| | Baseline | | 3 months | | 12 months | |
|---|---|---|---|---|---|---|
| | Control (n=28) | Intervention (n=33) | Control (n=16) | Intervention (n=24) | Control (n=12) | Intervention (n=20) |
| **Outcome measure** | Mean (SD) | Mean (SD) | Mean (SD) | Mean (SD) | Mean (SD) | Mean (SD) |
| **Height (cm)** | 176.9 (6.9) | 177.7 (7.3) | 177.0 (6.7) | 177.7 (7.7) | 176.0 (5.7) | 178.2 (8.4) |
| **Weight (kg)** | 108.5 (13.4) | 107.2 (10.9) | 104.4 (12.2) | 103.6 (10.2) | 103.8 (14.3) | 100.7 (12.3) |
| **Weight change (kg)** | - | - | -2.6 (2.7) | -2.6 (2.7) | -2.8 (4.4) | -5.4 (5.9) |
| **5% weight loss (No. (%))** | - | - | 3 (18.8) | 3 (12.5) | 4 (33.3) | 8 (40) |
| **BMI** | 34.6 (3.0) | 33.9 (2.6) | 33.3 (2.8) | 32.8 (2.4) | 33.4 (3.3) | 31.6 (2.6) |
| **BMI change** | - | - | -0.9 (0.9) | -0.8 (0.9) | -0.9 (1.4) | -1.3 (2.0) |
| **Waist circumference (cm)** | 119.7 (8.9) | 117.7 (7.6) | 117.7 (7.9) | 115.4 (7.6) | 118.2 (9.3) | 113.1 (7.1) |
| **Waist change (cm)** | - | - | -3.2 (2.7) | -2.5 (3.1) | -2.6 (3.5) | -4.5 (4.9) |