Figure 1. Weight difference and percent weight loss among cohort participants

Distributions represent the range of weight change among cohort participants. Bar graphs with a negative (-) value represent weight loss in pounds (left-hand graph) and in percent weight change (right-hand graph). The corresponding summary statistics tables highlight the mean or average weight changes, the range of change from high to low, and characterize how closely the values cluster around the mean (standard deviation). Average weight loss is 13.6 pounds per person (Range -78 to 23; SD 13.8), equivalent to 6.3% total body weight loss per person (Range -31.1% to 10.3%; SD 6.1%). This achieves the Centers for Disease Control and Prevention National DPP goal of 5-7% weight loss. Correspondingly, obesity decreased from 80.3% to 68.4% among cohort participants.