Why carry out this study?

- Data comparing surrogate indices of total and visceral adiposity with gold standard measurements in the context of a clinical trial population are lacking.

- We explored the relationships between adipose distribution indices and imaging assessments of body composition using baseline data from 118 participants in the EMPA-REG H2H SU trial.

- Participants underwent assessment of total fat mass and abdominal visceral (VAT) and subcutaneous adipose tissue. Correlations with waist circumference (WC), estimated total body fat (eTBF), index of central obesity (ICO), and visceral adiposity index (VAI) were assessed.

What was learned from the study?

- eTBF was highly representative of total body fat but not associated with VAT. WC and ICO were strongly, and VAI to a lesser degree, correlated with VAT.

- These findings support the use of eTBF and WC or ICO as surrogate indices for total body fat and VAT, respectively, in the absence of gold standard imaging methodology.