## Male

|  | | **Raw Data** | | | | | | **Imputed Data** | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Variables** | **n** | **Six month follow-up**1 | **Baseline**1 | **p-value**2 | **Difference**3 | **95% CI**34 | **n** | **Six month follow-up**1 | **Baseline**1 | **p-value**2 | **Difference**3 | **95% CI**34 |
| Waist circumference in cm | **wdf\_q5\_8a** | 70 |  |  | 0.281 | 0.23 | -0.11, 0.56 | 134 |  |  | 0.519 | 0.10 | -0.14, 0.34 |
|  | *Mean (SD)* |  | 94.73 (12.22) | 93.01 (11.45) |  |  |  |  | 93.93 (12.24) | 92.59 (12.30) |  |  |  |
|  | *Median (Q1, Q3)* |  | 94.20 (85.00, 103.00) | 93.80 (85.80, 100.50) |  |  |  |  | 94.20 (85.00, 102.00) | 92.40 (84.90, 100.50) |  |  |  |
| Hip circumference in cm | **wdf\_q5\_8b** | 70 |  |  | 0.809 | -0.07 | -0.40, 0.26 | 134 |  |  | 0.309 | -0.15 | -0.39, 0.10 |
|  | *Mean (SD)* |  | 97.11 (9.74) | 97.54 (8.58) |  |  |  |  | 96.51 (9.56) | 97.87 (8.40) |  |  |  |
|  | *Median (Q1, Q3)* |  | 97.00 (91.50, 102.00) | 97.00 (92.80, 101.50) |  |  |  |  | 96.20 (90.50, 101.00) | 97.00 (93.00, 102.80) |  |  |  |
| Blood glucose (mmol/l) | **wdf\_q5\_10** | 66 |  |  | 0.649 | -0.06 | -0.40, 0.28 | 134 |  |  | 0.583 | -0.02 | -0.26, 0.22 |
|  | *Mean (SD)* |  | 10.55 (7.01) | 10.94 (5.63) |  |  |  |  | 10.78 (6.45) | 10.92 (5.58) |  |  |  |
|  | *Median (Q1, Q3)* |  | 7.60 (5.90, 12.20) | 9.80 (7.30, 13.40) |  |  |  |  | 8.90 (6.10, 13.90) | 9.00 (6.80, 13.90) |  |  |  |
| Systolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3a** | 70 |  |  | 0.137 | -0.32 | -0.65, 0.03 | 134 |  |  | 0.220 | -0.13 | -0.37, 0.11 |
|  | *Mean (SD)* |  | 143.06 (18.90) | 147.14 (18.28) |  |  |  |  | 142.70 (21.58) | 145.66 (21.03) |  |  |  |
|  | *Median (Q1, Q3)* |  | 143.00 (129.00, 152.00) | 148.00 (133.00, 166.00) |  |  |  |  | 138.00 (127.00, 152.00) | 142.00 (128.00, 160.00) |  |  |  |
| Diastolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3b** | 70 |  |  | 0.185 | -0.28 | -0.62, 0.06 | 134 |  |  | 0.243 | -0.19 | -0.43, 0.05 |
|  | *Mean (SD)* |  | 81.20 (9.31) | 83.06 (10.56) |  |  |  |  | 80.81 (8.69) | 82.69 (9.56) |  |  |  |
|  | *Median (Q1, Q3)* |  | 80.00 (76.00, 86.00) | 84.00 (76.00, 88.00) |  |  |  |  | 81.00 (76.00, 87.00) | 82.00 (76.00, 88.00) |  |  |  |
| Weight (kgs) | **wdf\_q5\_6\_7** | 70 |  |  | 0.153 | 0.20 | -0.13, 0.53 | 134 |  |  | 0.727 | -0.01 | -0.25, 0.22 |
