

Question 12A. What is the evidence that dietary interventions in obese adults effect a change in abdominal fat?

Reference	Design/Demographics	Overweight defined as:	Adjuvant therapy	Intervention	Drop-out total	Mean weight change (n) mean weight change (95% CI)	WHR Waist circumference Skinfolds Baseline (n) mean (95% CI)	WHR Waist circumference Skinfolds Change (n) mean (95% CI)	Comments/side effects
	Diet Interventions								
Colman 415	Randomized: unclear Self-selected: unclear Included: includes non-overweight Mean age: 60.5 Mean weight: 90.4 Female/Total: 0/99	includes non-overweight	Diet: yes AHA step I goal to lose 0.35-0.5 kg/wk Exercise: no Behavioral: yes format: group, weekly	1. Control 2. Low-fat diet	1. 11/26 (42%) 2. 38/73 (52%)	<u>Weight in kg</u> 1. (15) 1.0 2. (35) -9.0 <u>2vs1</u> -10.0 (-14.7, -5.3)	<u>Waist circumference, cm</u> 1. (15) 103 (98.6, 107.4) 2. (35) 105 (102.9, 107.1) <u>WHR</u> 1. (15) 0.97 (0.9, 1.0) 2. (35) 0.97 (0.9, 1.0)	<u>Waist circumference, cm</u> 1. (15) 103 (98.0, 108.0) 2. (35) 97 (94.6, 99.4) <u>2vs1</u> -8.0 (-11.2, -4.8) <u>WHR</u> 1. (15) 0.98 (1.0, 1.0) 2. (35) 0.95 (0.9, 1.0) <u>2vs1</u> -0.03 (-0.08, 0.02)	There were significant correlations between the weight loss-induced change in glucose area during the OGTT and the change in waist circumference (r=0.49, p=0.005), the change in fat mass (r=0.40, p=0.02), the baseline glucose area (r=-0.37, p=0.02) and the change in % body fat (r=-0.36, p=0.03). The change in waist circumference explained 16% (p<0.01) of the variance and the baseline glucose area explained an additional 11% (p<0.05) of the variance.
Golay 70167	Randomized: unclear Self-selected: no Included: BMI >30 kg/m ² History of failure to lose weight Mean age: 43 Mean weight: 104.5 Female/Total: 34/43	BMI >30 kg/m ²	Exercise: yes aerobic 120 min daily Behavioral: yes behavioral modification weekly meeting	1. Low calorie diet with low carbohydrate 2. Low calorie diet with high carbohydrate	None	1. (22) -8 (-18.05, 2.05) 2. (21) -7 (-14.93, 0.93) <u>2vs1</u> 1.0 (-7.8, 9.8)	<u>Waist circumference (cm)</u> 1. (22) 115 (106.7, 123.3) 2. (21) 113 (106.7, 119.2) <u>WHR</u> 1. (22) 0.91 (0.87, 0.95) 2. (21) 0.93 (0.89, 0.97)	<u>Waist circumference (cm)</u> 1. (22) 104 (97.8, 110) 2. (21) 103 (96.7, 109) <u>2vs1</u> 1.0 (-6.05, 8.05) <u>WHR</u> 1. (22) 0.88 (0.86, 0.90) 2. (21) 0.91 (0.87, 0.95) <u>2vs1</u> 0.01 (-0.03, 0.05)	
Wing 439	Randomized: unclear Self-selected: unclear Included: >130% or 18 kg above IBW Mean age: 51 Mean weight: ng Female/Total: 60/93	>130% IBW	Diet: yes 1. LCD 2. VLCD Exercise: no Behavioral: no	1. Low-calorie diet 2. VLCD	Not reported	<u>Weight in kg, 12 weeks</u> 1. (17) -11 (-11.8, -10.2) 2. (36) -11 (-11.6, -10.4) <u>2vs1</u> 0 (-0.7, 0.7)	<u>WHR</u> 1. (17) 0.95 (n/a, n/a) 2. (36) 0.96 (n/a, n/a)	<u>WHR</u> 27 weeks 1. (17) 0.92 (n/a, n/a) 2. (36) 0.94 (n/a, n/a)	

