**Supplemental Digital Content Table 4**: Changes from baseline in body composition, lipids, and blood pressure, and differences between intervention and control groups, adjusting for confounders (completers analysis) a

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome** | **Assumed****baseline (n=231)** |  | **Intervention (n=136)** |  | **Control (n=95)** |  | **Intervention - Control** |
|  | **n** |  | **Adjusted mean change (95% CI)b** |  | **n** |  | **Adjusted mean change (95% CI)b** |  | **Difference****(95% CI) c** |  | **p** |
| Weight, kg  | 80.0 |  | 125 |  | 0.52 (-0.07, 1.11)^ |  | 87 |  | 0.44 (-0.28, 1.17) |  | 0.08 (-0.87, 1.02) |  | 0.876 |
| Fat mass, kg  | 26.7 |  | 122 |  | -0.11 (-0.65, 0.43) |  | 84 |  | 0.19 (-0.46, 0.84) |  | -0.30 (-1.15, 0.55) |  | 0.489 |
| Fat mass, % of bodyweight  | 32.9 |  | 122 |  | -0.15 (-0.89, 0.59) |  | 83 |  | 0.11 (-0.71, 0.93) |  | -0.26 (-1.36, 0.85) |  | 0.648 |
| Waist circumference, cm | 93.4 |  | 123 |  | 0.24 (-1.00, 1.48) |  | 83 |  | 1.21 (-0.20, 2.61)^ |  | -0.97 (-2.85, 0.92) |  | 0.315 |
| Triglyceridesd, mmol/L | 1.20 |  | 123 |  | -0.02 (-0.10, 0.07) |  | 85 |  | 0.02 (-0.07, 0.12) |  | -0.04 (-0.17, 0.09) |  | 0.543 |
| HDL cholesterold, mmol/L | 1.47 |  | 122 |  | 0.01 (-0.04, 0.06) |  | 85 |  | 0.01 (-0.05, 0.07) |  | 0.00 (-0.07, 0.08) |  | 0.961 |
| LDL cholesterold, mmol/L | 3.12 |  | 125 |  | -0.07 (-0.22, 0.07) |  | 87 |  | -0.09 (-0.25, 0.07) |  | 0.02 (-0.20, 0.23) |  | 0.869 |
| Total/HDLd  | 3.62 |  | 125 |  | -0.09 (-0.23, 0.05) |  | 87 |  | -0.07 (-0.23, 0.08) |  | -0.02 (-0.23, 0.19) |  | 0.878 |
| Systolic BPd, mmHg  | 125.6 |  | 123 |  | -0.85 (-3.05, 1.34) |  | 85 |  | 0.37 (-2.17, 2.90) |  | -1.22 (-4.61, 2.17) |  | 0.482 |
| Diastolic BPd, mmHg  | 77.3 |  | 120 |  | 0.17 (-1.72, 2.06) |  | 83 |  | 0.85 (-1.31, 3.01) |  | -0.68 (-3.57, 2.20) |  | 0.643 |

^ p<0.1 (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 overall (i.e., across both 3- and 12- month follow ups combined)

c estimated from pairwise comparisons and contrasts of marginal means at mean values of baseline levels and all covariates (overall)

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