**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 | 99.3SD: 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 | 97.9SD: 11.0 |  |  |  |
|  | 3 | cm | 93 | 102.6 |  |  |  | 48 | 99.3SD: 11.9 |  |  |  |
| Kwak, 20103 | 1 | cm | 188 |  | 164 |  | Mean change: 0.3SD: 3.3 | 145 |  | Mean change: 1.0SD: 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<0.00124-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

**References**

 1. Goetzel RZ, Baker KM, Short ME et al. First-year results of an obesity prevention program at the Dow Chemical Company. J Occup Environ Med 2009; 51(2):125-38.

 2. Goetzel RZ, Roemer EC, Pei X et al. Second-year results of an obesity prevention program at the Dow Chemical Company. J Occup Environ Med 2010; 52(3):291-302.

 3. Kwak L, Kremers SP, Candel MJ, et al. Changes in skinfold thickness and waist circumference after 12 and 24 months resulting from the NHF-NRG In Balance-project. Int J Behav Nutr Phys Act 2010; 7:26.

 4. Lemon SC, Zapka J, Li W et al. Step ahead: A worksite obesity prevention trial among hospital employees. Am J Prev Med 2010; 38(1):27-38.

 5. Linde JA, Nygaard KE, MacLehose RF et al. HealthWorks: results of a multi-component group-randomized worksite environmental intervention trial for weight gain prevention. Int J Behav Nutr Phys Act 2012; 9:14.

 6. McEachan RR, Lawton RJ, Jackson C, et al. Testing a workplace physical activity intervention: a cluster randomized controlled trial. The International Journal of Behavioral Nutrition and Physical Activity 2011; 8:29.

 7. Dekkers JC, van Wier MF, Ariëns GA et al. Comparative effectiveness of lifestyle interventions on cardiovascular risk factors among a Dutch overweight working population: a randomized controlled trial. BMC Public Health 2011; 11(1):49.

 8. Robbins AS, Chao SY, Baumgartner N, et al. A low-intensity intervention to prevent annual weight gain in active duty Air Force members. Mil Med 2006; 171(6):556-61.