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Rossner 70141	Randomized: unclear Self-selected: no Included: BMI >30 Mean age: 41 Mean weight: 113.3 Female/Total: 30/93	BMI: >30 kg/m ²	Exercise: yes encouraged Behavioral: yes Self-monitoring: 17 sessions	1. VLCD 420 kcal/d (Nutrilett) 2. VLCD 530 kcal/d 3. LCD 880 kcal/d followed by 1,600 kcal/d diet and booster at 26 weeks	36/93	<u>Weight loss</u> 1. (21) -14.8 (-20.4, -9.2) 2. (19) -15.4 (-20.2, -10.6) 3. (17) -12.1 (-17.2, -6.9)	<u>WHR</u> 1. (21) 0.93 (0.88, 0.98) 2. (19) 0.91 (0.86, 0.96) 3. (17) 0.91 (0.84, 0.98)	<u>WHR (at end of treatment)</u> <u>2vs1</u> 0.03 (-0.02, 0.08) <u>3vs2</u> 0.03 (-0.03, 0.09) <u>3vs1</u> 0.06 (0, 0.12)	
Hakala 364	Randomized: unclear Self-selected: yes Included: 30-50% IBW Mean age: 38 Mean weight: 96.3 Female/Total: 82/110	30-50% overweight	Diet: yes 2. moderate meat, fish and egg 3. no meat, fish or eggs Exercise: no Behavioral: no	1. Control (no intervention) 2. Lactovegetarian weight reduction group 3. Mixed diet weight reduction program	1. 2/46 (4%) 2. 15/46 (33%) 3. 9/46 (20%)	<u>Weight in kg</u> 1. (ng) 1.6 2. (ng) -9.2 3. (ng) -10.4 <u>2vs1</u> p<0.001 <u>3vs1</u> p<0.001	<u>Skinfolds triceps, mm</u> 1. (42) 26 (95% CI n/a, n/a) 2. (31) 27 (95% CI n/a, n/a) 3. (37) 29 (95% CI n/a, n/a) <u>Skinfolds subscapular, mm</u> 1. (42) 39 (95% CI n/a, n/a) 2. (31) 37 (95% CI n/a, n/a) 3. (37) 40 (95% CI n/a, n/a)	<u>Skinfolds triceps, mm</u> 1. (ng) 26 (95% CI n/a, n/a) 2. (ng) 22 (95% CI n/a, n/a) 3. (ng) 20 (95% CI n/a, n/a) no significance between groups given <u>Skinfolds subscapular, mm</u> 1. (ng) 37 (95% CI n/a, n/a) 2. (ng) 29 (95% CI n/a, n/a) 3. (ng) 25 (95% CI n/a, n/a)	
Hellenius 365	Randomization: unclear Self-selected: no Included: includes non-overweight Mean age: 46.2 Mean weight: 25.3 mg/kg ² Female/Total: 0/158	includes non-overweight	Diet: NCEP I Exercise: yes groups 3 and 4 30-45 min 3x/wk Max HR: 60-80% Behavioral: no	1. Control (no intervention) 2. Diet alone 3. Exercise alone 4. Diet and exercise	1. 1/40 (2%) 2. 0/40 3. 0/39 4. 0/39	<u>BMI</u> 1. (39) 0.3 (0.1, 0.5) 2. (40) -0.3 (-0.6, 0.03) 3. (39) -0.3 (-0.5, -0.01) 4. (39) -0.6 (-0.9, -0.3) <u>BMI 4vs3</u> -0.30 (-0.57, -0.03) <u>BMI 4vs2</u> -0.30 (-0.60, 0.00) <u>BMI 4vs1</u> -0.90 (-1.15, -0.65) <u>BMI 3vs1</u> -0.60 (-0.82, -0.38) <u>BMI 3vs2</u> 0.00 (-0.28, 0.28) <u>BMI 2vs1</u> -0.60 (-0.86, -0.34)	<u>Waist circumference</u> 1. (39) 89.8 (86.2, 93.4) 2. (40) 91.3 (87.8, 94.8) 3. (39) 93.3 (90.4, 96.2) 4. (39) 95.9 (93.0, 98.8) <u>WHR</u> 1. (39) 0.97 (1.0, 1.0) 2. (40) 0.98 (1.0, 1.0) 3. (39) 0.98 (1.0, 1.0) 4. (39) 0.97 (1.0, 1.0)	<u>Waist circumference</u> 1. (39) 0.3 (-0.5, 1.1) 2. (40) -1.3 (-2.5, -0.1) 3. (39) -2.2 (-3.2, -1.3) 4. (39) -3 (-3.9, -2.0) <u>4vs3</u> -0.8 (-1.7, 0.1) <u>4vs2</u> -1.7 (-2.8, -0.6) <u>4vs1</u> -3.3 (-4.2, -2.4) <u>3vs1</u> -2.5 (-3.4, -1.6) <u>3vs2</u> -0.9 (-2.0, 0.2) <u>2vs1</u> -1.6 (-2.6, -0.6) <u>WHR</u> 1. (39) -0.05 (-0.07, -0.04) 2. (40) -0.05 (-0.07, -0.02) 3. (39) -0.06 (-0.08, -0.05) 4. (39) -0.05 (-0.06, -0.03) <u>4vs3</u> 0.01 (0.00, 0.02) <u>4vs2</u> 0.00 (-0.02, 0.02) <u>4vs1</u> 0.00 (-0.01, 0.01) <u>3vs1</u> -0.01 (-0.02, 0.0) <u>3vs2</u> -0.01 (-0.03, 0.01) <u>2vs1</u> 0.0 (-0.02, 0.02)	

