**Supplemental Table 1**: Baseline characteristics of the *Stand Up Victoria* study participants (n=231, 14 teams), intervention (n=136, 7 teams) and control (n=95, 7 teams) groups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **All intervention (n=136)**a |  | **Missing 12-month data (n=56)** b |  | **p** c |
| Age, *years* |  | 44.6 ± 9.1 |  | 45.31 ± 9.21 |  | .494 |
| Female |  | 89 (65.4%) |  | 42 (75.0%) |  | **.007** |
| Post-school education |  | 90 (67.2%) |  | 31 (56.4%) |  | .144 |
| 1.0 Full Time Equivalent at DHS |  | 107 (79.9%) |  | 47 (85.5%) |  | .143 |
| Job category |  |  |  |  |  | .486 |
| Manager/administrator |  | 6 (4.5%) |  | 1 (1.8%) |  |  |
| Professional/associate |  | 19 (14.2%) |  | 8 (14.6%) |  |  |
| Clerical / sales / service |  | 109 (81.3%) |  | 46 (83.6%) |  |  |
| Current smoker |  | 25 (18.7%) |  | 14 (25.5%) |  | .239 |
| ≥ 5 vegetable serves/day |  | 17 (12.7%) |  | 7 (12.7%) |  | .993 |
| ≥ 2 fruit serves/day |  | 69 (51.5%) |  | 29 (52.7%) |  | .751 |
| **Cardio-metabolic biomarkers** |  |  |  |  |  |  |
| Cardio-metabolic Risk Score |  | 0.05 ± 0.51 |  | 0.11 ± 0.55 |  | .193 |
| Body Mass Index, kg/m2 |  | 28.61 ± 6.46 |  | 29.77 ± 8.05 |  | .050 |
| Weight, kg |  | 80.38 ± 20.19 |  | 82.06 ± 24.55 |  | .383 |
| Fat mass, kg |  | 26.77 ± 13.57 |  | 29.55 ± 16.31 |  | **.031** |
| Fat mass, % |  | 32.63 ± 9.49 |  | 34. 86 ± 9.88 |  | **.014** |
| Waist circumference, cm |  | 93.63 ± 15.10 |  | 95.93 ± 17.83 |  | .123 |
| Triglycerides, mmol/L |  | 1.33 ± 0.61 |  | 1.38 ± 0.61 |  | .482 |
| HDL cholesterol, mmol/L |  | 1.54 ± 0.43 |  | 1.53 ± 0.39 |  | .797 |
| LDL cholesterol, mmol/L |  | 3.33 ± 0.96 |  | 3.27 ± 1.00 |  | .646 |
| Total/HDL Ratio |  | 3.78 ± 1.12 |  | 3.73 ± 0.99 |  | .766 |
| Systolic blood pressure, mmHg |  | 127.7 ± 15.9 |  | 127.28 ± 17.84 |  | .809 |
| Diastolic blood pressure, mmHg |  | 79.3 ± 11.9 |  | 80.51 ± 13.26 |  | .300 |
| Fasting glucose, mmol/L |  | 5.17 ± 1.34 |  | 5.26 ± 1.56 |  | .610 |
| Fasting insulin, µU/mL |  | 11.13 ± 23.63 |  | 14.89 ± 35.64 |  | .285 |
| HOMA2-%B |  | 90.9 ± 31.1 |  | 94.02 ± 33.91 |  | .482 |
| HOMA2-%S |  | 130.0 ± 65.7 |  | 120.02 ± 63.56 |  | .238 |

Table presents n (%) or mean ±SD, with linearized variance estimation (‘survey’) DHS = department of health services; HDL=High density lipoprotein; LDL = low density lipoprotein; HOMA2 = Homeostatic Model Assessment version 2.

a Figures exclude n=1 missing questionnaire data; n=1 missing; n=4 insulin

b Missing data on 12-month changes in CMR score and/or activity. Figures exclude missing values (n=1 body fat and blood pressure and n=4 insulin and HOMA)

b difference with versus without missing data (‘survey’ logistic regression).