

Supplementary Online Content

Patnode CD, Evans CV, Senger CA, Redmond N, Lin JS. Behavioral counseling to promote a healthful diet and physical activity for cardiovascular disease prevention in adults without known cardiovascular disease risk factors: updated evidence report and systematic review for the US Preventive Services Task Force. *JAMA*. doi:10.1001/jama.2017.3303

eMethods. Literature Search Strategies for Primary Literature

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eReferences

This supplementary material has been provided by the authors to give readers additional information about their work.

eMethods. Literature Search Strategies for Primary Literature

Key:

/ = MeSH subject heading
\$ = truncation
* = truncation
? = wildcard
ab = word in abstract
adj# = adjacent within x number of words
ae = adverse effects
hw = subject heading word
id = identifier
kw = keyword
md = methodology
near/# = adjacent within x number of words
ti = word in title

Cochrane Central Register of Controlled Clinical Trials (CENTRAL) Issue 3 of 12, May 2016

- #1 *diet:ti*
- #2 *diets:ti*
- #3 *dietary:ti*
- #4 *exercis*:ti*
- #5 *"physical activity":ti,ab,kw*
- #6 *fruit*:ti,ab,kw*
- #7 *vegetable*:ti,ab,kw*
- #8 *sedentary:ti,ab,kw next (lifestyle* or (life next style*) or behavior* or behaviour* or time):ti,ab,kw*
- #9 *(sitting or lying):ti,ab,kw near/2 time:ti,ab,kw*
- #10 *"screen time":ti,ab,kw*
- #11 *(television or tv):ti,ab,kw next viewing:ti,ab,kw*
- #12 *(watch* or view*):ti,ab,kw next (television or tv):ti,ab,kw*
- #13 *(computer or internet):ti,ab,kw next (time or use or usage):ti,ab,kw*
- #14 *(computer or video):ti,ab,kw next game*:ti,ab,kw*
- #15 *(screen or screen-based):ti,ab,kw next (entertainment or behavior* or behaviour* or use or usage):ti,ab,kw*
- #16 *(low next energy next expenditure*):ti,ab,kw*
- #17 *(physical* next inactiv*):ti,ab,kw*
- #18 *#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17*
- #19 *counsel*:ti,ab,kw*
- #20 *(Behavio* next therap*):ti,ab,kw*
- #21 *(cognitive next therap*):ti,ab,kw*
- #22 *advice.ti,ab,kw*
- #23 *(Behavio* next chang*):ti,ab,kw*
- #24 *(Behavio* next modification*):ti,ab,kw*

- #25 Referral:ti,ab,kw
- #26 "life style":ti,ab,kw
- #27 lifestyle:ti,ab,kw
- #28 #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27
- #29 #18 and #28 Publication Year from 2013 to 2016, in Trials

Medline (via Ovid)

Database: Ovid MEDLINE(R) <1946 to May Week 1 2016>, Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations < May 25, 2016>, Ovid MEDLINE(R) Daily Update <May 25, 2016>

- 1 Diet, Reducing/
- 2 Diet, Fat-Restricted/
- 3 Diet, Mediterranean/
- 4 Diet, Sodium-Restricted/
- 5 Diet, Carbohydrate-Restricted/
- 6 Caloric Restriction/
- 7 Fruit/
- 8 Vegetables/
- 9 Diet Therapy/
- 10 Food Habits/
- 11 Exercise/
- 12 Exercise Therapy/
- 13 Motor Activity/
- 14 Physical Fitness/
- 15 Walking/
- 16 (diet or dietary).ti.
- 17 (fruit\$ or vegetable\$).ti.
- 18 (exercise or physical activity).ti.
- 19 walking.ti.
- 20 Sedentary lifestyle/
- 21 (sedentary adj (lifestyle\$ or life style\$ or behavio\$ or time)).ti.
- 22 ((sitting or lying) adj2 time).ti.
- 23 Screen time.ti.
- 24 Television/
- 25 Computers/
- 26 Video games/
- 27 ((television or TV) adj viewing).ti.
- 28 ((watch\$ or view\$) adj (television or TV)).ti.
- 29 ((computer or internet) adj (time or "use" or usage)).ti.
- 30 ((computer or video) adj game\$).ti.
- 31 (screen adj (entertainment or behavio\$ or "use" or usage)).ti.
- 32 low energy expenditure\$.ti.
- 33 physical\$ inactiv\$.ti.