|  | *Mean (SD)* |  | 71.11 (13.95) | 70.66 (13.67) |  |  |  |  | 70.95 (13.21) | 71.15 (13.75) |  |  |  |
|  | *Median (Q1, Q3)* |  | 69.00 (62.00, 77.20) | 70.80 (62.30, 75.40) |  |  |  |  | 69.60 (62.00, 77.60) | 71.20 (62.30, 77.10) |  |  |  |
| BMI (kg/m2) | **wdf\_q5\_5\_6\_7\_bmi** | 70 |  |  | 0.144 | 0.21 | -0.13, 0.54 | 134 |  |  | 0.648 | -0.03 | -0.27, 0.21 |
|  | *Mean (SD)* |  | 25.32 (4.56) | 25.15 (4.44) |  |  |  |  | 25.31 (4.25) | 25.40 (4.74) |  |  |  |
|  | *Median (Q1, Q3)* |  | 25.27 (22.27, 27.32) | 24.81 (22.81, 26.71) |  |  |  |  | 24.83 (22.85, 27.32) | 25.53 (22.24, 27.30) |  |  |  |
| Waist-to-hip ratio | **wdf\_q5\_8a\_b\_waist\_hip\_ratio** | 70 |  |  | 0.384 | 0.28 | -0.06, 0.61 | 134 |  |  | 0.301 | 0.18 | -0.06, 0.42 |
|  | *Mean (SD)* |  | 0.97 (0.07) | 0.95 (0.07) |  |  |  |  | 0.96 (0.10) | 0.94 (0.08) |  |  |  |
|  | *Median (Q1, Q3)* |  | 0.98 (0.91, 1.02) | 0.95 (0.90, 1.02) |  |  |  |  | 0.97 (0.90, 1.02) | 0.95 (0.89, 1.02) |  |  |  |
| 1Mean (SD); Median (IQR) | | | | | | | | | | | | | |
| 2Wilcoxon signed rank test with continuity correction | | | | | | | | | | | | | |
| 3Paired Cohen's D | | | | | | | | | | | | | |
| 4CI = Confidence Interval | | | | | | | | | | | | | |

## Female

|  | | **Raw Data** | | | | | | **Imputed Data** | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Variables** | **n** | **Six month follow-up**1 | **Baseline**1 | **p-value**2 | **Difference**3 | **95% CI**34 | **n** | **Six month follow-up**1 | **Baseline**1 | **p-value**2 | **Difference**3 | **95% CI**34 |
| Waist circumference in cm | **wdf\_q5\_8a** | 122 |  |  | 0.424 | 0.01 | -0.24, 0.26 | 284 |  |  | **0.044** | 0.16 | -0.01, 0.32 |
|  | *Mean (SD)* |  | 96.66 (12.05) | 96.48 (17.04) |  |  |  |  | 97.45 (12.72) | 94.84 (14.98) |  |  |  |
|  | *Median (Q1, Q3)* |  | 98.10 (90.00, 103.00) | 96.50 (87.00, 103.00) |  |  |  |  | 98.35 (88.00, 104.30) | 95.00 (85.90, 103.00) |  |  |  |
| Hip circumference in cm | **wdf\_q5\_8b** | 124 |  |  | 0.097 | 0.19 | -0.07, 0.44 | 284 |  |  | 0.073 | 0.19 | 0.02, 0.35 |
|  | *Mean (SD)* |  | 106.66 (10.31) | 105.13 (10.57) |  |  |  |  | 105.99 (10.68) | 103.42 (12.68) |  |  |  |
|  | *Median (Q1, Q3)* |  | 106.75 (100.00, 112.60) | 104.80 (99.10, 112.60) |  |  |  |  | 107.00 (99.00, 112.60) | 104.15 (95.20, 112.50) |  |  |  |
