

**Table G9.A6. Body Composition, Experimental Studies — Overweight/Obese Children and Adolescents.  
Part 1. Randomized Controlled Trials**

Reference	Sample/Duration	Results
Gutin et al., 1997 (1)	N=35, 66% F, 7-11 years, Duration: 4 months	Decrease in percent fat
Owens et al., 1999 (2)	N=74, 66% F, 7-11 years, Duration: 4 months	Significant decrease in percent fat
Gutin et al., 2002 (3)	N=80, 68% F, 13-16 years, 69% AA Lifestyle Education and Training vs. Lifestyle Education alone, Duration: 8 months	Significantly greater decrease in percent fat and visceral adipose tissue with Lifestyle Education and Training
Balagopal et al., 2005 (4)	N=21, 48% F, about 16 years, Duration: 3 months	Experimental group decreased percent fat - 6.3%, increased fat-free mass 6.3 kg
Yin et al., 2005 (5) <i>Group Randomized Trial</i>	N=447, 3rd graders, 61% AA, Duration: 8 months	Decrease in percent fat significantly different between groups
Yin et al., 2005 (6) <i>Group Randomized Trial</i>	N=278, 3rd graders, 61 AA, Duration: 8 months	Significant negative correlation between attendance and decrease in percent fat
Goldfield et al., 2006 (7)	N=30, 47% F, 8-12 years, 72% AA, Duration: 8 weeks	Small effect on BMI
Meyer et al., 2006 (8)	N=131, 51% F, 11-16 years, Duration: 6 months	Significant decline in BMI, small change in percent fat, waist-to-hip ratio
Barbeau et al., 2007 (9)	100% F, 8-12 years, 100% AA, Duration: 10 months	Change in percent fat significantly different between groups

AA, African American; BMI, body mass index; F, female; N, number

**Table G9.A6. Body Composition, Experimental Studies — Overweight/Obese Children and Adolescents.  
Part 2. Non-Randomized Controlled Trials**

Reference	Sample/Duration	Results
Gutin et al., 1996 (10)	N=22, 100% F, 7-11 years, AA, Duration: 10 weeks	Significant but small change in percent fat
Treuth et al., 1998 (11)	N=22, 100% F, 7-10 years, 91% white, Duration: 5 months	Minimal effects of strength training on weight and adiposity
Treuth et al., 1998 (12)	N=22, 100% F, 7-10 years, 91% white, Duration: 5 months	Minimal effects of strength training on weight and adiposity, no change visceral adipose tissue
Cotton et al., 2006 (13)	N=26, 69% F, 8-18 years, 100% AA, Duration: 12 weeks	No change in BMI

AA, African American; BMI, body mass index; F, female; N, number

**Table G9.A6. Body Composition, Experimental Studies — Overweight/Obese Children and Adolescents. Part 3. Before-and-After Studies (i.e., No Control Group)**

Reference	Sample/Duration	Results
Nassis et al., 2005 (14)	N=19, 100% F, 9-15 years, Duration: 12 weeks	Minimal changes in BMI, fat-free mass, percent fat, visceral adipose tissue
Monzavi et al., 2006 (15)	N=109, 45% F, mean age=11.5±1.9 years, (43 completed intervention), Duration: 12 weeks	Minimal changes in BMI, weight, height
Klijn et al., 2007 (16)	N=15, 100% F, 14.7±2.1 year, Duration: 12 weeks	Major declines in weight, BMI, percent fat, fat-free mass, 861943 visceral adipose tissue

BMI, body mass index; F, female; N, number

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