34 *or/1-33*
 35 *Counseling/*
 36 *Directive Counseling/*
 37 *"Behavior-Therapy"/*
 38 *Cognitive Therapy/*
 39 *"Referral and Consultation"/*
 40 *Persuasive Communication/*
 41 *Social Control, Informal/*
 42 *Risk Reduction Behavior/*
 43 *Life Style/*
 44 *Motivation/*
 45 *Social Support/*
 46 *Feedback, Psychological/*
 47 *Self Efficacy/*
 48 *Health Knowledge, Attitudes, Practice/*
 49 *Health Behavior/*
 50 *Health Education/*
 51 *Health Promotion/*
 52 *Patient Education as Topic/*
 53 *counsel\$.ti,ab.*
 54 *advice.ti,ab.*
 55 *(behavio\$ adj (therap\$ or chang\$ or modification\$)).ti,ab.*
 56 *referral.ti,ab.*
 57 *(life style or lifestyle).ti,ab.*
 58 *motivation\$.ti,ab.*
 59 *health behavio\$.ti,ab.*
 60 *health education.ti,ab.*
 61 *health promotion.ti,ab.*
 62 *patient education.ti,ab.*
 63 *nonpharmacologic intervention\$.ti,ab.*
 64 *non pharmacologic intervention\$.ti,ab.*
 65 *or/35-64*
 66 *34 and 65*
 67 *limit 66 to (clinical trial or controlled clinical trial or meta analysis or randomized controlled trial)*
 68 *clinical trials as topic/ or controlled clinical trials as topic/ or randomized controlled trials as topic/ (*
 69 *Meta-Analysis as Topic/*
 70 *(control\$ adj3 trial\$).ti,ab.*
 71 *random\$.ti,ab.*
 72 *clinical trial\$.ti,ab.*
 73 *meta analy\$.ti,ab.*
 74 *68 or 69 or 70 or 71 or 72 or 73*
 75 *66 and 74*
 76 *67 or 75*
 77 *limit 76 to english language*

78 *limit 77 to yr="2013 - Current"*
 79 *remove duplicates from 78*
 80 *(harm or harms or harmful or harmed).ti,ab.*
 81 *(risky behavior\$ or risky behaviour\$).ti,ab.*
 82 *(adverse effects or mortality).fs.*
 83 *Mortality/*
 84 *Morbidity/*
 85 *death/*
 86 *Athletic injuries/*
 87 *Malnutrition/*
 88 *nutritional defici\$.ti,ab.*
 89 *(death or deaths).ti,ab.*
 90 *fracture\$.ti,ab,hw.*
 91 *80 or 81 or 82 or 83 or 84 or 85 or 86 or 87 or 88 or 89 or 90*
 92 *66 and 91*
 93 *case-control studies/ or cohort studies/ or longitudinal studies/ or follow-up studies/*
or prospective studies/
 94 *case control\$.ti,ab.*
 95 *cohort.ti,ab.*
 96 *longitudinal.ti,ab.*
 97 *(follow-up or followup).ti,ab.*
 98 *prospective\$.ti,ab.*
 99 *(comparison group\$ or control group\$).ti,ab.*
 100 *observational.ti,ab.*
 101 *retrospective studies/*
 102 *retrospective\$.ti,ab.*
 103 *database\$.ti,ab.*
 104 *nonrandomi\$.ti,ab.*
 105 *population\$.ti,ab.*
 106 *93 or 94 or 95 or 96 or 97 or 98 or 99 or 100 or 101 or 102 or 103 or 104 or 105*
 107 *92 and 106*
 108 *limit 107 to english language*
 109 *limit 108 to yr="2013 - Current"*
 110 *remove duplicates from 109*
 111 *79 or 110*
 112 *limit 111 to "all child (0 to 18 years)"*
 113 *limit 111 to "all adult (19 plus years)"*
 114 *112 not 113*
 115 *111 not 114*
 116 *Animals/ not (Humans/ and Animals/)*
 117 *115 not 116*