| Blood glucose (mmol/l) | **wdf\_q5\_10** | 122 |  |  | 0.883 | 0.00 | -0.25, 0.26 | 284 |  |  | 0.302 | -0.09 | -0.26, 0.07 |
|  | *Mean (SD)* |  | 11.54 (6.46) | 11.50 (5.68) |  |  |  |  | 10.97 (6.00) | 11.77 (6.06) |  |  |  |
|  | *Median (Q1, Q3)* |  | 10.40 (6.30, 15.20) | 10.40 (7.20, 15.00) |  |  |  |  | 9.70 (6.20, 14.00) | 10.80 (7.20, 14.90) |  |  |  |
| Systolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3a** | 126 |  |  | 0.085 | -0.22 | -0.47, 0.03 | 284 |  |  | 0.052 | -0.19 | -0.36, -0.03 |
|  | *Mean (SD)* |  | 138.33 (22.21) | 141.33 (23.00) |  |  |  |  | 136.87 (20.09) | 141.08 (24.32) |  |  |  |
|  | *Median (Q1, Q3)* |  | 132.00 (123.00, 148.00) | 138.00 (125.00, 152.00) |  |  |  |  | 134.00 (123.00, 148.00) | 138.00 (123.00, 155.00) |  |  |  |
| Diastolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3b** | 126 |  |  | 0.653 | -0.06 | -0.30, 0.19 | 284 |  |  | 0.839 | -0.03 | -0.20, 0.13 |
|  | *Mean (SD)* |  | 84.68 (10.75) | 85.11 (9.62) |  |  |  |  | 84.84 (10.44) | 85.20 (10.35) |  |  |  |
|  | *Median (Q1, Q3)* |  | 83.00 (77.00, 90.00) | 86.00 (77.00, 92.00) |  |  |  |  | 83.00 (77.00, 91.00) | 84.50 (78.00, 91.00) |  |  |  |
| Weight (kgs) | **wdf\_q5\_6\_7** | 124 |  |  | 0.119 | 0.17 | -0.08, 0.42 | 284 |  |  | 0.136 | 0.11 | -0.05, 0.28 |
|  | *Mean (SD)* |  | 70.96 (11.79) | 70.46 (11.93) |  |  |  |  | 69.97 (12.45) | 68.49 (12.29) |  |  |  |
|  | *Median (Q1, Q3)* |  | 71.10 (62.40, 80.30) | 70.85 (62.20, 80.60) |  |  |  |  | 71.00 (62.10, 80.10) | 68.95 (60.60, 78.50) |  |  |  |
| BMI (kg/m2) | **wdf\_q5\_5\_6\_7\_bmi** | 124 |  |  | 0.122 | 0.16 | -0.09, 0.41 | 284 |  |  | 0.228 | 0.13 | -0.03, 0.30 |
|  | *Mean (SD)* |  | 28.56 (4.57) | 28.37 (4.67) |  |  |  |  | 28.21 (4.28) | 27.69 (4.69) |  |  |  |
|  | *Median (Q1, Q3)* |  | 28.62 (25.33, 31.06) | 28.70 (25.04, 31.27) |  |  |  |  | 28.09 (25.32, 30.59) | 27.91 (24.71, 30.51) |  |  |  |
| Waist-to-hip ratio | **wdf\_q5\_8a\_b\_waist\_hip\_ratio** | 122 |  |  | 0.636 | -0.06 | -0.31, 0.19 | 284 |  |  | 0.111 | 0.08 | -0.09, 0.24 |
|  | *Mean (SD)* |  | 0.91 (0.08) | 0.92 (0.13) |  |  |  |  | 0.93 (0.11) | 0.92 (0.12) |  |  |  |
|  | *Median (Q1, Q3)* |  | 0.90 (0.85, 0.96) | 0.90 (0.85, 0.96) |  |  |  |  | 0.92 (0.87, 1.00) | 0.91 (0.85, 0.97) |  |  |  |
| 1Mean (SD); Median (IQR) | | | | | | | | | | | | | |
| 2Wilcoxon signed rank test with continuity correction | | | | | | | | | | | | | |