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Svendsen 384	Randomization: unclear Self-selected: unclear Included: BMI >25 Mean age: ng Mean weight: 77.8 Female/Total: 121/121	BMI >25	Diet: 4.2 MJ/d Exercise: yes 90 min 3x/wk Max HR: ng Behavioral: no	1. Control (no diet, exercise) 2. Diet alone 3. Diet + exercise	none	<u>Weight in kg</u> 1. (20) 0.5 (-0.3, 1.3) 2. (50) -9.5 (-10.3, -8.7) 3. (48) -10.3 (-11.2, -9.4) <u>3vs2 Weight kg</u> -0.80 (-1.64, 0.04) <u>2vs1 Weight kg</u> -10.00 (-10.79, -9.21) <u>3vs1 Weight kg</u> -10.80 (-11.66, -9.94)	<u>WHR</u> 1. (21) 0.84 (0.8, 0.9) 2. (51) 0.84 (0.8, 0.9) 3. (49) 0.83 (0.8, 0.9)	<u>WHR</u> 1. (20) 0.01 (0.0, 0.0) 2. (50) -0.03 (0.0, 0.0) 3. (48) -0.03 (0.0, 0.0) <u>WHR 3vs2</u> 0.00 (0.00, 0.00) <u>WHR 2vs1</u> -0.04 (-0.04, -0.04) <u>WHR 3vs1</u> -0.04 (-0.04, -0.04) <u>WHR 9 mo</u> 1. (16) 0.02 (0.0, 0.0) 2. (47) -0.03 (0.0, 0.0) 3. (47) -0.04 (0.0, 0.0) <u>WHR 3vs2</u> -0.01 (-0.01, -0.01) <u>WHR 2vs1</u> -0.05 (-0.05, -0.05) <u>WHR 3vs1</u> -0.06 (-0.06, -0.06)	There was no significant difference in changes in parameters between the 2 intervention groups at follow-up. However, 47% of the women in the diet plus exercise group had stopped exercising at the follow-up.
Wood 380	Randomization: unclear Self-selected: yes Included: BMI 28-34 for premenopausal women and 24-30 for men Mean age: 39.7 Mean weight: 86.7 Female/Total: 132/264	BMI >24	Diet: NCEP I Exercise: yes 45 min 3x/wk Max HR: 60-80% Behavioral: no	1. No intervention 2. Diet alone 3. Diet and exercise	overall 27/264 (10%)	<u>Weight in kg, men</u> 1. (40) 1.7 (0.2, 3.2) 2. (40) -5.1 (-7.0, -3.2) 3. (39) -8.7 (-10.5, -6.9) <u>2vs1 Weight kg, men</u> -6.80 (-8.48, -5.12) <u>3vs1 Weight kg, men</u> -10.40 (-12.03, -8.77) <u>3vs2 Weight kg, men</u> -3.6 (-5.4, -1.8) <u>Weight in kg, women</u> 1. (39) 1.3 (-0.4, 3.0) 2. (31) -4.1 (-6.1, -2.1) 3. (42) -5.1 (-6.8, -3.4) <u>2vs1 Weight kg, women</u> -5.40 (-7.20, -3.60) <u>3vs1 Weight kg, women</u> -6.80 (-29.61, 16.01) <u>3vs2 Weight kg, women</u> -1.00 (-25.27, 23.27)	<u>WHR, men</u> 1. (40) 0 (0.0, 0.0) 2. (40) -0.02 (0.0, 0.0) 3. (39) -0.04 (0.0, 0.0) <u>WHR 2vs1 men</u> -0.02 (-0.02, -0.02) <u>WHR 3vs1</u> -0.04 (-0.04, -0.04) <u>WHR 3vs2 men</u> -0.02 (-0.02, -0.02) <u>WHR, women</u> 1. (39) 0 (0.0, 0.0) 2. (31) -0.01 (0.0, 0.0) 3. (42) -0.03 (0.0, 0.0) <u>WHR women 2vs1</u> -0.01 (-0.01, -0.01) <u>WHR women 3vs1</u> -0.03 (-0.03, -0.03) <u>WHR 3vs2</u> -0.02 (-0.02, -0.02)		