PsycInfo (via Ovid)

Database: PsycINFO <1806 to May Week 3 2016>

- 1 *Diets/*
- 2 *Dietary Restraint/*

3 *Eating Behavior/*
4 *fruit\$.ti,ab,id,hw.*
5 *vegetable\$.ti,ab,id,hw.*
6 *Exercise/*
7 *Physical Activity/*
8 *Aerobic Exercise/*
9 *Walking/*
10 *physical activity.ti,ab,id,hw.*
11 *Activity Level/*
12 *(sedentary adj (lifestyle\$ or life style\$ or behavio\$ or time)).ti,ab,id,hw.*
13 *((sitting or lying) adj2 time).ti,ab,id,hw.*
14 *Television/*
15 *Television Viewing/*
16 *Computers/*
17 *Computer Games/*
18 *Role Playing Games/*
19 *Simulation Games/*
20 *((television or TV) adj viewing).ti,ab,id,hw.*
21 *((watch\$ or view\$) adj (television or TV)).ti,ab,id,hw.*
22 *((computer or internet) adj (time or "use" or usage)).ti,ab,id,hw.*
23 *((computer or video) adj game\$).ti,ab,id,hw.*
24 *(screen adj (entertainment or behavio\$ or "use" or usage)).ti,ab,id,hw.*
25 *low energy expenditure\$.ti,ab,id,hw.*
26 *physical\$ inactiv\$.ti,ab,id,hw.*
27 *or/1-26*
28 *behavior therapy/*
29 *cognitive behavior therapy/*
30 *cognitive therapy/*
31 *Cognitive Techniques/*
32 *Behavior Modification/*
33 *Behavior Change/*
34 *Lifestyle Changes/*
35 *Lifestyle/*
36 *Persuasive Communication/*
37 *Motivation/*
38 *Motivational Interviewing/*
39 *Self Efficacy/*
40 *Health Knowledge/*
41 *Health Behavior/*
42 *Health Education/*
43 *Health Promotion/*
44 *Client Education/*
45 *counseling/*
46 *counseling.id.*
47 *counselling.id.*
48 *advice.ti,ab,id,hw.*