| 3Paired Cohen's D | | | | | | | | | | | | | |
| 4CI = Confidence Interval | | | | | | | | | | | | | |

## Male

|  | | **Raw Data** | | | | | | **Imputed Data** | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Variables** | **n** | **Six month follow-up**1 | **Baseline**1 | **Difference**2 | **95% CI**23 | **p-value**2 | **n** | **Six month follow-up**1 | **Baseline**1 | **Difference**2 | **95% CI**23 | **p-value**2 |
| Waist circumference in cm | **wdf\_q5\_8a** | 70 |  |  | 1.7 | -0.87, 4.3 | 0.185 | 134 |  |  | 1.3 | -1.8, 4.5 | 0.395 |
|  | *Mean (SD)* |  | 94.73 (12.22) | 93.01 (11.45) |  |  |  |  | 93.93 (12.24) | 92.59 (12.30) |  |  |  |
|  | *Median (Q1, Q3)* |  | 94.20 (85.00, 103.00) | 93.80 (85.80, 100.50) |  |  |  |  | 94.20 (85.00, 102.00) | 92.40 (84.90, 100.50) |  |  |  |
| Hip circumference in cm | **wdf\_q5\_8b** | 70 |  |  | -0.43 | -2.6, 1.7 | 0.683 | 134 |  |  | -1.4 | -3.6, 0.91 | 0.237 |
|  | *Mean (SD)* |  | 97.11 (9.74) | 97.54 (8.58) |  |  |  |  | 96.51 (9.56) | 97.87 (8.40) |  |  |  |
|  | *Median (Q1, Q3)* |  | 97.00 (91.50, 102.00) | 97.00 (92.80, 101.50) |  |  |  |  | 96.20 (90.50, 101.00) | 97.00 (93.00, 102.80) |  |  |  |
| Blood glucose (mmol/l) | **wdf\_q5\_10** | 66 |  |  | -0.39 | -2.6, 1.9 | 0.727 | 134 |  |  | -0.15 | -1.7, 1.4 | 0.853 |
|  | *Mean (SD)* |  | 10.55 (7.01) | 10.94 (5.63) |  |  |  |  | 10.78 (6.45) | 10.92 (5.58) |  |  |  |
|  | *Median (Q1, Q3)* |  | 7.60 (5.90, 12.20) | 9.80 (7.30, 13.40) |  |  |  |  | 8.90 (6.10, 13.90) | 9.00 (6.80, 13.90) |  |  |  |
| Systolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3a** | 70 |  |  | -4.1 | -8.5, 0.37 | 0.071 | 134 |  |  | -3.0 | -8.6, 2.7 | 0.298 |
|  | *Mean (SD)* |  | 143.06 (18.90) | 147.14 (18.28) |  |  |  |  | 142.70 (21.58) | 145.66 (21.03) |  |  |  |
|  | *Median (Q1, Q3)* |  | 143.00 (129.00, 152.00) | 148.00 (133.00, 166.00) |  |  |  |  | 138.00 (127.00, 152.00) | 142.00 (128.00, 160.00) |  |  |  |
| Diastolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3b** | 70 |  |  | -1.9 | -4.1, 0.38 | 0.101 | 134 |  |  | -1.9 | -4.3, 0.53 | 0.124 |
|  | *Mean (SD)* |  | 81.20 (9.31) | 83.06 (10.56) |  |  |  |  | 80.81 (8.69) | 82.69 (9.56) |  |  |  |
|  | *Median (Q1, Q3)* |  | 80.00 (76.00, 86.00) | 84.00 (76.00, 88.00) |  |  |  |  | 81.00 (76.00, 87.00) | 82.00 (76.00, 88.00) |  |  |  |
