**Table 5c Waist circumference outcomes among intervention studies among adults in the general population**

| **Author,**  **Year** | **Arm** | **Out-come defined** | **Base-line N** | **Baseline Waist circum-ference, mean** | **N at 12 months** | **Waist circum-ference, 12 months, mean** | **Change from BL** | **Final measure, months** | **N at final measure** | **Waist circum-ference, final measure, mean** | **Change from BL** | **Measure of association** | **Test for trend** | **Variables adjusted for** | **Comment** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Diet interventions** | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bhargava, 20029 | 1 | Meters | 351 | Mean : 0.86  SD : 0.11 | N : 351  Check if this is the last time-point reported | Mean : 0.86  SD : 0.11 |  |  |  |  |  | Reported separately for intervention and control. Looked at dietary components/phys activity that predicted waist circumference change | In the intervention group, there was a significant difference between baseline and 12 month waist circumference (p<0.05). This effect was not observed in the control group. |  | In the control group, household incomes and physical exercise patterns were negatively associated with waist circumference whereas the index of unhealthy eating habits was positively associated (P,0·05). The intakes of carbohydrate and saturated fat were significant (P,0·05) and positively associated with waist circumference in both model 1 and 2. In the intervention group, education was negatively associated with waist circumference. The index of unhealthy eating habits and physical exercise patterns were significantly associated with waist circumference of the women in the intervention group. Moreover, while the carbohydrate and saturated fat intakes were not significant predictors, the intake of monounsaturated fat was a significant predictor. |
|  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Physical activity interventions** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Muscari, 20105 | 1 |  | 60 |  | Check if this is the last time-point reported | 60 |  |  |  |  |  |  | No value was reported in this article, the result section on page 1061 only states no significant changes were detected concerning waist circumference in either group. |  |  |
|  | 2 |  | 60 |  | Check if this is the last reported time-point | 60 |  |  |  |  |  |  |  |  |  |
| **Combination intervention** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Howard, 20061 | 1 |  | 29216 | Mean : 89.0  SD : 13.7 | 29216 | Mean : 89.0  SD : 13.7 |  |  | 90 | 9517 |  |  | At 90 months, the waist circumference was significantly different (p = 0.12) in Arm 1 (Control; n = 9517) versus Arm 2 (N = 6154).  The difference in mean change from baseline to 90 months was non-significant (p = 0.04) in Arm 1 (Control; N = 9157) versus Arm 2 (N = 6154) |  | The last-reported time point was a follow-up of 7.5 years |
|  | 2 |  | 19485 | Mean : 89.0  SD : 13.9 | 19485 | Mean : 89.0  SD : 13.9 |  |  | 90 | 6154 | Mean : 90.1  SD : 14.4  Mean change : 1.6 |  |  |  |  |
| Burke, 20038 | 1 |  | 43 |  | N : 31  Check if this is the last time-point reported | Mean change : 1.4 |  |  |  |  |  |  | There were greater changes in the control and low-level groups, but between-group differences were not significant (P=.31 and P=.30, respectively).  Baseline waist circumference reported by gender within group.  mean change adjusted for age, sex and accounted for correlation within couples |  |  |
|  | 2 |  | 47 |  | N : 20  Check if this is the last reported time point | Mean change : 1.4 |  |  |  |  |  |  |  |  |  |
|  | 3 |  | 47 |  | N : 27  Check if this is the last reported time point | Mean change : 0.5 |  |  |  |  |  |  |  |  |  |

Mo = month; N = Sample Size; SD = Standard Deviation; Tx = Treatment

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