**Table 21c. Waist circumference outcomes in interventional studies on cardiovascular disease and/or type 2 diabetes mellitus**

| **Author, year** | **Arm** | **Outcome defined** | **Base-line N** | **Base-line BMI, mean** | **N at 12 months** | | **Waist circ, 12 months, mean** | **Change from BL** | | **Final measure, months** | | **N at final measure** | **Waist circumference, final measure, mean** | **Change from BL** | **Measure of association** | **Between-group Difference at 12 Months** | **Test for trend** | **Variables adjusted for** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Self-management intervention** |  |  |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| Clark, 20041 | 1 | cm | 50 | Mean: 101.25, SD: 11.4 | Not reported | | Mean: 103.6, SD: 10.63 | Mean: 2.35 | |  | |  |  |  |  |  |  |  | P=0.001 for change from baseline |
|  | 2 |  | 50 | Mean: 104.22, SD: 10.46 | Not reported | | Mean: 102.7, SD: 10.25 | Mean: -1.52 | |  | |  |  |  |  | Mean: -3.87  95% CI: -2.1 to 9.9 (reference=control) |  |  | P=0.002 for change from baseline |
| Plotnikoff, 20112 | 1 | cm | 49 | 110.4 (12.7) | 49 | |  | -3.2 | |  | |  |  |  |  |  |  |  | significant change from baseline in each group (P<0.01) but P>0.1 for between group diff in change; change at 12 months adjusted (?for baseline value, unclear); used LOCF for missing data |
|  | 2 |  | 47 | 111.8 (16.7) | 47 | |  | -5.2 | |  | |  |  |  |  |  |  |  |  |
| **Physical activity intervention** |  |  |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| Anderssen, 199511 | 1 | cm | 43 | Mean: 102.3, SE: 1.4 | 43 | | Mean: 103.2 | Mean: 0.9, SE: 0.4 | |  | |  |  |  |  |  |  |  |  |
|  | 2 |  | 52 | Mean: 102.6, SE: 1.4 | 52 | | Mean: 100.7 | Mean: -1.9, SE: 0.6 | |  | |  |  |  |  | Mean between-group difference from baseline  -2.8  P<0.05 |  |  |  |
| **Diet interventions** |  |  |  |  |  | |  |  | |  | |  |  |  |  |  |  |  |  |
| Razquin, 200914 |  | Waist circumference (define) | 59 | mean : 93.79  SD : 9.78 |  | |  |  | | 36 | | 59 | mean : 0.11  SD : 4.56 |  |  |  |  |  |  |
|  |  |  | 65 | mean : 98.83  SD : 10.14 |  | |  |  | | 36 | | 65 | mean : -0.63  SD : 4.76 |  |  |  |  |  |  |
|  |  |  | 63 | mean : 96.67  SD : 9.30 |  | |  |  | | 36 | | 63 | mean : -0.23  SD : 3.60 |  |  |  |  |  |  |
| **Combination interventions** |  |  |  |  | |  |  |  |  | |  | |  |  |  |  |  |  |  |
| Gram, 20106 |  | cm | 22 | Mean: 113  SD : 10 | | N: 20  check if this is the last timepoint reported | Mean : 112  se : 2 |  |  | |  | |  |  | Arm 1 N=20  Arm 2 N=24 |  |  | Other : baseline waist circumference |  |
|  |  |  | 24 | Mean : 110  SD : 10 | | N : 24  check if this is the last reported timepoint | Mean : 108  se : 2 | Mean difference  -2.38 (95% CI:  -4.73 to -0.03)  SE: 1.2  P=0.012 |  | |  | |  |  |  |  |  |  |  |
|  |  |  | 22 | Mean : 109  SD : 11 | | N : 21  check if this is the last reported timepoint | Mean : 108  se : 2 | Mean difference  -1.62 (95% CI:  --3.76 to 0.52)  SE: 1.1 |  | |  | |  |  |  |  |  |  |  |

BL = Baseline; CI = Confidence Interval; Circ = Circumference; Cm = centimeter; LOCF = Last Observation Carried Forward; SD = Standard Deviation; SE = Standard Error

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