

Dataset 3: Weight Loss Study

Description of Weight Loss Data

Obesity and its cardiovascular and other health consequences are common problems. Approximately one-third of US men and women are obese, with even higher prevalence in African Americans and Hispanic Americans, and women more affected than men. This randomized controlled trial compared weight loss in patients exposed to a moderate behavioral weight loss program (intervention condition, n=124) to the weight loss in those with a low-intensity version of the program (control condition, n=137). Participants were recruited from 5 primary care practices in Philadelphia. Eligible participants, stratified by gender and age (≤ 35 or over 35 year) were randomized to one of two treatment groups in a 1:1 ratio.

The goal of this study was to evaluate the effectiveness of a moderate behavioral weight loss program in overweight and obese adults in the general population.

Variables in the dataset include:

1. Participant ID
2. Clinical site (1=Site1, 2=Site2, 3=Site3, 4=Site4, 5=Site5)
3. Baseline weight (kg)
4. Final weight (kg)
5. Time since randomization to final weight (months)
6. Height (cm)
7. Intervention condition (1=intervention, 0=control)
8. Age (years)
9. Gender (1=female, 0=male)
10. Race/ethnicity (1=Asian, 2=African American (non-Hispanic black), 3=Hispanic/Latino, 4=Non-Hispanic white)
11. Number of obesity-related comorbid conditions
12. Education (1= >12 years, 0= <=12 years)
13. Marital status (1=Married, 0=Not married)
14. Current tobacco use (1=Yes, 0=No)
15. Current alcohol use (1=Yes, 0=No)