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Marniemi 402	Randomized: unclear Self-selected: yes Included: 30-50% overweight Mean age: 38 Mean weight: 96.3 Female/Total: 82/110	30-50% overweight	Diet: yes 2. moderate meat, fish and egg 3. no meat, fish or eggs Exercise: no Behavioral: no	1. Control (no diet) 2. Mixed diet 3. Lactovegetarian diet	Not given	<u>Weight in kg</u> 2. (37) -10.2 3. (31) -10.1 2vs1 0.1 (-4.72, 4.92) <u>Weight in kg 6 months</u> 1. (42) 1.5 (-3.3, 6.3) 2. (37) -12.3 (-16.7, -7.87) 3. (31) -11.8 (-17.1, -6.5) <u>Weight in kg 12 months</u> 1. (42) 1.6 (-3.09, 6.29) 2. (37) -10.4 (-14.8, -6.02) 3. (31) -9.2 (-14.5, -3.94)	<u>Skinfold, d. women</u> 2,3. (50) 1.34 (n/a, n/a) <u>Skinfold, d. men</u> 2,3. (18) 1.48 (n/a, n/a)	<u>*Skinfold, d. women</u> 2,3. (50) 1.35 (n/a, n/a) <u>*Skinfold, d. men</u> 2,3. (18) 1.6 (n/a, n/a) *estimated from graphical representation <u>*Skinfold, d. women 6 months</u> 2,3. (50) 1.24 (n/a, n/a) <u>*Skinfold, d. men 6 months</u> 2,3. (18) 1.49 (n/a, n/a) <u>*Skinfold, d. women 12 months</u> 2,3. (50) 1.25 (n/a, n/a) <u>*Skinfold, d. men 12 months</u> 2,3. (18) 1.56 (n/a, n/a) d: subscapular/triceps	Fat distribution: The ratio subscapular to triceps skinfold (centrality index) appeared to behave differently in men and women during weight reduction. In women it reduced significantly at 6 and 12 months whereas in men this kind of decrease was not found.
Dengel 399	<u>Demographics</u> N: 77 Female/Total: 0/77 Mean age: 61 Mean weight: 90.5 <u>Inclusion:</u> BMI >25 Includes non-overweight: no	BMI >25	Diet: yes AHA Step to lose 0.25-0.5 kg/w for group 2 Exercise: no Behavioral: Yes behavioral modification Format: unclear Frequency: weekly	1. AHA diet followed by weight maintenance 2. AHA diet followed by weight loss	1. 10/24 (42%) 2. 25/53 (47%)	<u>Weight in kg</u> 1. (14) 0 2. (28) -11 2vs1 -11 (-14, -7.7)	not given	<u>WHR</u> 1. (14) 0.98 (1.0, 1.0) 2. (28) 0.95 (0.9, 1.0) <u>Waist circumference</u> 1. (14) 101.7 (96.6, 106.8) 2. (28) 95.6 (93.0, 98.2) <u>WHR 12 weeks</u> 1. (14) 0.98 (1.0, 1.0) 2. (28) 0.97 (0.9, 1.0) <u>Waist circumference 12 wks</u> 1. (14) 101.3 (96.7, 105.9) 2. (28) 104.2 (101.3, 107.1)	

