

Table S10. Differences from Baseline between Usual Care and the Intensive Lifestyle Intervention Groups for Changes in Weight Loss Variables over Two Years in Younger, Middle, and Older Adults.*

Variable	Younger	Middle	Older
Change in Body Weight (%)			
At 6 months	-5.55 (-7.12, -3.99)	-7.17 (-8.51, -5.83)	-8.03 (-9.48, -6.58)
At 12 months	-5.21 (-7.18, -3.25)	-6.48 (-7.98, -4.98)	-7.18 (-8.94, -5.41)
At 18 months	-4.44 (-6.47, -2.41)	-5.69 (-7.23, -4.15)	-6.13 (-7.97, -4.29)
At 24 months	-4.33 (-6.60, -2.05)	-4.90 (-6.67, -3.13)	-4.89 (-6.78, -3.00)
Change in Body Weight (kg)			
At 6 months	-5.77 (-7.49, -4.06)	-7.36 (-8.74, -5.97)	-8.01 (-9.48, -6.54)
At 12 months	-5.36 (-7.42, -3.30)	-6.60 (-8.15, -5.06)	-7.13 (-8.92, -5.35)
At 18 months	-4.55 (-6.71, -2.40)	-5.73 (-7.32, -4.14)	-6.10 (-7.96, -4.24)
At 24 months	-4.39 (-6.75, -2.02)	-4.83 (-6.63, -3.03)	-4.89 (-6.80, -2.97)
Change in Waist Circumference (cm)			
At 6 months	-4.49 (-6.07, -2.91)	-6.43 (-7.99, -4.88)	-6.60 (-8.43, -4.77)
At 12 months	-4.72 (-6.74, -2.71)	-6.62 (-8.27, -4.97)	-6.70 (-8.75, -4.66)
At 18 months	-3.70 (-5.79, -1.60)	-6.82 (-8.45, -5.20)	-6.26 (-8.34, -4.18)
At 24 months	-4.06 (-6.27, -1.85)	-4.99 (-6.75, -3.23)	-6.26 (-8.39, -4.12)

Values are mean difference (95% C.I.)

*Younger = 21-42 y; middle = 43-56 y; older = 57-74 y.

All models included sex and race as covariates.

95% confidence intervals which do not include zero indicate a statistically significant result.