CONCLUSIONS
In an era of unprecedented reductions in total body weight (TBW) with anti-obesity medications (AOMs), careful consideration of changes in body composition, including changes in lean muscle mass, is increasingly important.

Our analysis suggests that changes in waist circumference (WC) strongly correlate with AOM-induced changes in TBW in adults who participated in phase 3 obesity trials.

Anthropometric measures of central obesity, such as WC, which are good estimators of visceral adipose tissue volume, may serve as important indicators of therapeutic response to AOMs.

RESULTS
The analysis included a total of 9038 participants from 6 clinical trials with study durations between 52 and 72 weeks (Table 1).

Participants were mostly female, comprising 67.1% to 85% of participants.

Minimum BMI was 27 kg/m^2 across all studies, per eligibility criteria.

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