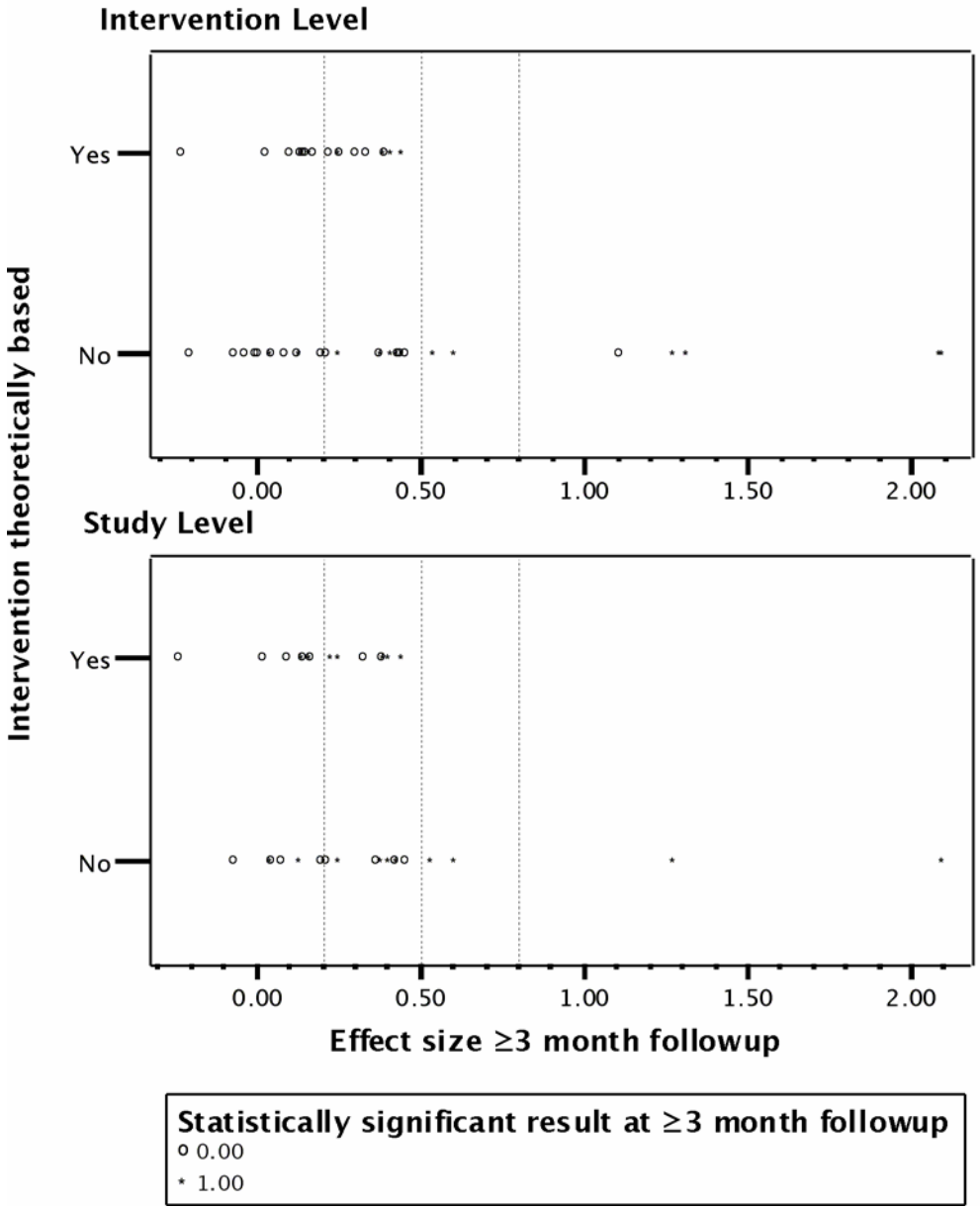
