EXCLUDED REFERENCES

1. Agurs-Collins TD, Kumanyika SK, Ten Have TR et al. A randomized controlled trial of weight reduction and exercise for diabetes management in older African-American subjects. *Diabetes Care* 1997;20:1503–11.	Participants with non-insulin-dependent diabetes mellitus.
2. Aiello EJ, Yasui Y, Tworoger SS et al. Effect of a yearlong, moderate-intensity exercise intervention on the occurrence and severity of menopause symptoms in postmenopausal women. *Menopause* 2004;11:382–8.	One-year RCT to reduce menopausal symptoms in obese postmenopausal women (does report weight but not main aim).
3. Allison DB, Kanders BS, Osage GD et al. Weight-related attitudes and beliefs of obese African-American women. *Journal of Nutrition Education* 1995;27:18–23.	Questionnaire of obese African American women's attitudes to weight.
4. Anderson JV. Bybee DI, Brown RM et al. 5 A day fruit and vegetable intervention improves cosumption in a low-income population. *Journal of the American Dietetic Association* 2001;101*:*195-202.	Controlled study only 2 months duration in low-income population.
6. Austin SB, Field AE, Wiecha J et al. The impact of a school-based obesity prevention trial on disordered weight-control behaviors in early adolescent girls. *Archives of Pediatriatric and Adolescent Medicine* 2005;159:225–30.	Report published March 2005 on use of diet pills in Planet Health (study included in schools review and this publication to be included in update of school review).
7. Balcazar H, Castro FG, Krull JL, Balcazar H, Castro FG, Krull JL. Cancer risk reduction in Mexican American women: the role of acculturation, education, and health risk factors. *Health Education Quarterly* 1995;22:61–84.	Not intervention (Mexican American women).
8. Bayot A, Capafons A, Cardena E, Bayot A, Capafons A, Cardena E. Emotional self-regulation therapy: a new and efficacious treatment for smoking. *American Journal of Clinical Hypnosis* 1997;40:146–56.	Not aimed at preventing weight gain during smoking cessation.
9. Beckmann CR, Beckmann CA. Effect of a structured antepartum exercise program on pregnancy and labor outcome in primiparas. *Journal of Reproductive Medicine* 1990;35:704–9.	Pregnancy but not aimed at preventing weight gain (main aim pregnancy and labour outcome).
10. Bhargava A, Guthrie JF, Bhargava A, Guthrie JF. Unhealthy eating habits, physical exercise and macronutrient intakes are predictors of anthropometric indicators in the Women's Health Trial: Feasibility Study	Women's Health Trial: feasibility study in minority populations- reports predictors of anthropometric

in minority Populations. *British Journal of Nutrition* 2002;88:719–28.	indicators but not results of actual intervention (main trial paper included in report).
11. Blocker DE, Freudenberg N, Blocker DE, Freudenberg N. Developing comprehensive approaches to prevention and control of obesity among low-income, urban, African-American women. *Journal of American Medical Women's Association* 2001;56:59–64.	Literature review only, US-based.
12. Boraz MA, Simkin-Silverman LR, Wing RR et al. Hormone replacement therapy use and menopausal symptoms among women participating in a behavioral lifestyle intervention. *Preventive Medicine* 2001;33:108–14.	Only reports menopausal symptoms: Women' Healthy Lifestyle Project.
13. Boury JM, Debra A. Factors related to postpartum depressive symptoms in low-income women. *Women Health* 2004;39:2004–34.	Only baseline data.
14. Bronner Y, Boyington JEA. Developing weight loss interventions for African-American women: Elements of successful models. *Journal of the National Medical Association* 2002;94(4):224–235.	Review of weight loss interventions for African American women (may be relevant for 'public health management of obesity review').
16. Chiechi LM, Secreto G, Vimercati A et al. The effects of a soy rich diet on serum lipids: the Menfis randomized trial. *Maturitas* 2002;41:97–104.	Soya-rich diet for postmenopausal women to reduce cardiovascular disease risk.
18. Coday M. Health Opportunities with Physical Exercise (HOPE): social contextual interventions to reduce sedentary behavior in urban settings. (Project among disadvantaged overweight adults in the inner city. 56 refs). *Health Education Research* 2002;637(Oct): 17.	Ongoing – no outcome results reported.
19. Covington C. Cybulski MJ, Davis TL et al. Kids on the move: preventing obesity among urban children. *American Journal of Nursing* 2001; 101(3):73-77,79,81-2.	Not aimed at preventing obesity – literature review of treatments and recommendations.
20. Covington DL, Peoples-Sheps MD, Buescher PA, Bennett TA, Paul MV. An evaluation of an adolescent prenatal education program. *American Journal of Health Behavior* 1998;22:323–33.	Review of an uncontrolled programme not aimed at preventing weight gain.