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Ryttig 688	Randomized: unclear Self-selected: yes Included: BMI >30 Mean age: 41.5 Mean weight: 112.4 Female/Total: 49/60	BMI >30	Diet: yes 1. VLCD x12w, LCD 2. VLCD x12w + suppl sachet VLCD Exercise: no Behavioral: yes group, 17 sessions	1. VLCD x12 weeks followed by LCD maintenance 2. VLCD x12 weeks followed by LCD supplemented with VLCD sachets	1. 7/29 (24%) 2. 8/31 (26%)	Weight in kg 52 weeks 1. (22) 12.3 (95%CI 8.0, 16.6) 2. (23) 8 (95%CI 4.5, 11.5) 2vs1 -4.30 (-8.10, -0.50)	WHR 0. (60) 0.88 (0.9, 0.9)	WHR at end of 12 weeks VLCD 0. (52) 0.87 (0.8, 0.9)	
Shah 443	Randomized: unclear Self-selected: unclear Included: >20-40% IBW Mean age: 36 Mean weight: 79.8 Female/Total: all	>20-40% IBW	Diet: yes 1. low calorie, 30% fat 2. low fat ad libitum CHO Exercise: yes encouraged Behavioral: yes	1. Conventional low-energy diet 2. Low-fat ad libitum complex carbohydrate diet	Overall 27%	Weight in kg 1. (42) -3.8 (-4.05, -3.55) 2. (47) -4.4 (-4.63, -4.17) 2vs1 -0.60 (-0.84, -0.36)	WHR 1. (42) 0.89 (0.87, 0.91) 2. (47) 0.88 (0.86, 0.90)	WHR 1. (42) -0.02 (-0.02, -0.02) 2. (47) -0.02 (-0.02, -0.02) 2vs1 0 (-16.9, 16.9)	
Lean 70219	Randomized: unclear Self-selected: unclear Included: BMI >25 kg/m ² Mean age: 50.6 Mean weight: 84.4 Female/Total: 110/110	BMI >25 kg/m ²	Diet: yes 1. LCD, 35% CHO 2. LCD, 58% CHO Exercise: no Behavioral: no	1. Low carbohydrate diet 2. High carbohydrate diet	Not given	Weight (kg) 1. (40) -6.8 (-8.4, -5.2) 2. (42) -5.6 (-7.1, -4.1) 2vs1 1.2 (-0.33, 2.73)	WHR 1. (53) 0.82 (0.8, 0.84) 2. (56) 0.81 (0.8, 0.82)	WHR (at end of treatment) 1. (40) -0.019 (-0.030, -0.007) 2. (41) -0.015 (-0.026, -0.004) 2vs1 0.004 (-0.01, 0.02)	
Walker 720	Randomized: unclear Self-selected: unclear Included: diabetes, includes non-overweight Mean age: 61.8 Mean weight: 75.8 Female/Total: 10/16	not given	Diet: yes 1. HCLF 2. Modified fat Exercise: no Behavioral: no	1. High-CHO, low-fat diet 2. Modified-fat diet *cross-over 1 month wash-out period Duration: 12 weeks	Not reported	Weight in kg 1. (16) -1.1 (-6.7, 4.5) 2. (16) -1.3 (-6.7, 4.1) 2vs1 -0.2 (-5.4, 5.04)	Waist circumference, cm 1. (16) 92.7 (86.9, 98.5) 2. (16) 92.4 (87.1, 97.7) WHR 1. (16) 0.91 (0.9, 1.0) 2. (16) 0.9 (0.9, 0.9) Skinfold 1. (16) 44.8 (37.1, 52.5) 2. (16) 44.7 (36.8, 52.6)	Waist circumference, cm 1. (16) 91 (84.4, 97.6) 2. (16) 91 (85.5, 96.5) 2vs1 0.3 (-5.6, 6.2) WHR 1. (16) 0.91 (0.9, 1.0) 2. (16) 0.89 (0.5, 1.3) 2vs1 -0.01 (-0.3, 0.3) Skinfold 1. (16) 40 (33.4, 46.6) 2. (16) 42.7 (34.4, 51.0) 2vs1 2.8 (-4.9, 10.5)	*Skinfolds: Subscapular and suprailiac

