**Table 9b. Waist circumference outcomes among obese adults in the general population**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Waist Circumference, mean** | **N at 18 months** | **Waist Circumference, 18 months, mean** | **Change from BL** | **Measure of Association** |
| Hemmingsson, 20091 | 1 | Waist circumference, cm | 63 | 104.2 cm | 60 | 101.6 cm | -2.6 (-4.0 to -1.2) |  |
|  | 2 |  | 61 | 103.4 cm | 60 | 101.3 cm | -2.1 (-3.4 to -0.8) | -0.5 less than group 1 |

Cm = centimeter; 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.