21. Crawford V, Scheckenbach R, Preuss HG, Crawford V, Scheckenbach R, Preuss HG. Effects of niacin-bound chromium supplementation on body composition in overweight African-American women. *Diabetes Obesity and Metabolism* 1999;1:331–7.	Eight-week crossover study of chromium for weight loss in African-American women.
22. Cullen KW, Karen W. Validity and reliability of a behavior-based food coding system for measuring fruit, 100% fruit juice, vegetable, and sweetened beverage consumption: Results from the Girls health Enrichment Multisite Studies. *Preventive Medicine* 2004;38 (suppl):s33-s42.	Baseline data for GEMS only.
23. DeBate RD & Davis TA, Program: LEAP: Lifestyle Enhancement for African American Women Population. *Health Education and Behavior* 2004;31(6):662-667.	Overview of 10-week intervention, diet and exercise in African American women within churches – no outcomes reported.
24. Demark W. Partnering with African American churches to achieve better health: Lessons learned during the Black Churches United for Better Health 5 A Day project. *Journal of Cancer Education* 2000;15:164–7.	Literature review only, US-based.
25. Dennis KE, Tomoyasu N, McCrone S. Self-efficacy targeted treatments for weight loss in postmenopausal women. *Scholarly Inquiry for Nursing Practice* 2001;15(3): 259-276.	Behavioural intervention for weight loss in obese postmenopausal women with 6-month follow-up
26. Douchi T, Matsuo T, Uto H et al. Lean body mass and bone mineral density in physically exercising postmenopausal women. *Maturitas* 2003;45:185–90.	Cross-sectional study.
27. Drayton-Brooks S, White N. Health promoting behaviors among African American women with faith-based support. *ABNF Journal* 2004;15:84–90.	Literature review only, US-based.
28. Dwyer JJM, Hansen B, Barrera M et al. Maximising children's physical activity: an evaluability assessment to plan a community-based, multi-strategy approach in an ethno-racially and socio-economically diverse city. *Health Promotion International* 2005*;*18(3):199-208.	Not intervention.

29. Edwards CH. Emerging issues in lifestyle, social, and environmental interventions to promote behavioral change related to prevention and control of hypertension in the African-American population. *Journal of the National Medical Association* 1995;87:642–6.	Review of hypertension interventions in African Americans.
30. Egger G, Fisher G, Piers S, Bedford K, Morseau G, Sabasio S et al. Abdominal obesity reduction in indigenous men. *International Journal of Obesity Related Metabolic Disorders* 1999;23:564–9.	Not controlled study, Torres Strait Islanders (not included BMEG).
31. Fitzgibbon ML, Stolley MR, Kirschenbaum DS. An obesity prevention pilot program for African-American mothers and daughters. *Journal of Nutrition Education* 1995;27:93–9.	Regarding recruitment strategies of two intervention studies – US-based and have included better quality trials in this population, this trial is only 6 weeks duration.
32. Fitzgibbon ML, Stolley MR. Environmental changes may be needed for prevention of overweight in minority children. *Pediatric Annals* 2004;33:45–9.	6-week pilot study.
33. Fitzgibbon ML. Quantitative assessment of recruitment efforts for prevention trials in two diverse Black populations. *Preventive Medicine* 1998; 27(6): 838-845.	Review of recruitment efforts for prevention trials in minority children, US-based.
34. Ford BS, McDonald TE, Owens AS, Robinson TN. Primary care interventions to reduce television viewing in African-American children. *American Journal of Preventive Medicine* 2002;22:106–9.	Four-week intervention in primary care to reduce TV in African American children.
35. Fulton JE, McGuire MT, Caspersen CJ, Dietz WH. Interventions for weight loss and weight gain prevention among youth: current issues. *Sports Medicine* 2001;31:153–65.	Literature review only.
36. Gans KM, Kumanyika SK, Lovell HJ et al. The development of SisterTalk: a cable TV-delivered weight control program for black women. *Preventive Medicine* 2003;37:654–67.	Ongoing study, no outcome results reported.
37. Gris JC, Schved JF, Feugeas O et al. Impact of smoking, physical training and weight reduction on FVII, PAI-1 and hemostatic markers in sedentary men. *Thrombosis and Haemostasis* 1990;64:516–20.	Aim to assess effect of physical training and smoking cessation on plasma levels (not to prevent

