|  | | **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** | 192 |  |  | 0.223 | 0.05 | -0.15, 0.25 | 418 |  |  | **0.042** | 0.14 | 0.01, 0.28 |
|  | *Mean (SD)* |  | 95.95 (12.09) | 95.21 (15.27) |  |  |  |  | 96.32 (12.64) | 94.12 (14.18) |  |  |  |
|  | *Median (Q1, Q3)* |  | 97.15 (87.60, 103.00) | 95.00 (86.05, 102.25) |  |  |  |  | 96.30 (87.00, 104.20) | 94.20 (85.80, 102.00) |  |  |  |
| Hip circumference in cm | **wdf\_q5\_8b** | 194 |  |  | 0.258 | 0.11 | -0.09, 0.31 | 418 |  |  | 0.334 | 0.10 | -0.03, 0.24 |
|  | *Mean (SD)* |  | 103.21 (11.06) | 102.39 (10.51) |  |  |  |  | 102.95 (11.22) | 101.64 (11.75) |  |  |  |
|  | *Median (Q1, Q3)* |  | 102.00 (96.00, 111.30) | 102.00 (95.20, 109.20) |  |  |  |  | 101.40 (95.00, 112.00) | 101.50 (94.30, 109.20) |  |  |  |
| Blood glucose (mmol/l) | **wdf\_q5\_10** | 188 |  |  | 0.712 | -0.01 | -0.22, 0.19 | 418 |  |  | 0.253 | -0.07 | -0.21, 0.06 |
|  | *Mean (SD)* |  | 11.19 (6.64) | 11.31 (5.64) |  |  |  |  | 10.91 (6.13) | 11.50 (5.91) |  |  |  |
|  | *Median (Q1, Q3)* |  | 9.70 (6.10, 15.10) | 10.30 (7.20, 15.00) |  |  |  |  | 9.60 (6.20, 13.90) | 10.50 (7.20, 14.30) |  |  |  |
| Systolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3a** | 196 |  |  | **0.021** | -0.25 | -0.45, -0.05 | 418 |  |  | **0.022** | -0.17 | -0.31, -0.03 |
|  | *Mean (SD)* |  | 140.02 (21.11) | 143.41 (21.52) |  |  |  |  | 138.74 (20.71) | 142.55 (23.36) |  |  |  |
|  | *Median (Q1, Q3)* |  | 136.00 (125.00, 152.00) | 140.50 (128.00, 155.00) |  |  |  |  | 136.00 (124.00, 151.00) | 138.00 (126.00, 156.00) |  |  |  |
| Diastolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3b** | 196 |  |  | 0.250 | -0.13 | -0.33, 0.07 | 418 |  |  | 0.413 | -0.08 | -0.21, 0.06 |
|  | *Mean (SD)* |  | 83.44 (10.35) | 84.38 (9.96) |  |  |  |  | 83.55 (10.07) | 84.39 (10.15) |  |  |  |
|  | *Median (Q1, Q3)* |  | 82.50 (77.00, 88.00) | 85.00 (77.00, 91.00) |  |  |  |  | 83.00 (77.00, 89.00) | 84.00 (77.00, 90.00) |  |  |  |
| Weight (kgs) | **wdf\_q5\_6\_7** | 194 |  |  | **0.027** | 0.18 | -0.02, 0.38 | 418 |  |  | 0.150 | 0.07 | -0.06, 0.21 |
|  | *Mean (SD)* |  | 71.02 (12.54) | 70.53 (12.51) |  |  |  |  | 70.28 (12.67) | 69.34 (12.81) |  |  |  |
|  | *Median (Q1, Q3)* |  | 71.00 (62.40, 79.70) | 70.80 (62.30, 79.60) |  |  |  |  | 71.00 (62.10, 79.60) | 69.30 (61.10, 78.00) |  |  |  |
| BMI (kg/m2) | **wdf\_q5\_5\_6\_7\_bmi** | 194 |  |  | **0.029** | 0.17 | -0.03, 0.37 | 418 |  |  | 0.198 | 0.09 | -0.05, 0.22 |
|  | *Mean (SD)* |  | 27.39 (4.80) | 27.21 (4.82) |  |  |  |  | 27.28 (4.47) | 26.95 (4.82) |  |  |  |
|  | *Median (Q1, Q3)* |  | 27.39 (24.26, 30.18) | 26.79 (24.17, 30.23) |  |  |  |  | 27.28 (24.46, 30.17) | 26.50 (23.68, 30.16) |  |  |  |
| Waist-to-hip ratio | **wdf\_q5\_8a\_b\_waist\_hip\_ratio** | 192 |  |  | 0.362 | 0.02 | -0.18, 0.22 | 418 |  |  | **0.050** | 0.10 | -0.04, 0.23 |
|  | *Mean (SD)* |  | 0.93 (0.09) | 0.93 (0.11) |  |  |  |  | 0.94 (0.10) | 0.93 (0.11) |  |  |  |
|  | *Median (Q1, Q3)* |  | 0.92 (0.88, 0.99) | 0.91 (0.87, 0.98) |  |  |  |  | 0.93 (0.88, 1.00) | 0.93 (0.87, 0.98) |  |  |  |
| 1Mean (SD); Median (IQR) | | | | | | | | | | | | | |
| 2Wilcoxon signed rank test with continuity correction | | | | | | | | | | | | | |
| 3Paired Cohen's D | | | | | | | | | | | | | |