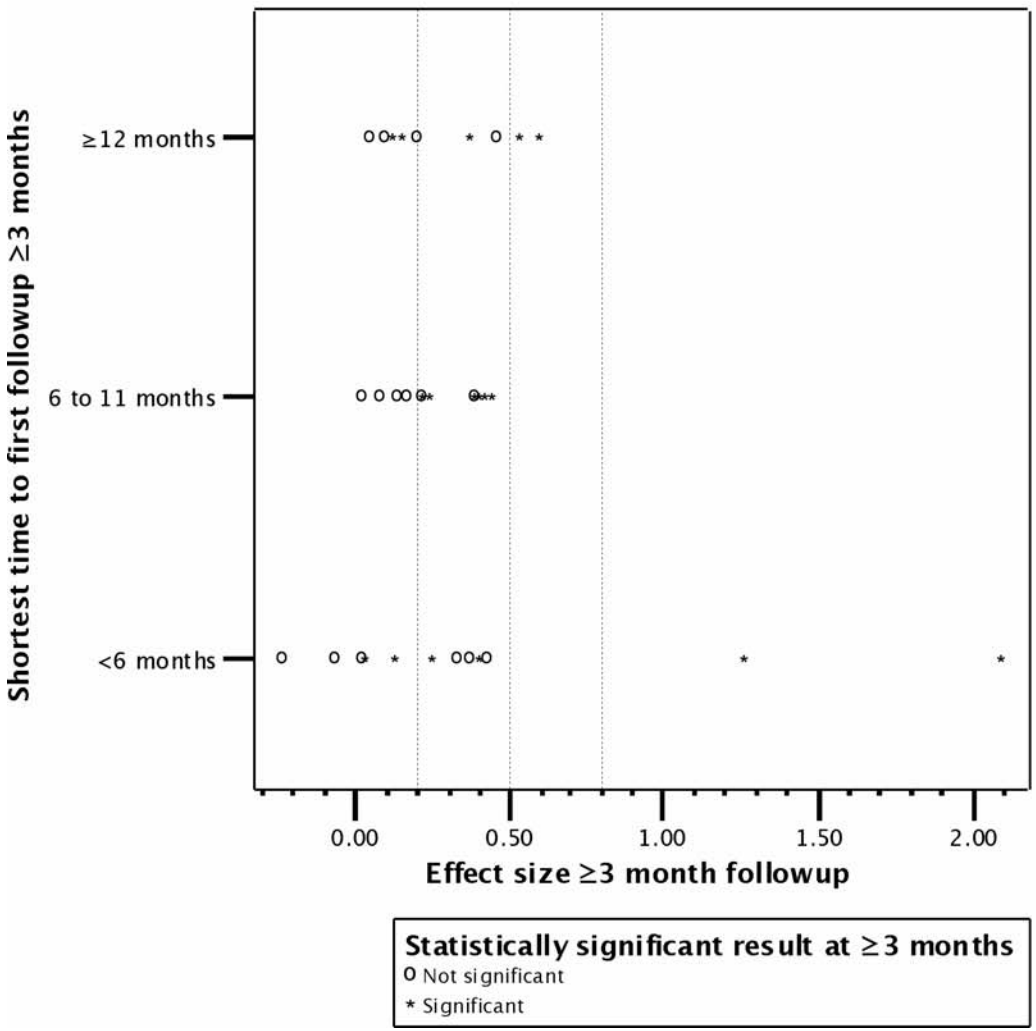


