**Table 9a. Weight outcomes among obese adults in the general population**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Weight, mean** | **N at 18 months** | **Weight, 18 months, mean** | **Change from BL** | **Measure of Association** |
| Hemmingsson, 20091 | 1 | Weight, kg | 63 | 84.7 kg | 60 | 84.4 kg | -0.3 (-1.2 to 0.7) |  |
|  | 2 |  | 61 | 84.6 kg | 60 | 84.2 kg | -0.4 (-1.6 to 0.7) | -0.1 less than group 1 |

Kg = kilogram; N = Sample Size

**References**

1. Hemmingsson E, Uddén J, Neovius M, et al. Increased physical activity in abdominally obese women through support for changed commuting habits: a randomized clinical trial. Int J Obesity (2005) 2009; 33(6):645-52.