	weight gain).
38. Hardeman W, Griffin S, Johnston M et al. Interventions to prevent weight gain: a systematic review of psychological models and behaviour change methods. *International Journal of Obesity and Related Metabolic Disorders* 2000;24:131–43.	Systematic review (two relevant studies included in BMEG review).
39. Heinberg LJ. Body image and weight loss maintenance in elderly African American hypertensives. *American Journal of Health Behavior* 2004;24(3):163-173.	Weight loss for elderly African American hypertensives.
40. Hermann J, Williams G, Hunt D. Effect of nutrition education by paraprofessionals on dietary intake, maternal weight gain, and infant birth weight in pregnant Native American and Caucasian adolescents. *Journal of Extension* 2001;39(1):http://www.joe.org/joe/2001february/rb2.html.	To decrease low maternal weight gain in adolescents.
41. Jeffery RW. Correspondence programs for smoking cessation and weight control: a comparison of two strategies in the Minnesota heart health program. *Health Psychology* 1990;9:1990–598.	Two interventions (Improve Your Health, part of Minnesota Heart Health Programme): one is smoking cessation only (not to prevent weight gain) and the other is weight control (not aimed specifically at BMEG vulnerable groups or life-stages).
42. Jeffery RW, Gray CW, French SA et al. Evaluation of weight reduction in a community intervention for cardiovascular disease risk: changes in body mass index in the Minnesota Heart Health Program. *International Journal of Obesity and Related Metabolic Disorders* 1995;19:30–9.	Minnesota Heart Health Programme (not aimed specifically at BMEG, vulnerable groups or lifestages).
43. Kanders BS, Ullman-Joy P, Foreyt JP et al. The Black American Lifestyle Internvetion (BALI): a weight loss program for working class African American women. *Journal of the American Dietetic Association* 1994;94:310–2.	10-week pilot study- not controlled, obese, weight loss not prevention.
44. Klem ML, Viteri JE, Wing RR. Primary prevention of weight gain for women aged 25–34: the acceptability	Not vulnerable life-stage (women are not pregnant

of treatment formats. *International Journal of Obesity and Related Metabolic Disorders* 2000;24:219–25.	and cannot generalise these results to pregnant women), also US-based.
45. Kuller LH, Simkin-Silverman LR, Wing RR, Meilahn EN, Ives DG. Women's Healthy Lifestyle Project: A randomized clinical trial: results at 54 months. *Circulation* 2001;103:32–7.	Although this meets all parameters – another report of 5-year results is already included in the review.
46. Kumanyika SK, Charleston JB. Lose weight and win – A church-based weight-loss program for blood-pressure control among Black-women. *Patient Education and Counseling* 1992;19:19–32.	Weight loss intervention in obese Black women (church-based) with 6-month follow-up, for blood pressure control, 47% taking antihypertensive medication not clear why excluded as other church-based also obese.
47. Lenamond SG, Franckowiak S, Zuzak KB, Cummings ES, Crespo CJ, Andersen RE. A community intervention to promote stair use among African American communters across the age spectrum. *Journal of the American Geriatrics Society* 2001;49:114.	Abstract only, 1 month intervention of culturally appropriate sign to encourage walking in African-American commuters.
48. Lloyd C, Sullivan D. NEW solutions: an Australian health promotion programme for people with mental illness. *International Journal of Therapy and Rehabilitation* 2003 May;10(5):204–10.	Uncontrolled intervention re mainly drug-induced weight gain.
49. Luke B, Luke B. Improving multiple pregnancy outcomes with nutritional interventions. *Clinical Obstetrics and Gynecology* 2004;47:146–62.	Review and intervention to improve twin pregnancy interventions (not specifically aimed at preventing excessive weight gain).
50. Marcus BH, King TK, Albrecht AE et al. Rationale, design, and baseline data for Commit to Quit: an exercise efficacy trial for smoking cessation among women. *Preventive Medicine* 1997;26:586–97.	Ongoing – no outcome results reported.
51. Marshall D. Obesity in people with intellectual disabilities: the impact of nurse-led health screenings and health promotion activities. *Journal of Advanced Nursing* 2003; 41.(2):147-153.	Not controlled, 8 weeks duration, in obese adults and aimed at weight reduction, with learning difficulties in Northern Ireland.
52. Matvienko O, Lewis DS, Schafer E. A college nutrition science course as an intervention to prevent weight gain in female college freshmen. *Journal of Nutrition Education* 2001;33:95–101.	Not included BMEG, vulnerable group or life-stage.

