S10 Fig. Weight loss strategies and weight change trajectories by baseline abdominal obesity status.

(A) Without abdominal obesity. (B) Abdominal obesity. All body weights were calculated based on baseline weight and weight change percentage since baseline. For weight change percentage, the multivariable model was adjusted for cohort (Health Professionals Follow-up Study, Nurses’ Health Study, or Nurses’ Health Study II), age (in month, continuous), ethnicity (white, African American, Asian, or other), baseline body weight (in kilogram, continuous), baseline waist circumference (in centimeter, continuous), physical activity (in quintiles), television watching (0-1, 2-5, 6-10, 11-20, or >20 hour/week), smoking status (never, past, or current smokers), alcohol intake (0, <5.0, 5.0-9.9, 10.0-14.9, 15.0-29.9, or >30.0 gram/day), hypertension (yes or no), hypercholesterolemia (yes or no), family history of diabetes (yes or no), multivitamin use (yes or no), Alternative Healthy Eating Index score (in quintiles), and total energy intake (in quintiles) before weight loss. For baseline body weight, all abovementioned covariates were adjusted for except that body weight and waist circumference were replaced with height (in meter, continuous). **Abbreviations:** BMI, body mass index; CWLP, commercial weight loss program; FCP, select at least two strategies among fasting, CWLP, and pill; LCD, low-calorie diet; kg, kilogram; kg/m², kilogram per square meter. 1 kg = 2.2 lbs.