**Table 13c. Waist circumference outcome in studies in a work setting**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Waist Circumference, mean** | **N at 12 months** | **Waist circumference, 12 months, mean** | **Change from BL** | **N at 24 months** | **Waist circumference, 24 months, mean** | **Change from BL** | **Variables Adjusted for** | **Comment** |
| **Combination Intervention** |  |  |  |  |  |  |  |  |  |  |  |  |
| Dekkers, 20117 | 1 | cm | 92 | 101.4 |  |  |  | 49 | 99.3  SD: 9.7 |  |  | Mean change for arm2 (telephone) vs arm1 (control) at 24 months: 0.3 (95%CI -2.0-2.6)  Mean change for arm3 (Internet) vs arm1 (control) at 24 months: -1.1 (95%CI -3.3-1.1) |
|  | 2 | cm | 91 | 102.1 |  |  |  | 44 | 97.9  SD: 11.0 |  |  |  |
|  | 3 | cm | 93 | 102.6 |  |  |  | 48 | 99.3  SD: 11.9 |  |  |  |
| Kwak, 20103 | 1 | cm | 188 |  | 164 |  | Mean change: 0.3  SD: 3.3 | 145 |  | Mean change: 1.0  SD: 3.4 | Adjusted for baseline age, gender, BMI, marital status, education, and smoking status. | 12-month mean between group change -1.5 cm (95%CI -2.35-(-0.65)); p<0.001  24-month mean between group change -1.3 cm (95%CI -2.18-(-0.42)); p=0.005 |
|  | 2 | cm | 365 |  | 295 |  | Mean change: (-1.2)  SD: 4.9 | 256 |  | Mean change: (-0.5)  SD: 5.6 |  |  |

BL = Baseline; Cm = centimeter; N = Sample Size; SD = Standard Deviation

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