53. McCarran MS, Andrasik F. Behavioral weight-loss for multiplie-handicapped adults: Assessing caretaker involvement and measures of behavior change. *Addictive Behavior* 1990;15:1990–20.	Controlled study of eight adults with cerebral palsy, 19-week intervention with 12-month follow-up, weight and BMI outcomes reported, obese at baseline.
54. McClelland JW, Demark-Wahnefried W, Mustian RD, Cowan AT, Campbell MK. Fruit and vegetable consumption of rural African Americans: baseline survey results of the black churches united for better health 5 A Day project. *Nutrition and Cancer* 1998;30:148–57.	Baseline data only for ongoing Black Churches United for Better Health project.
55. McMahon A. Kelleher CC. Helly G. Duffy E. Evaluation of a workplace cardiovascular health promotion programme in the Republic of Ireland. *Health Promotion International* 2002;17(4):297–308.	Uncontrolled study in White Irish workers, no useable outcomes.
56. Melnyk mg, Weinstein E. Preventing obesity in black women by targeting adolescents: a literature review. *Journal of the American Dietetic Association* 1994;94:536–40.	Literature review only – US based.
57. Oexmann MJ, Thomas JC, Taylor KB et al. Short-term impact of a church-based approach to lifestyle change on cardiovascular risk in African Americans. *Ethnicity and Disease* 2000;10:17–23.	Uncontrolled study of eight educational sessions in African-American churches to improve cardiovascular risk factors, with follow-up at 10 weeks reported with follow-up at 1 year planned. All obese at baseline.
58. Perkins KA, Levine MD, Marcus MD et al. Addressing women's concerns about weight gain due to smoking cessation. *Journal of Substance Abuse Treatment* 1997;14:173–82.	Not an intervention, US-based.
59. Peterson KE. Design of an intervention addressing multiple levels of influence on dietary and activity patterns of low-income, postpartum women. *Health Education Research* 2002;17(5):531-540.	Ongoing – no outcome results reported.
60. Poston WS 2nd, Haddock K, Olvera NE et al. Evaluation of a culturally appropriate intervention to increase physical activity. *American Journal of Health Behavior* 2001;25(4): 396-406.	Mexican American (not included in BMEG review).

61. Prentice R, Thompson D, Clifford C et al. Dietary fat reduction and plasma estradiol concentration in healthy postmenopausal women. The Women's Health Trial Study Group. *Journal of the National Cancer Institute* 1990;82:129–34.	Plasma hormone concentrations only in intervention arm of Women's Health Trial (postmenopausal women).
62. Quinn RD, Quinn Rothacker D. Five-year self-management of weight using meal replacements: comparison with matched controls in rural Wisconsin *Nutrition* 2000;16:344–8.	Baseline only data for ongoing Eat for Life Trial to increase fruit and vegetable consumption in African-American churches, 1-year follow-up to be reported.
63. Resnicow K, Wallace DC, Jackson A et al. Dietary change through African American churches: Baseline results and program description of the Eat for Life trial. *Journal of Cancer Education* 2000;15:156–63.	Review.
64. Reusser ME, DiRienzo DB, Miller GD et al. Adequate nutrient intake can reduce cardiovascular disease risk in African Americans. *Journal of the National Medical Association* 2003;95:188–95.	Review.
65. Rossner S. Physical activity and prevention and treatment of weight gain associated with pregnancy: current evidence and research issues. *Medicine and Science in Sports and Exercise* 1999;31:S560–3 .	Five-year weight control study in rural Wisconsin, no further details reported, not BMEG, vulnerable group or life-stage.
66. Sachdeva R, Mann SK, Sachdeva R, Mann SK. Impact of nutrition education and medical supervision on pregnancy outcome. *Indian Pediatrics* 1993;30:1309–14.	Controlled study of nutritional intervention to increase weight gain in pregnancy in Indian women.
67. Sanderson B, Littleton MA, Pulley LV. Environmental, policy, and cultural factors related to physical activity among rural, African American women. *Women Health* 2002;36:75–90.	Focus groups of barriers, enablers and suggestions for physical activity interventions in rural African American women.
68. Schmitz K, Jensen M, Kugler K et al. Strength training for obesity prevention in midlife women. *International Journal of Obesity and Related Metabolic Disorders* 2003;27(3):326-333.	Not included BMEG, vulnerable group or life-(women are not experiencing menopause and cannot generalise these results to menopausal women), also US-based.
69. Shapses SA, Heshka S, Heymsfield SB, Shapses SA, Heshka S, Heymsfield SB. Effect of calcium supplementation on weight and fat loss in women.	All obese premenopausal and postmenopausal women in three separate RCTs –