49 *or/28-48*
 50 *27 and 49*
 51 *controlled trial\$.ti,ab,id,hw.*
 52 *clinical trial\$.ti,ab,id,hw.*
 53 *random\$.ti,ab,id,hw.*
 54 *treatment outcome clinical trial.md.*
 55 *or/51-54*
 56 *50 and 55*
 57 *(harm or harms or harmful or harmed).ti,ab,id,hw.*
 58 *(risky behavior\$ or risky behaviour\$).ti,ab,id,hw.*
 59 *adverse effect\$.ti,ab,id,hw.*
 60 *mortality.ti,ab,id,hw.*
 61 *morbidity.ti,ab,id,hw.*
 62 *death.ti,ab,id,hw.*
 63 *Nutritional Defici\$.ti,ab,id,hw.*
 64 *fracture\$.ti,ab,id,hw.*
 65 *cardiovascular.ti,ab,id,hw.*
 66 *injur\$.ti,ab,id,hw.*
 67 *or/57-66*
 68 *50 and 67*
 69 *case control\$.ti,ab,id,hw.*
 70 *cohort.ti,ab,id,hw.*
 71 *longitudinal.ti,ab,id,hw.*
 72 *(follow-up or followup).ti,ab,id,hw.*
 73 *prospective\$.ti,ab,id,hw.*
 74 *(comparison group\$ or control group\$).ti,ab,id,hw.*
 75 *observational.ti,ab,id,hw.*
 76 *retrospective\$.ti,ab,id,hw.*
 77 *database\$.ti,ab,id,hw.*
 78 *nonrandomi\$.ti,ab,id,hw.*
 79 *population\$.ti,ab,id,hw.*
 80 *or/69-79*
 81 *68 and 80*
 82 *56 or 81*
 83 *limit 82 to (100 childhood <birth to age 12 yrs> or 120 neonatal <birth to age 1 mo> or 140 infancy <2 to 23 mo> or 160 preschool age <age 2 to 5 yrs> or 180 school age <age 6 to 12 yrs> or 200 adolescence <age 13 to 17 yrs>)*
 84 *limit 82 to ("300 adulthood <age 18 yrs and older>" or 320 young adulthood <age 18 to 29 yrs> or 340 thirties <age 30 to 39 yrs> or 360 middle age <age 40 to 64 yrs> or "380 aged <age 65 yrs and older>" or "390 very old <age 85 yrs and older>")*
 85 *83 not 84*
 86 *82 not 85*
 87 *limit 86 to (english language and yr="2013 -Current")*

PubMed, publisher-supplied records

- #44 Search #43 AND publisher[*sb*] AND English[*Language*] AND ("2013"[*Date - Publication*] : "3000"[*Date - Publication*])
- #43 Search #33 OR #42
- #42 Search #31 AND #41
- #41 Search #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40
- #40 Search fracture*[*tiab*]
- #39 Search death[*tiab*] OR deaths[*tiab*]
- #38 Search nutritional defici*[*tiab*]
- #37 Search injury[*tiab*] OR injuries[*tiab*]
- #36 Search risky behavio*[*tiab*]
- #35 Search complication*[*tiab*]
- #34 Search (harm*[*tiab*] OR adverse event*[*tiab*] OR adverse effect*[*tiab*] OR adverse outcome*[*tiab*])
- #33 Search #31 AND #32
- #32 Search trial[*tiab*] OR trials[*tiab*] OR random*[*tiab*] OR metaanaly*[*tiab*] OR "meta analysis"[*tiab*] OR "meta analyses"[*tiab*] OR "meta analytic"[*tiab*] OR systematic[*tiab*]
- #31 Search #14 AND #30
- #30 Search #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29
- #29 Search "patient education" [*tiab*]
- #28 Search "health promotion" [*tiab*]
- #27 Search "health education" [*tiab*]
- #26 Search "health behaviours" [*tiab*]
- #25 Search "health behaviour" [*tiab*]
- #24 Search "health behaviors" [*tiab*]
- #23 Search "health behavior" [*tiab*]
- #22 Search motivation* [*tiab*]
- #21 Search "life style"[*tiab*] OR lifestyle[*tiab*]
- #20 Search referral[*tiab*]
- #19 Search behavio*[*tiab*] AND modification*[*tiab*]
- #18 Search behavio*[*tiab*] AND change[*tiab*]
- #17 Search behavio*[*tiab*] AND therapy[*tiab*]
- #16 Search advice[*tiab*]
- #15 Search counsel*[*tiab*]
- #14 Search #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13
- #13 Search physical* inactiv*[*ti*]
- #12 Search energy expenditure*[*ti*]
- #11 Search screen[*ti*] AND (entertainment[*ti*] OR behavio*[*ti*] OR use[*ti*] OR usage[*ti*])
- #10 Search (computer[*ti*] OR video[*ti*]) AND game*[*ti*]
- #9 Search (computer[*ti*] OR internet[*ti*]) AND (time[*ti*] OR use[*ti*] OR usage[*ti*])
- #8 Search (television[*ti*] OR tv[*ti*]) AND (watch*[*ti*] OR view*[*ti*])
- #7 Search "screen time"[*ti*]
- #6 Search ((sitting[*ti*] OR lying[*ti*]) AND time[*ti*])
- #5 Search sedentary[*ti*]

