



Panel A shows the percentage of participants who lost 5% or more of their baseline WC (waist circumferences) or BMI (body mass index), Panel B shows the percentage of participants who lost 10% or more of their baseline WC or BMI, and Panel C shows the percentage of participants in each group who were at or below their baseline WC or BMI after 3 years. WC, waist circumferences; BMI, body mass index.