| Weight (kgs) | **wdf\_q5\_6\_7** | 70 |  |  | 0.46 | -0.32, 1.2 | 0.241 | 134 |  |  | -0.20 | -3.6, 3.2 | 0.904 |
|  | *Mean (SD)* |  | 71.11 (13.95) | 70.66 (13.67) |  |  |  |  | 70.95 (13.21) | 71.15 (13.75) |  |  |  |
|  | *Median (Q1, Q3)* |  | 69.00 (62.00, 77.20) | 70.80 (62.30, 75.40) |  |  |  |  | 69.60 (62.00, 77.60) | 71.20 (62.30, 77.10) |  |  |  |
| BMI (kg/m2) | **wdf\_q5\_5\_6\_7\_bmi** | 70 |  |  | 0.17 | -0.11, 0.44 | 0.231 | 134 |  |  | -0.09 | -0.84, 0.65 | 0.805 |
|  | *Mean (SD)* |  | 25.32 (4.56) | 25.15 (4.44) |  |  |  |  | 25.31 (4.25) | 25.40 (4.74) |  |  |  |
|  | *Median (Q1, Q3)* |  | 25.27 (22.27, 27.32) | 24.81 (22.81, 26.71) |  |  |  |  | 24.83 (22.85, 27.32) | 25.53 (22.24, 27.30) |  |  |  |
| Waist-to-hip ratio | **wdf\_q5\_8a\_b\_waist\_hip\_ratio** | 70 |  |  | 0.02 | -0.01, 0.05 | 0.112 | 134 |  |  | 0.02 | -0.01, 0.04 | 0.148 |
|  | *Mean (SD)* |  | 0.97 (0.07) | 0.95 (0.07) |  |  |  |  | 0.96 (0.10) | 0.94 (0.08) |  |  |  |
|  | *Median (Q1, Q3)* |  | 0.98 (0.91, 1.02) | 0.95 (0.90, 1.02) |  |  |  |  | 0.97 (0.90, 1.02) | 0.95 (0.89, 1.02) |  |  |  |
| 1Mean (SD); Median (IQR) | | | | | | | | | | | | | |
| 2Paired t-test | | | | | | | | | | | | | |
| 3CI = Confidence Interval | | | | | | | | | | | | | |

## Female

|  | | **Raw Data** | | | | | | **Imputed Data** | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Variables** | **n** | **Six month follow-up**1 | **Baseline**1 | **Difference**2 | **95% CI**23 | **p-value**2 | **n** | **Six month follow-up**1 | **Baseline**1 | **Difference**2 | **95% CI**23 | **p-value**2 |
| Waist circumference in cm | **wdf\_q5\_8a** | 122 |  |  | 0.18 | -4.1, 4.5 | 0.933 | 284 |  |  | 2.6 | -0.15, 5.4 | 0.064 |
|  | *Mean (SD)* |  | 96.66 (12.05) | 96.48 (17.04) |  |  |  |  | 97.45 (12.72) | 94.84 (14.98) |  |  |  |
|  | *Median (Q1, Q3)* |  | 98.10 (90.00, 103.00) | 96.50 (87.00, 103.00) |  |  |  |  | 98.35 (88.00, 104.30) | 95.00 (85.90, 103.00) |  |  |  |
| Hip circumference in cm | **wdf\_q5\_8b** | 124 |  |  | 1.5 | -0.55, 3.6 | 0.147 | 284 |  |  | 2.6 | 0.29, 4.9 | **0.028** |
|  | *Mean (SD)* |  | 106.66 (10.31) | 105.13 (10.57) |  |  |  |  | 105.99 (10.68) | 103.42 (12.68) |  |  |  |
|  | *Median (Q1, Q3)* |  | 106.75 (100.00, 112.60) | 104.80 (99.10, 112.60) |  |  |  |  | 107.00 (99.00, 112.60) | 104.15 (95.20, 112.50) |  |  |  |