Journal of Clinical Endocrinology and Metabolism 2004; 89:632–7.	aim of interventions was weight loss.
70. Simkin-Silverman LR, Wing RR, Simkin-Silverman LR, Wing RR. Weight gain during menopause. Is it inevitable or can it be prevented? *Postgraduate Medicine* 1953;108:47–50.	One-year results of Women's Healthy Lifestyle Project- 5 year results included in report.
71. Simmons D Fleming C. Cameron M. Leakehe L. A pilot diabetes awareness and exercise programme in a multiethnic workforce. *New Zealand Medical Journal* 1996;109(1031):373–6.	Obese Maori and Pacific Islanders.
72. Simpson M, Earles J, Folen R et al. The Tripler Army Medical Center's LE3AN program: a six-month retrospective analysis of program effectiveness for African-American and European-American females. *Journal of the National Medical Association* 2004;96:1332–6.	Retrospective weight loss study and obese at baseline.
73. Steegers EA, Van Lakwijk HP et al. (Patho)physiological implications of chronic dietary sodium restriction during pregnancy; a longitudinal prospective randomized study. *British Journal of Obstetrics and Gynaecology* 1991;98:980–7.	Six-month RCT to assess effects of low sodium intervention in pregnancy (reports weight change but aim is not to prevent excessive weight gain).
74. Stolley MR, Melinda R. Addressing multiple breast cancer risk factors in African-American women. *Journal of the National Medical Association* 2004;96(1):76-86.	One-year pilot study in obese women targeting multiple breast cancer risk (diet and exercise and breast health).
75. Talcott GW, Fiedler ER, Pascale RW, Klesges RC, Peterson AL, Johnson RS. Is weight gain after smoking cessation inevitable? *Journal of Consulting and Clinical Psychology* 1995; 63(2):313-316.	Six-week intervention, US-based.
76. Turner. Cardiovascular health promotion in north Florida African-American churches. *Health Values* 1995;19:3–9.	CBA study in African American churches to increase awareness of cardiovascular disease, improve blood pressure, nutrition behaviour and PA. No weight outcomes but are diet intake and physical activity outcomes. Excluded as better quality study

	included in review for this population.
77. Van der Maten GD, van Raaij JM, Visman L et al. Low-sodium diet in pregnancy: effects on blood pressure and maternal nutritional status. *British Journal of Nutrition* 1997;77:703–20.	Low sodium vs. ad libitum diet to assess effects on blood pressure and nutritional status in pregnancy (women in both groups did not receive dietary advice, main aim was not to prevent excessive weight gain).
78. Wadden TA, Stunkard AJ. Obesity in black adolescent girls: a controlled clinical trial of treatment by diet, behavior modification, and parental support. *Pediatrics* 1990;85:345–52.	All obese at baseline.
79. Weinsier RL, Hunter GR, Gower BA et al. Body fat distribution in white and black women: different patterns of intraabdominal and subcutaneous abdominal adipose tissue utilization with weight loss. *American Journal of Clinical Nutrition* 2001;74:631–6.	Aim – to compare racial differences in fat patterns following weight loss. Compared Black and White women overweight at baseline who then received weight loss >10 kg over 22–25 weeks then anthropometric data compared with control group of never overweight Black and White women.
80. White J. Minority patients: clinical strategies to promote exercise. *Physician and Sportsmedicine* 1993;21:136–44.	Overview of strategies, not relevant to British ethnic minorities.
83. Wing RR, Hamman RF, Bray GA et al. Achieving weight and activity goals among diabetes prevention program lifestyle participants. *Obesity Research* 2004;12:1426–34.	Diabetes Prevention Programme, designed to prevent diabetes in obese women, 3-year RCT, weight loss, 18.9% African-American.
84. Wing RR. Changing diet and exercise behaviors in individuals at risk for weight gain. *Obesity Research* 1995;3(Suppl 2):s277–82.	Unobtainable from British Library.
85. Wolfe WA. A review: maximizing social support--a neglected strategy for improving weight management with African-American women. *Ethnicity and Disease* 2004;14:212–8.	Literature review, US-based.

86. Yancey AK, Miles OL, McCarthy WJ et al. Differential response to targeted recruitment strategies to fitness promotion research by African-American women of varying body mass index. *Ethnicity and Disease* 2001:11(1):115–23.	Ongoing, no outcomes reported.