- #4 Search walking[ti]
- #3 Search exercise[ti] OR "physical activity"[ti]
- #2 Search fruit*[ti] OR vegetable*[ti]
- #1 Search diet[ti] OR dietary[ti]

eTable 1. Inclusion and Exclusion Criteria

	Include	Exclude
Study aim	Primary prevention of CVD	Secondary or tertiary prevention of CVD Weight loss ^a Cancer prevention or treatment Prevention of cognitive decline Prevention of falls Smoking cessation
Condition definition	A healthful diet includes dietary patterns that emphasize vegetables, fruits, whole grains, legumes, and nuts; include low-fat dairy products and seafood; limit sodium, saturated fat, refined grains, and sugar-sweetened foods and beverages; and have lower in amounts of red and processed meats. Physical activity is defined as any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure. For the purposes of this review, physical activity includes aerobic and muscle-strengthening physical activity. Sedentary behavior refers to behavior characterized by minimal energy expenditure while in a sitting or reclining posture.	Aspects of a healthful diet that are out of scope include: Dietary calcium and other vitamin, micronutrient, and antioxidant supplementation Alcohol moderation Aspects of physical activity that are out of scope include: Balance Flexibility Gait
Populations	Adults age >18 years without known CVD, hypertension, dyslipidemia, impaired fasting glucose/glucose tolerance, and/or smoking, or those who are high risk based on a cardiovascular risk assessment tool, including: Persons who are unselected Persons who have suboptimal behavior (e.g., poor dietary intake, not meeting recommended levels of physical activity, high levels of sedentary time) Persons who are at increased risk for CVD (e.g., due to family history,	Studies limited to: Adults with known CVD or diabetes mellitus Adults with other known chronic diseases (e.g., cancer, chronic kidney disease, severe mental illness, cognitive impairment) Adults with known traditional, modifiable CVD risk factors (i.e., hypertension, dyslipidemia, impaired fasting glucose/glucose tolerance, smoking); adults at high risk for CVD based on a cardiovascular risk assessment tool; or trial inclusion criteria specifies that the population has

	overweight [BMI of 25.0 to 29.9 kg/m ²] or obesity [BMI of ≥30 kg/m ²], high-normal blood pressure)	≥1 CVD risk factors Children and adolescents Parents (if intended behavior change is directed toward children) Pregnant women Institutionalized adults
Settings	Conducted in or recruited from primary care or a health care system or could feasibly be implemented in or referred from primary care	Conducted in or recruited from settings not generalizable to primary care (e.g., worksites, university classrooms, institutional settings, community-wide settings) or in a population with pre-existing social ties (e.g., from the same worksite or church), or in a setting that could not be reproduced in primary care or within a broader health system
Interventions	Behavioral counseling intervention alone or as part of a larger multicomponent intervention on healthful diet and nutrition, physical activity, sedentary behavior, or a combination, including but not limited to: assessment with feedback, advice, collaborative goal-setting, assistance, exercise prescriptions (referral to exercise facility or program), or arranging further contacts Interventions may be delivered via face-to-face contact, telephone, print materials, or technology (e.g., computer-based, text messages) and can be delivered by a number of potential interventionists, including but not limited to: physicians, nurses, exercise specialists, dietitians, nutritionists, and behavioral health specialists	Supervised exercise Controlled diet (i.e., feeding trials or providing food to participants) Dietary supplements Stress management interventions (e.g., meditation, yoga, tai chi) Prenatal or postnatal dietary counseling Broader community-based programs (e.g., mass media, social marketing, changes to the community built environment, legislation)
Comparisons	No intervention (e.g., wait-list control, usual care) Minimal intervention (e.g., usual care limited to ≤15 minutes of information	Active comparators without a control (as defined above) Studies in which the control group is instructed not to exercise