| Blood glucose (mmol/l) | **wdf\_q5\_10** | 122 |  |  | 0.04 | -2.1, 2.1 | 0.970 | 284 |  |  | -0.79 | -2.2, 0.62 | 0.270 |
|  | *Mean (SD)* |  | 11.54 (6.46) | 11.50 (5.68) |  |  |  |  | 10.97 (6.00) | 11.77 (6.06) |  |  |  |
|  | *Median (Q1, Q3)* |  | 10.40 (6.30, 15.20) | 10.40 (7.20, 15.00) |  |  |  |  | 9.70 (6.20, 14.00) | 10.80 (7.20, 14.90) |  |  |  |
| Systolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3a** | 126 |  |  | -3.0 | -6.4, 0.43 | 0.085 | 284 |  |  | -4.2 | -7.8, -0.59 | **0.023** |
|  | *Mean (SD)* |  | 138.33 (22.21) | 141.33 (23.00) |  |  |  |  | 136.87 (20.09) | 141.08 (24.32) |  |  |  |
|  | *Median (Q1, Q3)* |  | 132.00 (123.00, 148.00) | 138.00 (125.00, 152.00) |  |  |  |  | 134.00 (123.00, 148.00) | 138.00 (123.00, 155.00) |  |  |  |
| Diastolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3b** | 126 |  |  | -0.43 | -2.3, 1.4 | 0.649 | 284 |  |  | -0.36 | -2.3, 1.6 | 0.712 |
|  | *Mean (SD)* |  | 84.68 (10.75) | 85.11 (9.62) |  |  |  |  | 84.84 (10.44) | 85.20 (10.35) |  |  |  |
|  | *Median (Q1, Q3)* |  | 83.00 (77.00, 90.00) | 86.00 (77.00, 92.00) |  |  |  |  | 83.00 (77.00, 91.00) | 84.50 (78.00, 91.00) |  |  |  |
| Weight (kgs) | **wdf\_q5\_6\_7** | 124 |  |  | 0.50 | -0.24, 1.2 | 0.181 | 284 |  |  | 1.5 | -0.68, 3.6 | 0.178 |
|  | *Mean (SD)* |  | 70.96 (11.79) | 70.46 (11.93) |  |  |  |  | 69.97 (12.45) | 68.49 (12.29) |  |  |  |
|  | *Median (Q1, Q3)* |  | 71.10 (62.40, 80.30) | 70.85 (62.20, 80.60) |  |  |  |  | 71.00 (62.10, 80.10) | 68.95 (60.60, 78.50) |  |  |  |
| BMI (kg/m2) | **wdf\_q5\_5\_6\_7\_bmi** | 124 |  |  | 0.20 | -0.11, 0.50 | 0.203 | 284 |  |  | 0.53 | -0.13, 1.2 | 0.115 |
|  | *Mean (SD)* |  | 28.56 (4.57) | 28.37 (4.67) |  |  |  |  | 28.21 (4.28) | 27.69 (4.69) |  |  |  |
|  | *Median (Q1, Q3)* |  | 28.62 (25.33, 31.06) | 28.70 (25.04, 31.27) |  |  |  |  | 28.09 (25.32, 30.59) | 27.91 (24.71, 30.51) |  |  |  |
| Waist-to-hip ratio | **wdf\_q5\_8a\_b\_waist\_hip\_ratio** | 122 |  |  | -0.01 | -0.05, 0.03 | 0.637 | 284 |  |  | 0.01 | -0.01, 0.04 | 0.358 |
|  | *Mean (SD)* |  | 0.91 (0.08) | 0.92 (0.13) |  |  |  |  | 0.93 (0.11) | 0.92 (0.12) |  |  |  |
|  | *Median (Q1, Q3)* |  | 0.90 (0.85, 0.96) | 0.90 (0.85, 0.96) |  |  |  |  | 0.92 (0.87, 1.00) | 0.91 (0.85, 0.97) |  |  |  |
| 1Mean (SD); Median (IQR) | | | | | | | | | | | | | |
| 2Paired t-test | | | | | | | | | | | | | |
| 3CI = Confidence Interval | | | | | | | | | | | | | |