Figure 13. Effect size by whether theory is used for all students, outcomes, and interventions



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
Intervention Level, Yes	10 (44%)	13 (57%)	– (0%)	– (0%)	13
Intervention Level, No	11 (41%)	9 (33%)	2 (7%)	5 (19%)	9
Study Level, Yes	8 (50%)	8 (50%)	– (0%)	– (0%)	8
Study Level, No	6 (33%)	8 (44%)	2 (11%)	2 (11%)	5

Figure 14. Effect size by time to first followup



	Number in Effect size category (% of calculable)				
	<0.2	0.2 to 0.49	0.5 to 0.79	>0.8	Not calculable
≥12 months	5 (56%)	2 (22%)	2 (22%)	- (0%)	8
6 to 11 months	4 (31%)	9 (69%)	- (0%)	- (0%)	4
<6 months	5 (42%)	5 (42%)	- (0%)	2 (17%)	1

Figure 15. Effect size by time to followup for studies with more than one followup time

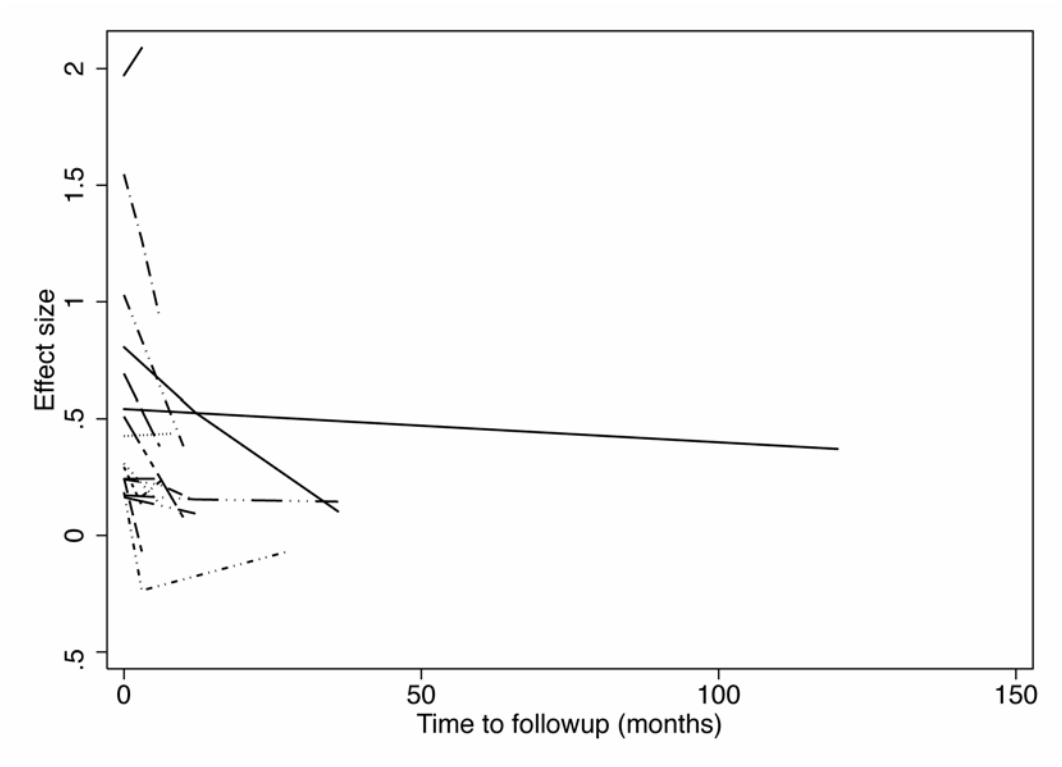


Figure 16. Effect size by number of subjects analyzed for all studies

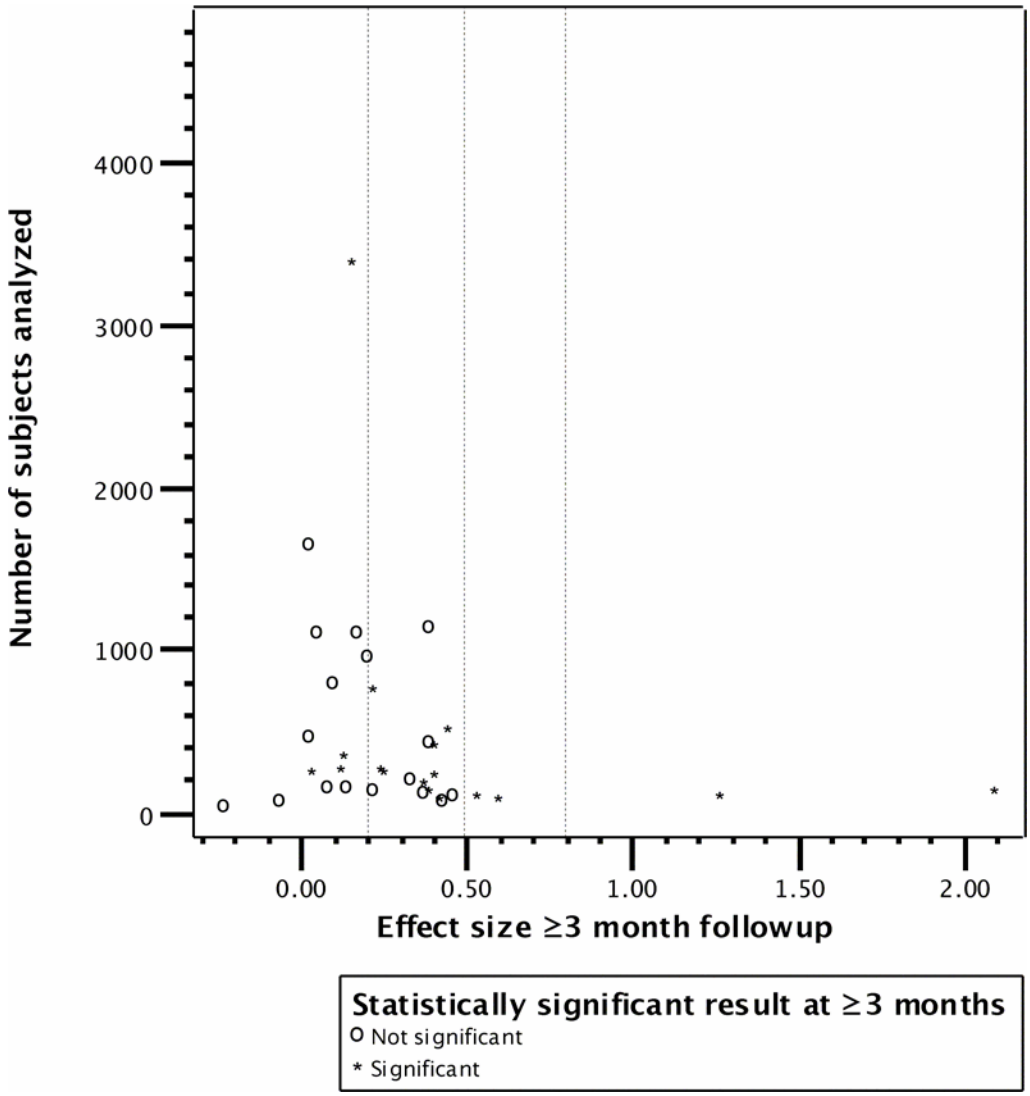


Figure 17. Effect size by source of measure

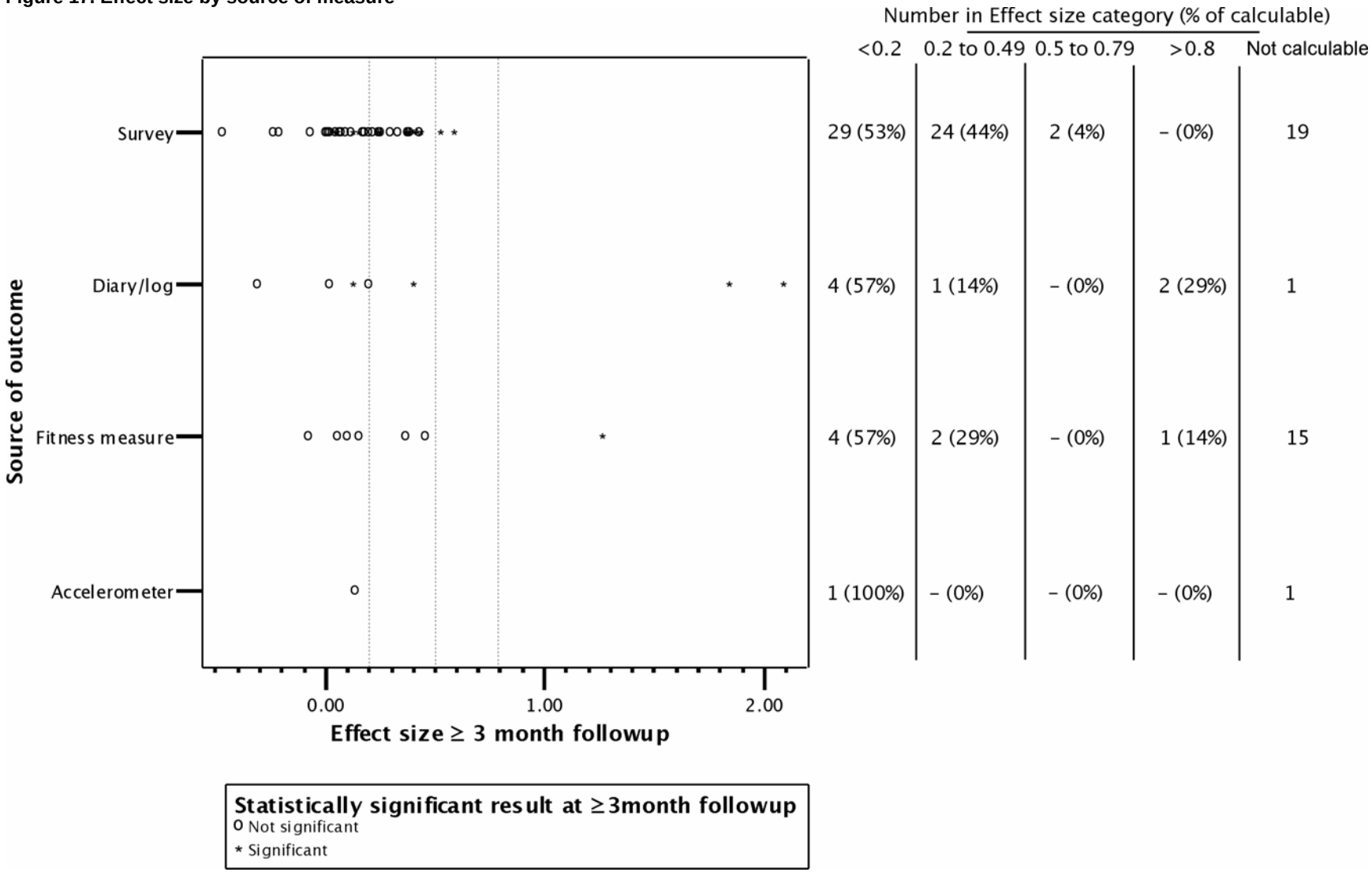