| 4CI = Confidence Interval | | | | | | | | | | | | | |

|  | | **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** | 192 |  |  | 0.74 | -2.1, 3.6 | 0.606 | 418 |  |  | 2.2 | 0.09, 4.3 | **0.041** |
|  | *Mean (SD)* |  | 95.95 (12.09) | 95.21 (15.27) |  |  |  |  | 96.32 (12.64) | 94.12 (14.18) |  |  |  |
|  | *Median (Q1, Q3)* |  | 97.15 (87.60, 103.00) | 95.00 (86.05, 102.25) |  |  |  |  | 96.30 (87.00, 104.20) | 94.20 (85.80, 102.00) |  |  |  |
| Hip circumference in cm | **wdf\_q5\_8b** | 194 |  |  | 0.82 | -0.70, 2.3 | 0.288 | 418 |  |  | 1.3 | -0.41, 3.0 | 0.134 |
|  | *Mean (SD)* |  | 103.21 (11.06) | 102.39 (10.51) |  |  |  |  | 102.95 (11.22) | 101.64 (11.75) |  |  |  |
|  | *Median (Q1, Q3)* |  | 102.00 (96.00, 111.30) | 102.00 (95.20, 109.20) |  |  |  |  | 101.40 (95.00, 112.00) | 101.50 (94.30, 109.20) |  |  |  |
| Blood glucose (mmol/l) | **wdf\_q5\_10** | 188 |  |  | -0.11 | -1.7, 1.4 | 0.888 | 418 |  |  | -0.59 | -1.7, 0.49 | 0.285 |
|  | *Mean (SD)* |  | 11.19 (6.64) | 11.31 (5.64) |  |  |  |  | 10.91 (6.13) | 11.50 (5.91) |  |  |  |
|  | *Median (Q1, Q3)* |  | 9.70 (6.10, 15.10) | 10.30 (7.20, 15.00) |  |  |  |  | 9.60 (6.20, 13.90) | 10.50 (7.20, 14.30) |  |  |  |
| Systolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3a** | 196 |  |  | -3.4 | -6.1, -0.72 | **0.013** | 418 |  |  | -3.8 | -6.8, -0.78 | **0.014** |
|  | *Mean (SD)* |  | 140.02 (21.11) | 143.41 (21.52) |  |  |  |  | 138.74 (20.71) | 142.55 (23.36) |  |  |  |
|  | *Median (Q1, Q3)* |  | 136.00 (125.00, 152.00) | 140.50 (128.00, 155.00) |  |  |  |  | 136.00 (124.00, 151.00) | 138.00 (126.00, 156.00) |  |  |  |
| Diastolic Blood pressure (mm Hg) | **wdf\_q5\_1\_2\_3b** | 196 |  |  | -0.94 | -2.4, 0.49 | 0.195 | 418 |  |  | -0.85 | -2.4, 0.66 | 0.270 |
|  | *Mean (SD)* |  | 83.44 (10.35) | 84.38 (9.96) |  |  |  |  | 83.55 (10.07) | 84.39 (10.15) |  |  |  |
|  | *Median (Q1, Q3)* |  | 82.50 (77.00, 88.00) | 85.00 (77.00, 91.00) |  |  |  |  | 83.00 (77.00, 89.00) | 84.00 (77.00, 90.00) |  |  |  |
| Weight (kgs) | **wdf\_q5\_6\_7** | 194 |  |  | 0.48 | -0.06, 1.0 | 0.078 | 418 |  |  | 0.94 | -0.87, 2.7 | 0.307 |
|  | *Mean (SD)* |  | 71.02 (12.54) | 70.53 (12.51) |  |  |  |  | 70.28 (12.67) | 69.34 (12.81) |  |  |  |
|  | *Median (Q1, Q3)* |  | 71.00 (62.40, 79.70) | 70.80 (62.30, 79.60) |  |  |  |  | 71.00 (62.10, 79.60) | 69.30 (61.10, 78.00) |  |  |  |
| BMI (kg/m2) | **wdf\_q5\_5\_6\_7\_bmi** | 194 |  |  | 0.18 | -0.03, 0.40 | 0.091 | 418 |  |  | 0.33 | -0.18, 0.83 | 0.201 |
|  | *Mean (SD)* |  | 27.39 (4.80) | 27.21 (4.82) |  |  |  |  | 27.28 (4.47) | 26.95 (4.82) |  |  |  |
|  | *Median (Q1, Q3)* |  | 27.39 (24.26, 30.18) | 26.79 (24.17, 30.23) |  |  |  |  | 27.28 (24.46, 30.17) | 26.50 (23.68, 30.16) |  |  |  |
| Waist-to-hip ratio | **wdf\_q5\_8a\_b\_waist\_hip\_ratio** | 192 |  |  | 0.00 | -0.02, 0.03 | 0.880 | 418 |  |  | 0.01 | -0.01, 0.03 | 0.160 |
|  | *Mean (SD)* |  | 0.93 (0.09) | 0.93 (0.11) |  |  |  |  | 0.94 (0.10) | 0.93 (0.11) |  |  |  |
|  | *Median (Q1, Q3)* |  | 0.92 (0.88, 0.99) | 0.91 (0.87, 0.98) |  |  |  |  | 0.93 (0.88, 1.00) | 0.93 (0.87, 0.98) |  |  |  |
| 1Mean (SD); Median (IQR) | | | | | | | | | | | | | |
| 2Paired t-test | | | | | | | | | | | | | |
| 3CI = Confidence Interval | | | | | | | | | | | | | |