

SUPPLEMENTARY DATA

Supplementary Table 1. Comparison of baseline and 1-year anthropometric and metabolic measures within each group

	Group	Baseline	1 Year	P
Weight, kg	ILI	84.76±24.8	80.97±24.68	<0.0001
	UC	87.12±22.76	88.5±22.97	0.0002
BMI, kg/m ²	ILI	35.38±8.47	33.77±8.418	<0.0001
	UC	35.23±7.34	35.8±7.517	0.0001
Body Fat (%)	ILI	41.25±6.9	40.8±7.3	0.267
	UC	43.22±5.1	42.94±5.8	0.632
Waist Circumference (cm)	ILI	106.7±15.67	103.6±15.51	0.0008
	UC	108.7±15.29	108.4±13.42	0.783
Systolic BP (mmHg)	ILI	119.2±19.17	118.7±16.56	0.787
	UC	123.5±16.92	122.3±13.6	0.555
Diastolic BP (mmHg)	ILI	77.2±11.39	77.28±9.946	0.946
	UC	80.03±11.18	78.43±10.16	0.217
Metabolic Profile				
Fasting Glucose, mg/dl [mmol/l]	ILI	102±9.603 [5.71±0.53]	98.33±11.15 [5.46±0.62]	0.008
	UC	101.3±11.22 [5.62±0.62]	97.05±11.75 [5.39±0.65]	0.008
2 hr Glucose, mg/dl [mmol/l]	ILI	146.9±28.54 [8.15±1.58]	126.9±36.97 [7.04±2.05]	0.0001
	UC	143.4±30.24 [7.96±1.68]	138.8±41.77 [7.7±2.32]	0.434
2 hr Glucose Excursion, mg/dl [mmol/l]	ILI	44.93±31.41 [2.49±1.74]	28.54±32.82 [1.58±1.82]	0.001
	UC	42.1±35.41 [2.33±1.97]	41.79±41.8 [2.32±2.32]	0.958
Fasting insulin, μU/ml [pmol/l]	ILI	23.9±12.14 [143.4±72.84]	20.97±9.854 [125.82±59.12]	0.061
	UC	34.77±14.06 [208.62±84.36]	35.23±19.86 [211.38±119.16]	0.88
HOMA-IR	ILI	6.092±3.355	5.105±2.685	0.017
	UC	8.877±4.011	8.613±5.647	0.783
Hemoglobin A1c, % [mmol/mol]	ILI	5.824±0.3581 [40±3.8]	5.761±0.3677 [39±4]	0.112
	UC	5.945±0.3195 [42±3.5]	5.907±0.4008 [41±4.4]	0.331
*ALT, units/l	ILI	27.25±18.9	21.82±13.97	0.006
	UC	27.02±27.26	22.81±15.59	0.473
Lipids				
Total Cholesterol, mg/dl [mmol/l]	ILI	199.6±39.91 [5.16±1.03]	190.8±38.38 [4.93±0.99]	0.019
	UC	181±31.57 [4.68±0.82]	181.4±31.36 [4.69±0.81]	0.883
LDL Cholesterol, mg/dl [mmol/l]	ILI	118.2±35.94 [3.05±0.93]	112.2±31.63 [2.9±0.82]	0.08
	UC	104.8±25.77 [2.7±0.67]	103.2±25.55 [2.67±0.66]	0.574
HDL Cholesterol, mg/dl [mmol/l]	ILI	49.57±12.73 [1.28±0.32]	51.32±12.42 [1.32±0.32]	0.079
	UC	49.14±9.763 [1.27±0.25]	48.21±11.61 [1.25±0.3]	0.386

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Triglycerides, mg/dl [mmol/l]	ILI	161.8±87.67 [1.8±0.98]	140±91.15 [1.57±1.02]	0.009
	UC	130.3±52.52 [1.46±0.59]	162.9±161.2 [1.82±1.81]	0.101

Data are represented as mean and standard deviation, without adjusting for baseline. P-value represents result of a paired T test.

*Wilcoxin Matched-Pairs signed rank test

ILI = Intensive Lifestyle Intervention, UC = Usual Care, BP = Blood Pressure

BMI = Body Mass Index

HOMA-IR = Homeostasis Model Assessment-Insulin Resistance

ALT = Alanine Aminotransferase