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Singh 689	Randomized: yes Self-selected: yes Included: hypertension Mean age: 47.0 Mean weight: 66.7 Female/Total: ng/217	BMI >25	Diet: yes 1. 2100 kcal 2. 1600 kcal Exercise: no Behavioral: no	1. Usual diet 2. Low-calorie, low-cholesterol, low-salt diet	none	<u>Weight in kg</u> 1. (109) -0.8 (n/a, n/a) 2. (108) -3.6 (n/a, n/a) net change: 2.8 (1.5, 4.1) <u>Weight in kg. in overwgt patients</u> 1. (83) -1.8 (n/a, n/a) 2. (82) -4.2 (n/a, n/a) net change: 2.4 (0.44, 4.36)	<u>WHR</u> 1. (108) 0.95 (0.9, 1.0) 2. (108) 0.94 (0.9, 1.0)	<u>WHR</u> 1. (109) -0.014 (n/a, n/a) 2. (108) -0.03 (n/a, n/a) net change: 0.02 (0.002, 0.04)	
Simkin-Silverman 373 *Women's Health Lifestyle Project	Randomized: unclear Self-selected: no Included: BMI 20-34 includes non-overweight Mean age: 47 Mean weight: ng Female/Total: 535/535	BMI 20-34	Diet: yes 1300-1500 kcal/d Exercise: yes 1500 cal/week Behavioral: yes group, qw x10, q 2w	1. Control (no intervention) 2. Intervention group (low fat, exercise and behavioral therapy)	3%	<u>Weight in kg 6 months</u> 1. (267) -0.22 (95% CI -0.59, -0.15) 2. (253) -4.8 (95% CI -5.4, -4.3) <u>2vs1</u> -4.58 (-5.1, -4.1)	<u>Waist circumference</u> 1. (267) 78.3 (95% CI 77.3, 79.4) 2. (253) 78.6 (95% CI 77.6, 79.6) <u>WHR</u> 1. (267) 0.77 (95% CI 0.76, 0.78) 2. (253) 0.77 (95% CI 0.77, 0.78)	<u>Waist circumference 6 mos</u> 1. (267) -0.36 (95% CI -0.81, 0.09) 2. (253) -4.2 (95% CI -4.7, -3.7) <u>2vs1</u> -3.8 (-6.8, -0.9) <u>WHR 6 months</u> 1. (267) .001 (95% CI -0.002, 0.005) 2. (253) -0.008 (95% CI -0.012, -0.004) <u>2vs1</u> -0.009 (-0.01, 0.00)	Compliance: The number of treatment sessions attended was significantly correlated with change in risk factors such as weight (r=-0.48, p<0.001), WHR (r=-0.13, p<0.001), LDL (r=-0.19, p<0.001), TG (r=-0.1, p<0.05) and glucose (r=-0.18, p<0.005)
Singh 690	Randomized: yes Self-selected: no Included: AMI within 24 hrs, includes non-overweight Mean age: 50.5 Mean weight: 66 Female/Total: ng/406	not stated	Diet: yes Low-fat, low-energy, high fruit and vegetable Exercise: no Behavioral: no	1. Usual diet 2. Low-energy, high fruit and vegetable diet	1. 5/202 (2%) 2. 6/204 (2%)	<u>Weight in kg</u> 1. (179) -2.2 (n/a, n/a) 2. (182) -5.3 (n/a, n/a) net change: 3.1 (1.28, 4.92)	<u>WHR</u> 1. (202) 0.94 (95% CI 0.9, 0.9) 2. (204) 0.95 (95% CI 0.9, 1.0)	<u>WHR</u> 1. (179) -0.02 (95% CI n/a, n/a) 2. (204) -0.05 (95% CI n/a, n/a) net change: 0.03 (95% CI 0.01, 0.10)	The subset of group 2 patients who made more changes in diet and lifestyle and had greater adherence scores showed greater decrease in central obesity, thigh girth and improvement in other associated disturbances. Side effects of group 2 were mild belching, loose stools and sore throat in a few patients.

Reference numbers refer to the Reference List in the Clinical Guidelines Report.

Question 12A. What is the evidence that dietary interventions in obese adults effect a change in abdominal fat?

Reference	Design/Demographics	Overweight defined as:	Adjuvant therapy	Intervention	Drop-out total	Mean weight change (n) mean weight change (95% CI)	WHR Waist circumference Skinfolds Baseline (n) mean (95% CI)	WHR Waist circumference Skinfolds Change (n) mean (95% CI)	Comments/side effects
Berglund 431	Randomized: No Self-selected: unclear Included: BMI \geq 26 hypertension Mean age: 54 Mean weight: 99 Female/Total: 0/64	BMI \geq 26	Diet: yes Low-fat goal to lose weight by 5% Exercise: no Behavioral: no	1. Low-salt, weight-loss diet 2. Atenolol	overall 3/64 (5%)	Weight in kg. 12 months 2 (30) 1.0 (95% CI) 1. (31) -7.9(95% CI) 2vs1 8.80 (41.79, -24.19)	not given	WHR 12 months 2. (30) -0.01 (95% CI 0.0, 0.0) 1. (31) -0.03 (95% CI 0.0, 0.0) 2vs1 -0.02 (-0.02, -0.02)	

Reference numbers refer to the Reference List in the Clinical Guidelines Report.