**Supplemental Digital Content Table 3**: Changes from baseline in glucose metabolism, and differences between intervention and control groups, adjusting for confounders (completers analysis) a

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome** | **Time** | **Intervention (n=136)** | |  | **Control (n=95)** | |  | **Intervention - Control** | | **p** | |
| **n** | **Adjusted mean change (95% CI) b** |  | **n** | **Adjusted mean change**  **(95% CI) b** |  | **Difference**  **(95% CI) c** | **p** | | **3M v12M** |
| Clustered cardiometabolic Risk score | 3M | 119 | -0.05 (-0.11, 0.01)^ |  | 71 | -0.02 (-0.10, 0.05) |  | -0.03 (-0.12, 0.06) | 0.542 | | **0.079** |
| *Baseline = -0.014* | 12M | 84 | 0.00 (-0.07, 0.08) |  | 57 | 0.13 (0.04, 0.22)\*\* |  | -0.13 (-0.25, -0.01) | **0.031** | |
| Fasting glucose d, mmol/L | 3M | 123 | 0.05 (-0.06, 0.17) |  | 79 | 0.10 (-0.04, 0.24) |  | -0.05 (-0.23, 0.13) | 0.597 | | **0.034** |
| *Baseline = 4.92* | 12M | 106 | 0.14 (-0.03, 0.30)^ |  | 62 | 0.46 (0.24, 0.67)\*\*\* |  | **-0.32 (-0.59, -0.05)** | **0.019** | |
| Fasting insulin d, µU/mL | 3M | 105 | 0.84 (-0.64, 2.32) |  | 75 | -0.40 (-1.82, 1.02) |  | 1.24 (-0.82, 3.30) | 0.240 | | **0.027** |
| *Baseline = 7.32* | 12M | 90 | 1.08 (-0.40, 2.55) |  | 63 | 1.38 (-0.36, 3.12) |  | -0.30 (-2.59, 1.99) | 0.797 | |
| HOMA2-%β d | 3M | 107 | 5.53 (-2.51, 13.57) |  | 68 | -1.92 (-10.52, 6.67) |  | 7.45 (-4.36, 19.27) | 0.217 | | 0.456 |
| *Baseline =87.07* | 12M | 91 | 4.55 (-4.02, 13.12) |  | 60 | -5.89 (-14.82, 3.04) |  | 10.44 (-1.98, 22.86) | 0.100 | |
| HOMA2-%S | 3M | 106 | -12.48 (-29.60, 4.64) |  | 68 | -4.48 (-23.97, 15.01) |  | -8.00 (-34.08, 18.07) | 0.548 | | **0.028** |
| *Baseline =140.18* | 12M | 91 | -15.26 (-33.15, 2.63)\* |  | 60 | -27.47 (-48.10, -6.85)\*\* |  | 12.22 (-15.22, 39.65) | 0.383 | |

^ p<0.1 (change from baseline) \* p<0.05 change from baseline \*\* p<0.01 change from baseline \*\*\* p<0.001 change from baseline

a all adjusted means are estimated from marginal means, with baseline values of the outcome and all confounders set to the overall mean, with the means backtransformed to original units for transformed outcomes.

b changes are estimated from marginal means for predicted mean – mean baseline value; differences between groups are estimated from marginal means at three months and 12 months

b estimated from pairwise comparisons and contrasts of marginal means at mean values of baseline levels and all covariates (at 3-months and at 12-months)

c outcome modelled as log of outcome; results in tables are presented back-transformed to original units