**Table 9c. Adherence outcomes among obese adults in the general population**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Author,**  **Year** | **Arm** | **Outcome Defined** | **Baseline N** | **N at 18 months** | **Adherence, 18 months, %** | **Measure of Association** |
| Hemmingsson, 20091 | 1 | Ride bicycle at least 2 kilometers per day | 63 | 60 | 38.7% |  |
|  | 2 |  | 61 | 60 | 8.9% | Odds Ratio 7.8 (95% CI 4.0 to 15.0) p<0.001 |

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.