Figure 18. Effect size by number of quality criteria met

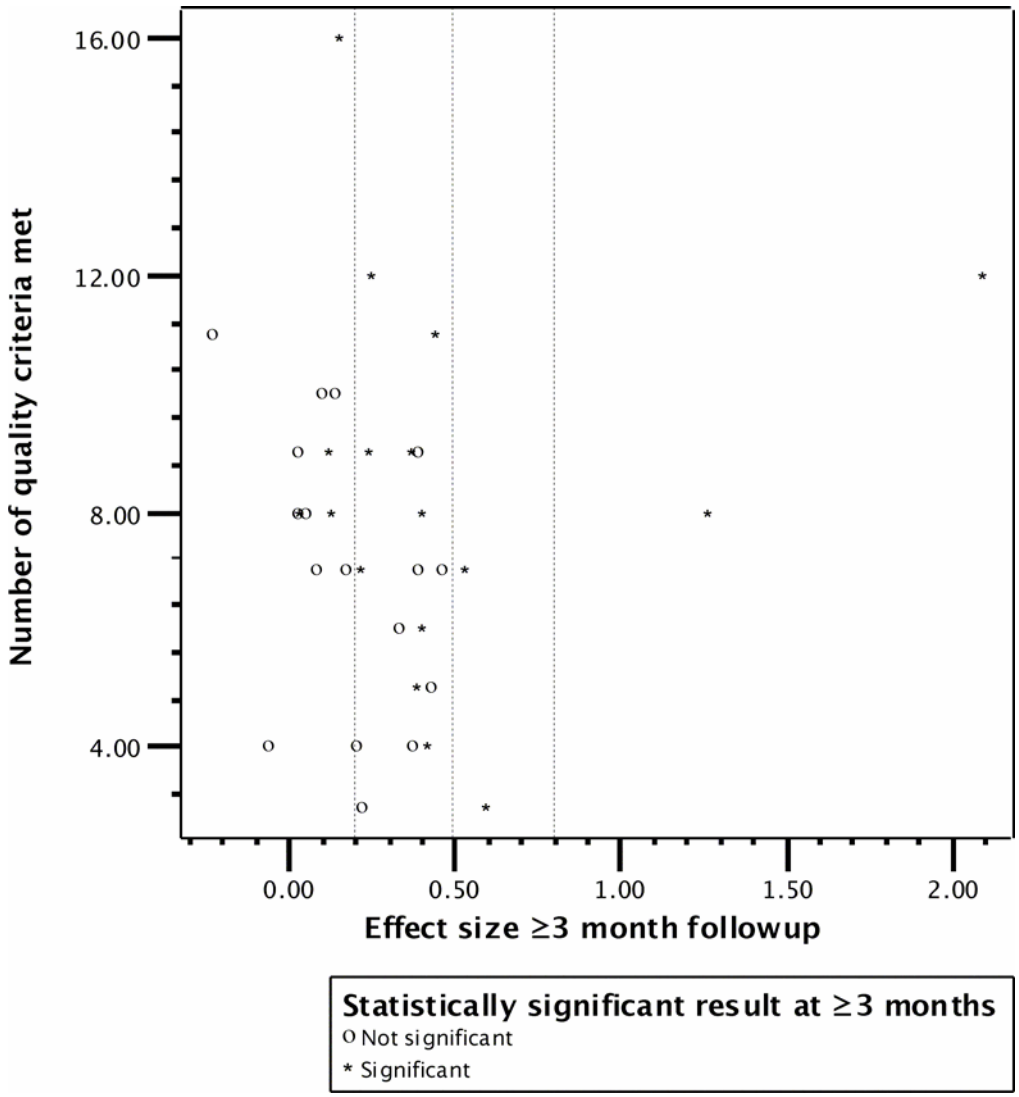


Figure 19. Effect size by percent of enrolled subjects analyzed at followup

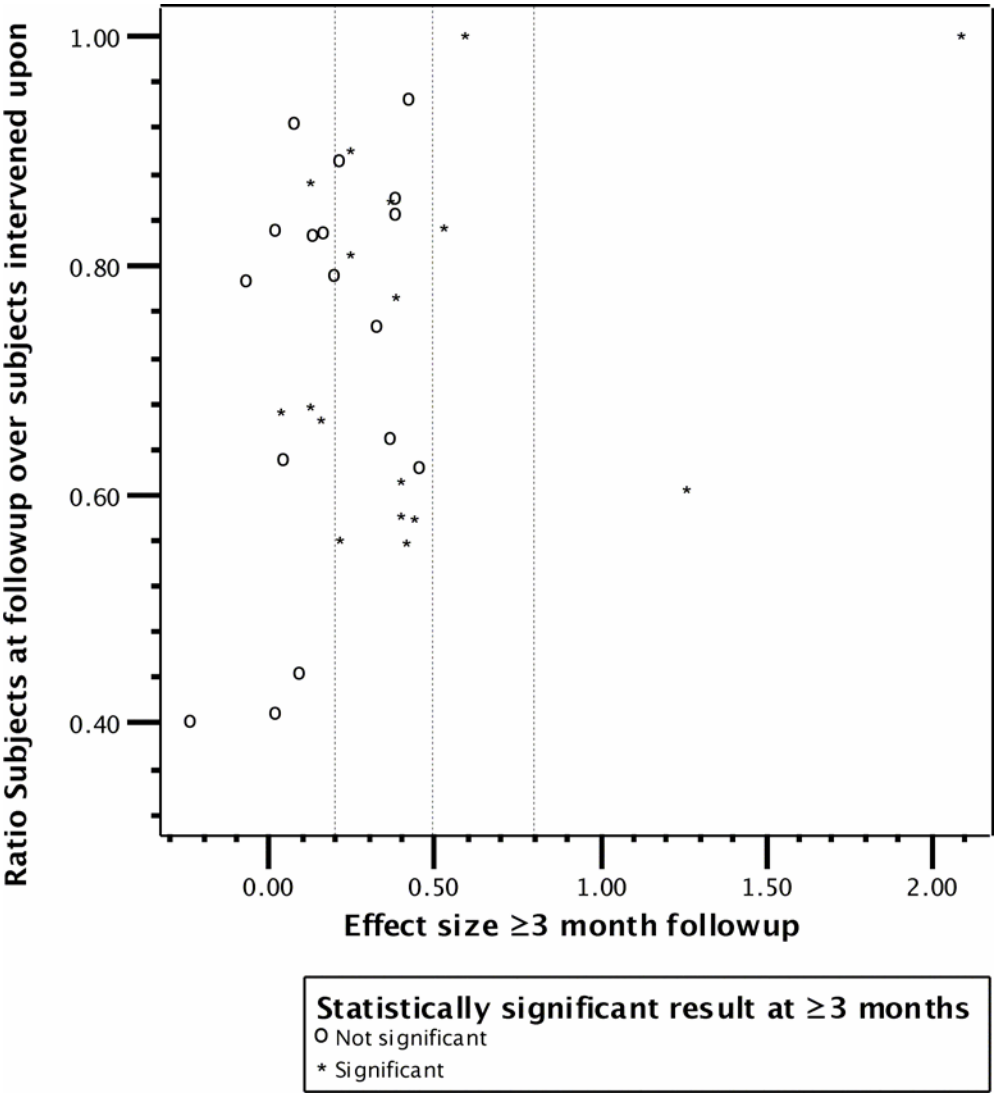


Figure 20. Effect size at last followup for studies randomized by individual subject by rating of study on Chalmers scale

