Mean (±SD) change from baseline body weight by gender for the Completers population which included all individuals with weight data at the given visit; sample sizes are designated below the graph. Final Visit represents an individual’s last visit to the MWCC while on the 4 & 2 & 1 Plan. Significance level for within group changes from baseline were p<0.0001 for males and p≤0.001 for females. Significance levels for between group comparisons using bivariate t-tests at each time point are shown: ***p<0.0001.
Mean (±SD) change from baseline lean body mass and body fat mass for Completers by gender. The Completers population included all individuals with weight data at the given visit; sample sizes are designated below the graph. Significance level for all within group changes from baseline were p<0.0001 for fat mass and p<0.01 for lean mass in both genders at all time points. Significance levels for between group comparisons using bivariate t-tests at each time point are shown: *p<0.05; **p<0.01; ***p<0.0001.