### Anthropometric Characteristics of Subjects during the Oatmeal Intervention

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>4 weeks</th>
<th>8 weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Body weight (kg)</strong></td>
<td>94.96 ± 2.24</td>
<td>93.80 ± 2.29**</td>
<td>93.08 ± 2.30**</td>
</tr>
<tr>
<td><strong>BMI (kg/m²)</strong></td>
<td>31.57 ± 0.52</td>
<td>31.20 ± 0.54**</td>
<td>30.9 ± 0.54**</td>
</tr>
<tr>
<td><strong>Body fat (%)</strong></td>
<td>31.10 ± 0.91</td>
<td>31.07 ± 0.85</td>
<td>31.0 ± 0.84</td>
</tr>
<tr>
<td><strong>Waist circumference (cm)</strong></td>
<td>102.82 ± 1.36</td>
<td>101.44 ± 1.38**</td>
<td>99.99 ± 1.34**</td>
</tr>
</tbody>
</table>

1. Values are Mean ± SEM of 40 subjects
2. **Significantly different from baseline by paired t-test, p<0.005**

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### Results Comparison

#### Oatmeal Intervention

- **Baseline**
  - Average weight: 94.55 kg
  - Average BMI: 32.13

- **4 weeks**
  - Average weight: 92.16 kg
  - Average BMI: 31.5

- **8 weeks**
  - Average weight: 91 kg
  - Average BMI: 30.9

#### Conclusion

After the oatmeal intervention, the average body weight decreased significantly, from 94.55 kg to 91 kg, and the BMI decreased from 32.13 to 30.9. This indicates a successful weight management strategy.

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**Note:**
- The decrease in weight and BMI was statistically significant (p<0.005).
The change of blood biochemical parameters of subjects during oatmeal intervention  * $P < 0.05$, ** $P < 0.005$