

Table 2, section 1. Physical Function, Mental Health and Quality of Life Outcomes.

Author	Physical Function	Mental Health Outcomes			Quality of Life	Lengthy or Brief Lifestyle Intervention *?
		Anxiety	Depression	Other Cognitive Factors		
Complex Interventions						
Azad 2008	No difference, p=0.321	-	No difference	-	No difference	Lengthy
Boult 2001	Increased, p<0.05 Decreased % participants lost physical function, p<0.01	-	Reduced RR 0.48 (0.31-0.75)	-	-	Lengthy
Campbell 1998b Murchie 2003 Campbell 1998a	Increased, p<0.001	No difference, p=0.560	No difference, p=0.281	-	-	Brief
Harari 2004	-	-	-	-	No difference	Brief
Lewin 2002	Increased, p<0.001	Borderline reduction, p=0.052	Significant reduction, p=0.013	-	-	Brief
Lopez-Cabezas 2006	-	-	-	-	No difference	Brief
Messier 2000	Overall score ¹ : No difference Stair climb times: Increased function, p=0.02	-	-	-	-	Lengthy
Miller 2008 Miller 2006	Overall score ² : Increased function, p<0.01 Stair Climb times ² : increased function, p<0.01 6 minute walk distance ² : increased function, p<0.01	-	-	-	-	Lengthy
Patrick 1999	- ³	-	Significant reduction, p=0.049	Reduction in health worry ² , p=0.047	QOL minus deaths: No difference QOL scale including deaths: Reduced, p=0.018	Lengthy
Rich 1995	- ³	-	-	-	Data reported in subset of 58 subjects: Increased, p=0.001	Lengthy
Nutritional Education only						
Barnason 2003	Increased adjusted physical functioning ¹ , p=0.04	-	-	Increased adjusted mental health functioning ³ , p<0.007	-	Brief

Notes:

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- ^{*} Lengthy Lifestyle Interventions were defined as those which were more than 2 hours over first 3 months; Brief Lifestyle Interventions were defined as those which were 2 hours or less over first 3 months
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¹ FAST self reports and WOMAC Score

² Quality of Wellbeing Scale, subscale, Kaplan et al 1976

³ MOS Medical Outcomes Short Form 36 (MOS SF36) subscale Mental health / Physical Function

Table 2, section 2. Nutritional indices

Author	Nutritional indices								Lengthy or Brief* Lifestyle Intervention ?
	Salt Use	Fruit intake	Vegetable intake	Dairy / Fat intake	Fibre intake	Other dietary changes	Overall dietary change Scores	Prevalence Malnutrition	
Complex Interventions									
Campbell 1998b Murchie 2003 Campbell 1998a CHD patients	-	-	-	Fat intake at 1 year ⁴ : Reduction, p=0.001 RR=1.16, CI = 1.03-1.31 Fat intake at 4 yrs ⁴ : No difference RR=0.97, CI = 0.89-1.89	-	-	-	-	Brief
Elder 1995 Over 65s	-	-	-	-	No difference, p=0.9991	-	-	-	Lengthy
Harari 2004 Constipated and faecally impaired stroke patients	-	-	-	-	-	Increased modifications to diet & fluid intake to control bowels RR 1.85 (1.02-3.34), p=0.017	-	-	Brief
Hjerkinn 2005 Men with high risk CVD	-	-	-	Overall fat intake reduction, p<0.00; Saturated fat reduction, p<0.001; Monounsaturated fat reduction, p=0.007; Polyunsaturated fat reduction, p=0.045	-	Carbohydrate intake increased, p=0.001 Protein intake No difference	-	-	Brief
Ho 1991 Over 50s	-	-	-	-	No difference, ES=0.14,p=0.550	-	-	-	Brief
Lewin 2002 Newly diagnosed Angina pectoris patients	-	-	-	-	-	-	Self reports dietary change increased, RR 2.12 (1.41-3.20),p<0.001; DINE score: No difference	-	Brief
Masley 2001 CAD patients	-	Fruit and Veg intake (self report) increased, p=0.0002	-	Total Fat intake:No difference, p=0.405; Saturated fat intake: No difference, p0.105; Monounsaturated fat intake: Increase, p0.001	-	-	-	-	Lengthy
Middleton 2005 Patients following carotid enterarterectomy	-	-	-	-	-	-	Self reports dietary change increased, RR 2.44 (1.49-4.02),p=0.001	-	Lengthy
Patrick 1999 Over 65s	-	-	-	Dietary fat and fibre intake: no difference RR= 1.12 (0.94-1.32); Dietary fat intake only: reduction, p=0.005	-	-	-	-	Lengthy
Salminen 2005 CHD patients over 65 yrs	-	-	-	Type of milk consumed: no difference Type of fat used in cooking/ on bread: no difference	-	-	-	-	Lengthy

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⁴ Low fat DINE Score <30

Table 2, section 2. Nutritional indices continued

Author	Nutritional indices								Lengthy or Brief Lifestyle Intervention ?
	Salt Use	Fruit intake	Vegetable intake	Dairy / Fat intake	Fibre intake	Other dietary changes	Overall dietary change	Prevalence Malnutrition	
Nutritional Education only									
Barnason 2003 CABG patients	In cooking: No difference RR 0.42 (0.16-1.11) Whilst eating: No difference RR 0.47 (0.05-4.74)	-	-	-	-	-	Overall dietary modification score: No difference ES 0.24	-	Brief
Bernstein 2002 Functionally impaired community dwelling over 65s	-	Change of Servings per Day Increased, p=0.01 MD =0.6, CI= -0.09-1.29	Change of Servings per Day Increased, p<0.01 MD=0.05, CI= -0.15-1.15	Milk and Dairy intake: Increased, p<0.01 MD=0.8, CI=0.01-1.59	-	-	-	-	Lengthy
Bradbury 2006 Edentulous patients	-	Intake in grams or decilitres: Increased, p=0.002 MD=148, CI = 66.36-229.64	Intake in grams or decilitres: Borderline increase: p=0.057 MD=49, CI = -2.55-100.55	-	-	-	-	-	Brief
		Fruit+veg intake in grams or decilitres: increased, p=0.001, ES 0.93; MD=197, CI=89.7-304.33							
Campbell 2008 CKD patients	-	-	-	-	-	Energy intake: increased, adjusted MD=22.1 (12.80-31.50), p<0.001	-	Reduction, p<0.01	Lengthy
Whelton 1998 Kumanyika 2002 Hypertensive patients	-	-	-	-	-	No difference in % RDA for micronutrient intakes	-	-	Lengthy

