**Table 17c. Waist circumference outcomes in studies in college-settings, combination interventions**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author,****Year** | **Arm** | **Outcome Defined** | **Baseline N** | **Baseline Waist Circum-ference, mean** | **N at 12 months** | **Waist Circum-ference, 12 months, mean** | **Change from BL** | **N at 24 months** | **Waist Circum-ference, 24 months, mean** | **Change from BL** | **Variables Adjusted for** | **Comment** |
| **Combination Interventions** |  |  |  |  |  |  |  |  |  |  |  |  |
| Hivert, 20071 | 1 | cm | 57 | 72SEM: 1 | 54 |  | Mean change: 0SEM: 0 | 48 |  | Mean change: 0SEM: 1 |  | Repeated measures ANOVA p for group effect 0.11. |
|  | 2 | cm | 58 | 72SEM: 1 | 51 |  | Mean change: (-1)SEM: 0 | 48 |  | Mean change: (-1)SEM: 1 |  |  |

ANOVA = Analysis of Variance test; BL = Baseline; Cm = centimeter; N = Sample Size; SEM = Standard Error of the Mean

**References**

 1. Hivert MF, Langlois MF, Berard P, et al. Prevention of weight gain in young adults through a seminar-based intervention program. Int J Obes (Lond) 2007; 31(8):1262-9.

 2. Matvienko O, Lewis DS, Schafer E. A college nutrition science course as an intervention to prevent weight gain in female college freshmen. J Nutr Educ 2001; 33(2):95-101.