

SUPPLEMENTARY DATA

Appendix: Look AHEAD Research Group at Year 1

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Appendix: Funding and Support

This study is supported by the Department of Health and Human Services through the following cooperative agreements from the National Institutes of Health: DK57136, DK57149, DK56990, DK57177, DK57171, DK57151, DK57182, DK57131, DK57002, DK57078, DK57154, DK57178, DK57219, DK57008, DK57135, and DK56992. The following federal agencies have contributed support: National Institute of Diabetes and Digestive and Kidney Diseases; National Heart, Lung, and Blood Institute; National Institute of Nursing Research; National Center on Minority Health and Health Disparities; Office of Research on Women's Health; and the Centers for Disease Control and Prevention. This research was supported in part by the Intramural Research Program of the National Institute of Diabetes and Digestive and Kidney Diseases. The Indian Health Service (I.H.S.) provided personnel, medical oversight, and use of facilities. The opinions expressed in this paper are those of the authors and do not necessarily reflect the views of the I.H.S. or other funding sources.

Additional support was received from The Johns Hopkins Medical Institutions Bayview General Clinical Research Center (M01RR02719); the Johns Hopkins-University of Maryland Diabetes Research and Training Center (P60DK079637); the Massachusetts General Hospital Mallinckrodt General Clinical Research Center (M01RR01066); the University of Colorado Health Sciences Center General Clinical Research Center (M01RR00051) and Clinical Nutrition Research Unit (P30 DK48520); the University of Tennessee at Memphis General Clinical Research Center (M01RR0021140); the University of Pittsburgh General Clinical Research Center (M01RR000056 44) and NIH grant (DK 046204); and the University of Washington / VA Puget Sound Health Care System Medical Research Service, Department of Veterans Affairs; Frederic C. Bartter General Clinical Research Center (M01RR01346)

The following organizations have committed to make major contributions to Look AHEAD: Federal Express; Health Management Resources; Johnson & Johnson, LifeScan Inc.;

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Optifast-Novartis Nutrition; Roche Pharmaceuticals; Ross Product Division of Abbott Laboratories; Slim-Fast Foods Company; and Unilever.

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All other Look AHEAD staffs are listed alphabetically by site.

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Supplementary Table 1: Medication Use by Weight Loss Groups

		N	Gained >2%	Stable	Lost 2% ~	Lost	Lost	Lost
				Gained 2%	< 5%	5% ~ < 10%	10% ~< 15%	15%
				~ Lost < 2%				
	Baseline & Y1 Status	4899	683	1289	914	1000	601	412
BP meds ¹	No & No	970	19.0%	23.0%	21.0%	23.0%	20.0%	18.0%
	Yes & No	182	3.8%	2.6%	3.4%	3.1%	7.7%	6.4%
	No & Yes	226	5.8%	6.1%	5.2%	5.2%	4.3%	3.3%
	Yes & Yes	3195	71.0%	68.0%	71.0%	71.0%	68.0%	72.0%
Glucose meds ²	No & No	497	7.7%	9.4%	9.0%	13.7%	14.2%	12.5%
	Yes & No	263	2.4%	1.3%	3.0%	6.9%	11.5%	19.4%
	No & Yes	128	3.2%	4.1%	3.5%	2.7%	0.35%	0.25%
	Yes & Yes	3685	87.0%	85.0%	84.0%	77.0%	74.0%	68.0%
Insulin meds ³	No & No	3808	79.0%	80.0%	82.0%	86.0%	85.0%	86.0%
	Yes & No	103	1%	1.2%	3%	2.3%	2%	5.6%
	No & Yes	111	3.9%	2.9%	2.9%	1.4%	1.4%	1.2%
	Yes & Yes	585	16.2%	16.0%	16.0%	9.9%	11.6%	7.1%

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Lipid meds ⁴	No & No	1838	40.0%	39.0%	40.0%	42.0%	38.0%	42.0%
	Yes & No	205	3.1%	3.2%	5%	4.5%	6.1%	6.9%
	No & Yes	508	13.6%	12.8%	12.5%	9.1%	8.8%	6.9%
	Yes & Yes	2022	43.0%	45.0%	42.0%	45.0%	47.0%	44.0%

¹: There were 326 participants with missing BP meds information at either baseline or year 1.

²: There were 326 participants with missing diabetes meds information at either baseline or year 1.

³: There were 292 participants with missing insulin meds information at either baseline or year 1.

⁴: There were 326 participants with missing lipid meds information at either baseline or year 1.

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Supplementary Table 2. Odds ratio (95% CI) for percentage of Look AHEAD cohort achieving clinically meaningful changes in cardiovascular disease risk factors: Reference group was those who lost between 5% and <10% weight.

Clinical Criteria	Gained >2%	Stable	Lost	Lost	Lost	Lost
		Gained ~ 2%	2% ~ < 5%	5% ~ < 10%	10% ~ < 15%	15%
		Lost < 2%				
5 mm Hg decrease in SBP	0.55	0.64	0.79	1.0	1.47	1.70
	(0.44, 0.70)	(0.53, 0.79)	(0.65, 0.97)		(1.17, 1.85)	(1.31, 2.21)
5 mm Hg decrease in DBP	0.70	0.68	0.71	1.0	1.09	1.62
	(0.55, 0.89)	(0.55, 0.83)	(0.58, 0.87)		(0.86, 1.37)	(1.25, 2.10)
20 mg/dl decrease in Glucose	0.35	0.31	0.54	1.0	1.25	2.44
	(0.26, 0.46)	(0.24, 0.39)	(0.43, 0.68)		(0.98, 1.60)	(1.84, 3.23)
0.5% decrease in HbA1c	0.33	0.28	0.51	1.0	1.55	2.85
	(0.25, 0.43)	(0.23, 0.36)	(0.41, 0.64)		(1.22, 1.96)	(2.15, 3.78)

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5 mg/dl increase in HDL	0.53	0.59	0.67	1.0	1.37	2.58
	(0.41, 0.67)	(0.48, 0.73)	(0.55, 0.83)		(1.10, 1.70)	(2.00, 3.32)
5 mg/dl increase in HDL	0.52	0.66	0.65	1.0	1.66	3.46
(not on meds)	(0.34, 0.79)	(0.47, 0.93)	(0.46, 0.92)		(1.16, 2.39)	(2.30, 5.20)
10 mg/dl decrease in LDL	0.88	0.75	0.79	1.0	0.95	1.01
	(0.69, 1.12)	(0.61, 0.92)	(0.64, 0.97)		(0.75, 1.19)	(0.77, 1.31)
10 mg/dl decrease in LDL	0.98	0.71	0.69	1.0	0.91	1.08
(not on meds)	(0.66, 1.46)	(0.50, 1.01)	(0.48, 0.98)		(0.62, 1.33)	(0.71, 1.64)
40 mg/dl decrease in	0.36	0.45	0.66	1.0	1.81	3.26
Triglycerides	(0.26, 0.50)	(0.35, 0.59)	(0.52, 0.85)		(1.40, 2.34)	(2.45, 4.35)