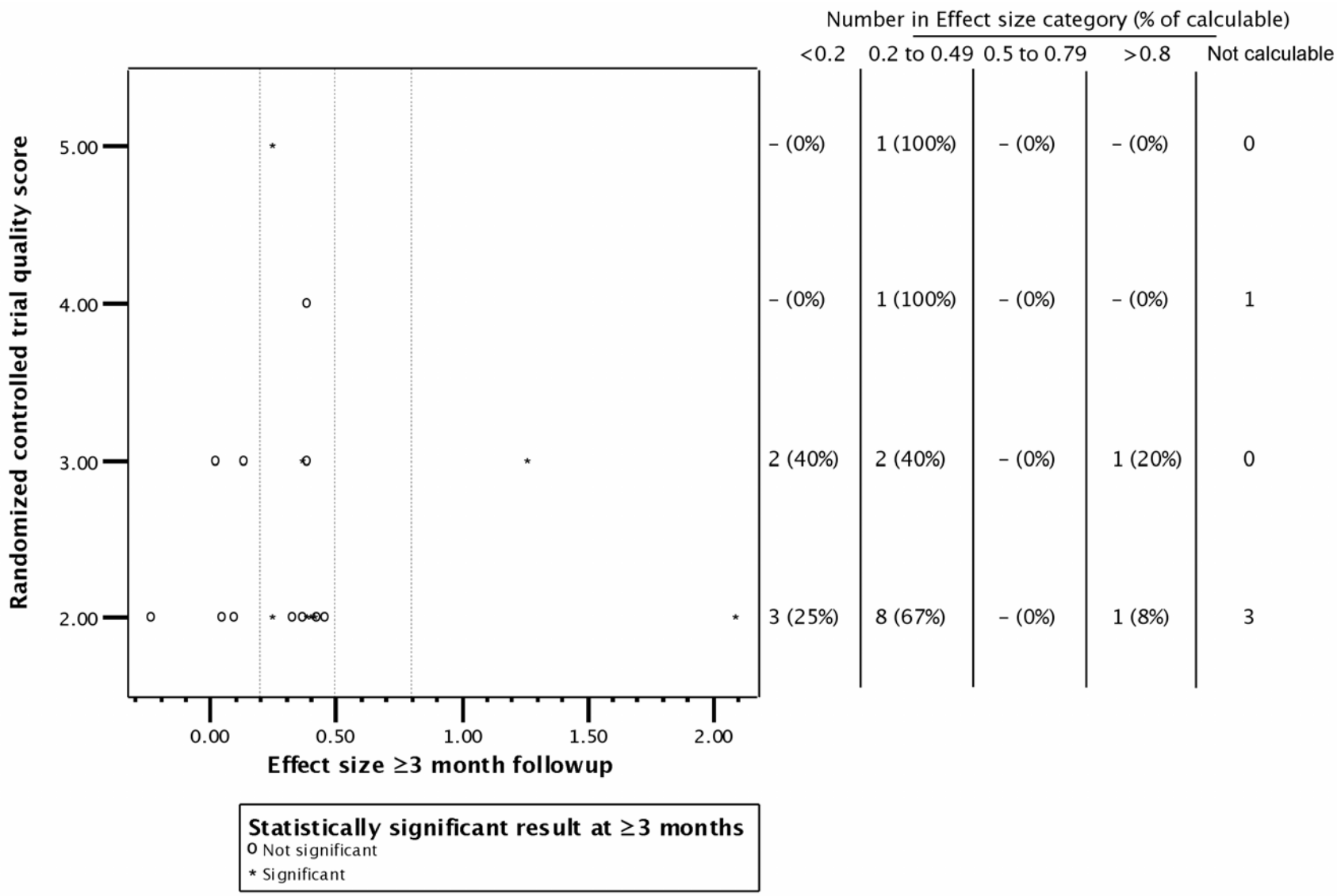
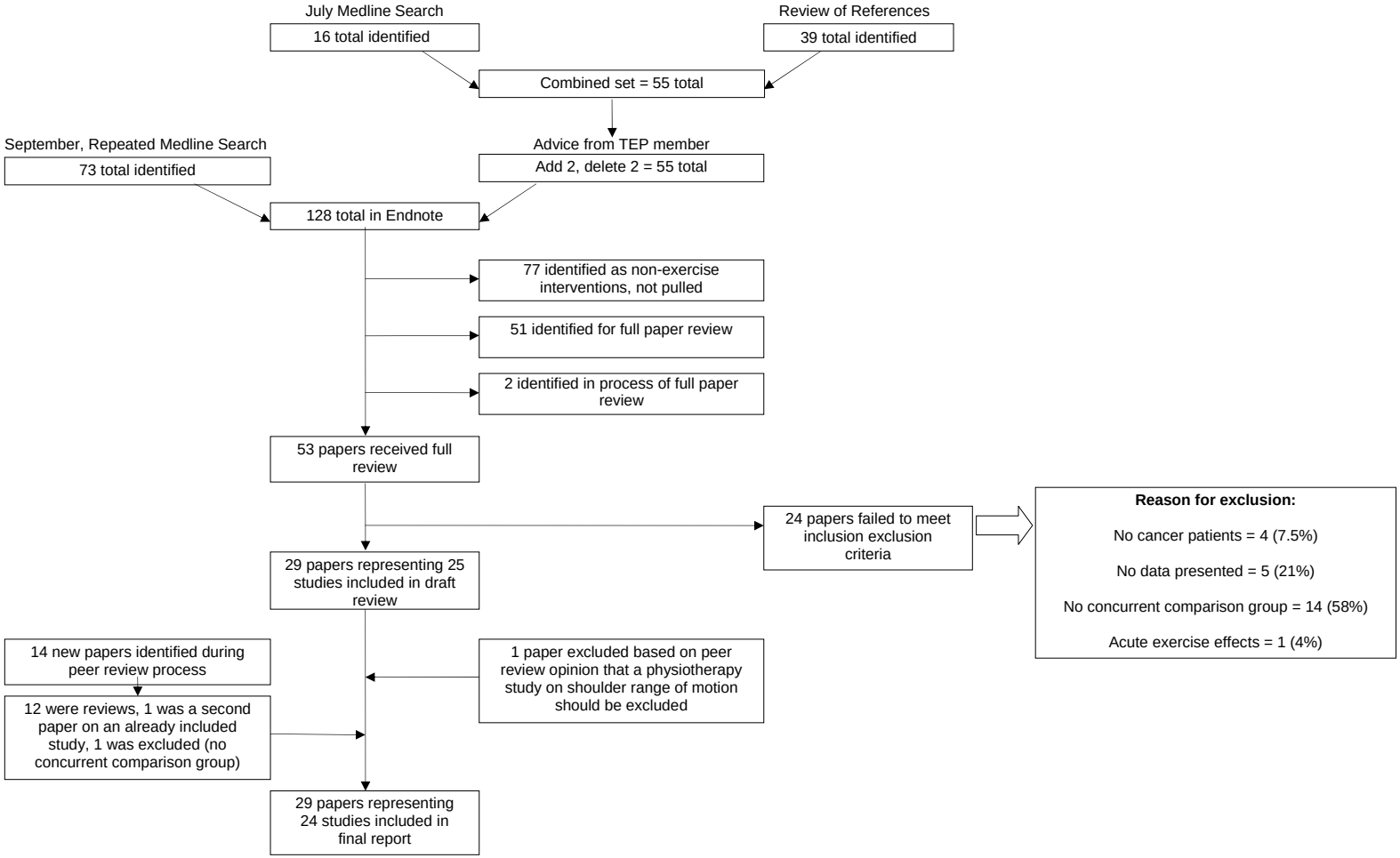



Figure 21. Identification and disposition of references for cancer studies