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Table 2, section 3. Anthropometric Measures

Author	Anthropometric Measures				Lengthy or Brief Lifestyle Intervention ?
	Body Mass Index (BMI)	Weight	Cholesterol / Lipid management	Other Biochemical Factors	
Complex Interventions					
Campbell 1998a Campbell 1998b Murchie 2003	-	-	Lipid management increased: RR 1.91 (1.59-2.29), p<0.001 Lipid management no difference: RR 1.08 (0.97-1.21)	-	Brief
Elder 1995 Over 65s	No difference, ES=0.04, p=0.10	-	-	-	Lengthy
Hjerkin 2005 Men over 65 with CVD	Reduction, p=0.005	-	No difference	-	Brief
Ives 1993 Over 65s with serum cholesterol>240g/dl	-	-	Serum Cholesterol:No difference Self reports efforts to lower cholesterol increase, p=0.0003	-	Varied length
Lewin 2002 Newly diagnosed Angina pectoris patients	No difference	-	-	-	Brief
Masley 2001 CAD patients	-	-	LDL: No difference Fasting lipids: No difference	-	Lengthy
Messier 2000, Messier 2004 Miller 2004, Miller 2002a Obese adults with OA	-	Reduction as % weight lost p=0.007	-	Fasting plasma glucose reduction: ES 4.83, p<0.05	Lengthy
Middleton 2005 Patients following carotid endarterectomy	-	-	No difference, p=0.12	-	Brief
Miller 2008 Miller 2006 Obese adults with OA	Reduction, ES=0.53	Reduction, p<0.01	-	Inflammatory biomarkers for OA: No difference except STNFR, which showed improvement p=0.03	Lengthy
Patrick 1999 Over 65s	No difference:p=0.314	-	-	-	Lengthy
Salminen 2005 Over 65s	-	-	Women: total serum and LDL cholesterol reduction, p<0.05 ⁷ Men: no difference ⁵	-	Lengthy
Nutritional Education only					
Bernstein 2002 Functionally impaired community dwelling over 65s	Borderline increase, p=0.06	Borderline increase, p=0.06	-	-	Lengthy
Bradbury 2006 Edentulous patients	No difference, ES=0.32, p=0.497	-	-	-	Brief
Campbell 2008 CKD patients	No difference, adjusted MD=3.6 (-1.0-8.7) p=0.1	No difference, MD=0.14 (-1.30-1.60)	-	Albumin decreased: MD -0.23 (-0.40—0.05), ES 0.60	Lengthy
Whelton 1998 Kumanyika 2002 Hypertensive patients	-	Reduction, p<0.001 weight loss>4.5kg RR 3.38 (2.45-4.67)	-	Excretion of urinary sodium: reduction RR 3.80 (2.85-5.08), p<0.001	Lengthy

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⁵ Values for men and women not given together

Table 2, section 4. Mortality, Service Use and Costs of care.

Author	Mortality	Service Use:					Costs of Care	Lengthy or Brief Lifestyle Intervention ?
		Hospital Readmissions ⁶	GP visits	DN visits	ER visits	Personal carer visits		
Complex Interventions								
Azad 2008	No difference RR 0.20 (0.01-4.14)	Patients / carers report no difference, p=0.16	Increased, p=0.018	-	No difference, p=0.408	-	-	Lengthy
Boult 2001	No difference RR 0.93 (0.57-1.53)	-	-	-	-	-	No difference, p=0.93 OR=0.60, CI=0.37-0.98	Lengthy
Campbell 1998b Murchie 2003 Campbell 1998a	Reduction RR 0.78 (0.61-0.99)	<i>Hospitalisations reduced, RR 0.70 (0.56-0.87)</i>	<i>No difference, p=0.488</i>	-	-	-	-	Brief
Harari 2004	-	-	Increased for bowels: RR 3.00 (1.15-7.83)	No difference	-	No difference	-	Brief
Lopez-Cabezas 2006	Reduction RR 0.43 (0.21-0.89)	Number of Readmissions: No difference 12 months Number of patients readmitted: No difference Adjusted probability of readmission reduced, HR 0.56 (0.32-0.97)	-	-	-	-	Costs per patient reduced for IG, but not analysed for statistical significance	Brief
Masley 2001	-	-	-	-	-	-	No difference, p=0.2975	Lengthy
Patrick, 1995 1999	Borderline Increase RR 1.27 (0.99-1.63), p=0.062	-	-	-	-	-	No difference, p=0.8	Lengthy
Rich 1995	No difference RR 0.75 (0.38-1.49)	Number of patients readmitted reduced: RR 0.69 (0.50-0.95), p=0.03 Number of readmissions reduced: p=0.02 Days spent in hospital per patient reduced, p=0.04	-	-	-	-	* ⁷	Lengthy
There were no Nutritional Education only RCTs measuring these outcomes								

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⁶ Various defined as specified in table.

⁷ Only for subset of 57 patients, selection unspecified, removed from analysis.