

Obes Facts

DOI: 10.1159/000444145 Received: October 18, 2015 Accepted: January 4, 2016 © 2016 S. Karger AG, Basel xxxxx www.karger.com/ofa

This is an Open Access article licensed under the terms of the Creative Commons Attribution-NonCommercial 3.0 Unported license (CC BY-NC) (www.karger.com/OAlicense), applicable to the online version of the article only. Distribution permitted for noncommercial purposes only.

Original Article

FTO Genotype Interacts with Improvement in Aerobic Fitness on Body Weight Loss During Lifestyle Intervention

Corinna Sailer^a Vera Schmid^b Louise Fritsche^{a, c} Tsvetelina Gerter^b Fausto Machicao^{a, c} Andreas Niess^d Hans-Ulrich Häring^{a, b, c} Norbert Stefan^{a, b, c} Andreas Fritsche^{a, b, c} Martin Heni^{a, b, c}

^aInstitute for Diabetes Research and Metabolic Diseases (IDM) of the Helmholtz Center Munich at the University of Tübingen, Tübingen, Germany; ^bDepartment of Internal Medicine, Division of Endocrinology, Diabetology, Vascular Medicine, Nephrology and Clinical Chemistry, Eberhard Karls University Tübingen, Tübingen, Germany; ^cGerman Center for Diabetes Research (DZD), Tübingen, Germany; ^dDepartment of Sports Medicine, University Hospital Tübingen, Tübingen, Germany

Supplemental Material



Obes Facts	
DOI: 10.1159/000444145	© 2016 S. Karger AG, Basel
	www.karger.com/ofa

Sailer et al.: FTO Genotype Interacts with Improvement in Aerobic Fitness on Body Weight Loss During Lifestyle Intervention

Supplementary table 1. Characteristics of participants^a

	Before lifestyle intervention	After 9-month lifestyle intervention	p value
Ν	292	292	-
Age, years	46 ± 1		-
Sex, f/m	178/114	-	-
Weight, kg	87,5 ± 1,1	85,00 ± 1,1	< 0.0001
BMI, kg/m ²	29.8 ± 0.3	28.9 ± 0.3	< 0.0001
Body fat content, %	32.7 ± 0.5	31.4 ± 0.5	< 0.0001
Fasting blood glucose, mmol/l	5.3 ± 0.03	5.2 ± 0.03	0.0034
2-hour blood glucose, mmol/l	7.0 ± 0.1	6.7 ± 0.1	0.0008
HPA-Score	8.1 ± 0.1	8.6 ± 0.1	< 0.0001
VO2max, ml/min/kg	24.0 ± 0.4	25.1 ± 0.4	< 0.0001
IAT, Watt*	69.0 ± 3.1	85.5 ± 3.2	<0.0001

 $\ensuremath{^a\text{Data}}$ is given as mean \pm SE. Baseline and follow up values were compared by paired two-tailed t-tests.

*Data available from 191 subjects.