

Supplemental Material 1: Appendix Tables

Table A1. Differential mean changes in trunk fat, VAT, and TAT between week 0 and week 96 for the “Gained Some/Somewhat Larger” and “Gained A Lot/Much Larger” self-reported categories relative to the “No change/Lost” category in A5260s study population (N=328).

Subgroup	Trunk Fat, kg			VAT, cm ²			TAT, cm ²		
	N	Gained Some/ Somewhat Larger	Gained A Lot/ Much Larger	N	Gained Some/ Somewhat Larger	Gained A Lot/ Much Larger	N	Gained Some/ Somewhat Larger	Gained A Lot/ Much Larger
		Differential Mean Change (95% CI)	Differential Mean Change (95% CI)		Differential Mean Change (95% CI)	Differential Mean Change (95% CI)		Differential Mean Change (95% CI)	Differential Mean Change (95% CI)
Overall	282	1.9 (1.1, 2.6)	4.1 (2.8, 5.5)	281	17.0 (8.4, 25.6)	48.3 (32.3, 64.4)	281	59.3 (37.1, 81.5)	117.3 (75.9, 158.8)
Sex									
<i>Male</i>	252	1.8 (1.1, 2.5)	4.5 (3.1, 6.0)	252	17.1 (8.0, 26.1)	49.8 (32.5, 67.1)	252	55.7 (34.6, 76.8)	132.2 (91.9, 172.5)
<i>Female</i>	30	2.6 (-0.6, 5.7)	1.9 (-2.9, 6.7)	29	12.5 (-17.8, 42.8)	41.1 (-4.9, 87.2)	29	81.2 (-39.5, 201.8)	36.9 (-146.4, 220.2)
Baseline BMI, kg/m²									
<i>Underweight/Normal: ≤24.9</i>	153	1.5 (0.7, 2.4)	4.7 (2.5, 6.9)	152	21.6 (12.0, 31.2)	46.0 (23.5, 68.5)	152	59.8 (33.1, 86.5)	149.5 (87.0, 212.0)
<i>Overweight: 25-29.9</i>	85	1.6 (0.4, 2.7)	5.9 (3.7, 8.2)	84	11.3 (-4.8, 27.4)	74.1 (43.5, 104.7)	84	53.2 (17.9, 88.5)	177.8 (110.6, 245.1)
<i>Obese: ≥30.0</i>	44	3.8 (1.1, 6.6)	3.1 (-0.3, 6.6)	45	12.8 (-19.9, 45.5)	34.5 (-7.00, 75.9)	45	75.6 (-8.0, 159.1)	70.1 (-35.9, 176.1)
Race/Ethnicity									
<i>White Non-Hispanic</i>	129	2.5 (1.4, 3.6)	5.7 (3.4, 7.9)	127	14.4 (1.3, 27.5)	58.6 (31.8, 85.4)	127	73.3 (38.6, 108.0)	157.2 (86.1, 228.2)
<i>Black Non-Hispanic</i>	85	0.9 (-0.3, 2.2)	3.3 (0.9, 5.7)	85	16.1 (1.0, 31.1)	59.0 (32.3, 85.7)	85	46.0 (6.2, 85.7)	144.1 (73.7, 214.4)
<i>Hispanic</i>	55	2.5 (0.9, 4.2)	2.6 (-0.3, 5.5)	56	32.1 (9.7, 54.5)	22.8 (-17.2, 62.8)	56	65.6 (23.3, 107.9)	71.4 (-4.2, 147.0)
<i>Other</i>	12	2.5 (-0.04, 5.0)	5.7 (2.3, 9.0)	12	8.5 (-12.2, 29.2)	28.0 (0.6, 55.4)	12	65.8 (-58.9, 190.6)	7.2 (-157.8, 172.3)
Age, years									
<i>18-30</i>	81	2.2 (0.5, 3.9)	2.1 (-2.4, 6.6)	83	13.6 (0.6, 26.7)	15.7 (-14.3, 45.7)	83	65.4 (25.2, 105.7)	86.4 (-6.4, 179.2)
<i>31-50</i>	170	2.0 (1.2, 2.8)	4.8 (3.4, 6.2)	168	20.7 (9.4, 32.0)	47.6 (27.6, 67.6)	168	66.5 (38.8, 94.3)	145.1 (96.0, 194.1)
<i>51-76</i>	31	0.3 (-1.8, 2.4)	3.4 (-0.1, 6.8)	30	6.5 (-29.2, 42.2)	93.1 (35.7, 150.4)	30	-0.3 (-91.1, 90.5)	23.6 (-122.3, 169.4)

^aVAT = Visceral Adipose Tissue; TAT = Total Adipose Tissue; CI = Confidence Interval

Table A2. Differential mean changes in trunk fat, VAT, and TAT between self-reported abdominal size change categories adjusted for multiple comparisons in A5260s study population (N=328).

	Trunk Fat, kg		VAT, cm ²		TAT, cm ²	
	Differential Mean Change (Simultaneous 95% CI)	P-value	Differential Mean Change (Simultaneous 95% CI)	P-value	Differential Mean Change (Simultaneous 95% CI)	P-value
Gained A Lot/Much larger vs. Gained Some/Somewhat larger	2.28 (0.60 - 3.96)	0.0044	31.32 (11.71 - 50.93)	0.0006	58.04 (7.48 - 108.60)	0.0198
Gained A Lot/Much larger vs. No Change/Lost weight	4.13 (2.49 - 5.78)	<.0001	48.32 (29.09 - 67.6)	<.0001	117.34 (67.76 - 166.92)	<.0001
Gained Some/Somewhat larger vs. No Change/Lost weight	1.9 (0.99 - 2.72)	<.0001	17.00 (6.67 - 27.33)	0.0004	59.30 (32.67 - 85.93)	<.0001

^aVAT = Visceral Adipose Tissue; TAT = Total Adipose Tissue; CI = Confidence Interval

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