	<p>or pamphlets)</p> <p>Attention control (e.g., similar format and intensity of intervention on a different content area)</p>	
Outcomes	<p>KQ 1: Health outcomes (i.e., CVD events [stroke, myocardial infarction], cardiovascular and all-cause mortality, health-related quality of life [physical and mental health–related quality of life])</p> <p>KQ 2: Intermediate outcomes (e.g., blood pressure, lipid levels, glucose levels, weight, BMI, waist circumference)</p> <p>KQ 3: Behavioral outcomes (i.e., physical activity, dietary intake or patterns, sedentary behavior)</p> <p>KQ 4: Adverse outcomes, including any harms requiring unexpected or unwanted medical attention (e.g., nutritional deficiencies, musculoskeletal injuries, cardiovascular events)</p>	<p>Knowledge, attitudes, and self-efficacy</p>
Timing of outcome assessment	<p>KQs 1–3: ≥6 months after baseline</p> <p>KQ 4: No minimum follow-up</p>	<p>KQs 1–3: <6 months after baseline</p>
Countries	<p>Studies conducted in countries categorized as “Very High” on the 2014 Human Development Index (as defined by the United Nations Development Programme)</p>	<p>Studies conducted in countries that are not categorized as “Very High” on the 2014 Human Development Index</p>
Study designs	<p>KQs 1–3: Systematic reviews, individual and cluster RCTs, nonrandomized CCTs</p> <p>KQ 4: Systematic reviews, RCTs, CCTs, large comparative cohort or</p>	<p>KQs 1–3: Any observational studies</p> <p>KQ 4: Ecological studies, case-series, case reports</p>

	case-control studies with appropriate comparison group, large event-monitoring studies	
Publication date	Trials whose primary results were published from 1990 to present	Trials whose primary results were published prior to 1990
Publication language	English	Non-English
Study quality	Fair or good	Poor (according to design-specific USPSTF criteria)

^aStudies that focus on the effectiveness of primary care interventions for weight management are included in a separate review commissioned by the USPSTF on screening for and management of adult obesity (available at <http://www.uspreventiveservicestaskforce.org/>).

Abbreviations: CCT, controlled clinical trial; CVD, cardiovascular disease; kg, kilogram; m, meter; RCT, randomized, controlled trial; USPSTF, United States Preventive Services Task Force

eTable 2. Quality Assessment Criteria for Randomized Clinical Trials^a

USPSTF Quality Criteria¹
Initial assembly of comparable groups employs adequate randomization, including first concealment and whether potential confounders were distributed equally among groups
Maintenance of comparable groups (includes attrition, crossovers, adherence, contamination)
Important differential loss to follow-up or overall high loss to follow-up
Measurements: equal, reliable, and valid (includes masking of outcome assessment)
Clear definition of the interventions
All important outcomes considered
Appropriate analyses including intention-to-treat analysis and appropriate accounting for missing data

^a Good quality studies generally meet all quality criteria. Fair quality studies do not meet all the criteria but not have critical limitations that could invalidate study findings. Poor quality studies have a single fatal flaw or multiple important limitations that could invalidate study findings. Critical appraisal of studies using a priori quality criteria are conducted independently by at least two reviewers. Disagreements in final quality assessment are resolved by consensus, and, if needed, consultation with a third independent reviewer

Abbreviations: USPSTF, U.S. Preventive Services Task Force

eTable 3. Comparison of Pooled Results for Intermediate Health Outcomes Between This Review (Current Non-High Risk), Previous Review (Previous Non-High Risk),² and Review Focused on High-Risk Individuals (High Risk)³

Outcome	Review ^a	# of Trials	Mean Difference in Change (95% CI)	I ² , %
SBP, mm Hg	Current	22	-1.26 (-1.77 to -0.75)	44.5
	Previous	24	-1.23 (-1.75 to -0.70)	49.9
	High-Risk	31	-2.03 (-2.91 to -1.15)	48
DBP, mm Hg	Current	23	-0.49 (-0.82 to -0.16)	37.9
	Previous	22	-0.72 (-1.04 to -0.40)	37.6
	High-Risk	24	-1.38 (-1.92 to -0.84)	41
Low-density lipoprotein cholesterol, mg/dL ^b	Current	13	-2.58 (-4.30 to -0.85)	19.6
	Previous	15	-2.70 (-5.40 to 0.0)	51.9
	High-Risk	25	-3.43 (-5.37 to -1.49)	47
Total cholesterol, mg/dL ^b	Current	19	-2.85 (-4.95 to -0.75)	50.8
	Previous	21	-3.09 (-5.02 to -0.77)	56.9
	High-Risk	34	-4.48 (-6.36 to -2.59)	56
High-density lipoprotein cholesterol, mg/dL ^b	Current	15	-0.17 (-1.05 to 0.71)	55.2
	Previous	11 ^g	0.0 (-1.16 to 1.16)	57.2
	High-Risk	46	0.69 (0.09 to 1.30)	46
Triglycerides, mg/dL ^c	Current	13	-1.82 (-5.05 to 1.42)	4.7
	Previous	9 ^g	-4.42 (-8.85 to 0.0)	0.0
	High-Risk	14	-8.85 (-13.91 to -3.78)	32
Fasting glucose, mg/dL ^d	Current	13	-0.36 (-1.22 to 0.5)	42.4
	Previous	7 ^g	-1.08 (-1.98 to 0.0)	0.0
	High-Risk	22	-2.08 (-3.29 to -0.88) ^l	80
BMI, kg/m ²	Current	20	-0.41 (-0.62 to -0.19)	95.8
	Previous	26	SMD: 0.25 (-0.33 to -0.17) ^h	86.6
	High-Risk	34	SMD: 0.26 (-0.35 to -0.16) ^h	80
Weight, kg ^e	Current	20	-1.04 (-1.56 to -0.51)	92.4
Waist circumference, cm ^f	Current	17	-1.19 (-1.79 to -0.59)	91.8

^a Current = among non-high risk adults (Patnode, 2017); Previous = among non-high risk adults (Lin, 2010²), High-Risk = among high risk adults (Lin, 2014³)

^b To convert mg/dL to mmol/L, multiply by 0.0259

^c To convert mg/dL to mmol/L, multiply by 0.0113

^d To convert mg/dL to mmol/L, multiply by 0.0555

^e To convert kg to lbs, multiply by 2.205

^f To convert cm to inches, multiply by 0.394

^g Limited to healthful diet and physical activity interventions

^h Only presented standardized effect size

Abbreviations: BMI, body mass index; BP, blood pressure; cm, centimeter(s); CI, confidence interval; DBP, diastolic blood pressure; dL, deciliter; kg, kilogram(s); l, litre; lb(s) = pound(s); m, meter(s); mg, milligram(s); mmHg, millimeters of Mercury; mmol, millimoles; SBP, systolic blood pressure; SMD, standardized mean difference

eReferences

1. U.S. Preventive Services Task Force. *U.S. Preventive Services Task Force Procedure Manual*. Rockville, MD: U.S. Preventive Services Task Force; Dec 2015.
2. Lin JS, O'Connor E, Whitlock EP, Beil TL. Behavioral counseling to promote physical activity and a healthful diet to prevent cardiovascular disease in adults: a systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med*. 2010;153(11):736-750.
3. Lin JS, O'Connor E, Evans CV, Senger CA, Rowland MG, Groom HC. Behavioral counseling to promote a healthy lifestyle in persons With cardiovascular risk factors: a systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med*. 2014;161(8):568-578.