

Table S4. Unadjusted and Adjusted Differences from Baseline between Usual Care and the Intensive Lifestyle Intervention Groups for Changes in Weight Loss Variables over Two Years.

Variable	Unadjusted	Adjusted ¹	Adjusted ²
Change in Body Weight (%)			
At 6 months	-6.75 (-8.11, -5.39)	-6.86 (-8.05, -5.68)	-6.68 (-8.08, -5.28)
At 12 months	-6.02 (-7.51, -4.54)	-6.16 (-7.47, -4.85)	-5.98 (-7.49, -4.47)
At 18 months	-5.08 (-6.60, -3.57)	-5.22 (-6.57, -3.88)	-5.04 (-6.58, -3.50)
At 24 months	-4.37 (-5.95, -2.80)	-4.51 (-5.93, -3.10)	-4.33 (-5.93, -2.73)
Change in Body Weight (kg)			
At 6 months	-6.83 (-8.30, -5.36)	-6.98 (-8.26, -5.71)	-6.87 (-8.41, -5.32)
At 12 months	-6.05 (-7.63, -4.47)	-6.23 (-7.63, -4.83)	-6.11 (-7.76, -4.46)
At 18 months	-5.07 (-6.69, -3.46)	-5.26 (-6.69, -3.82)	-5.14 (-6.82, -3.46)
At 24 months	-4.33 (-6.00, -2.65)	-4.51 (-6.01, -3.02)	-4.39 (-6.13, -2.66)
Change in Waist Circumference (cm)			
At 6 months	-5.73 (-6.83, -4.63)	-5.85 (-7.04, -4.66)	-6.00 (-7.39, -4.60)
At 12 months	-5.83 (-7.05, -4.60)	-5.95 (-7.25, -4.65)	-6.10 (-7.60, -4.61)
At 18 months	-5.41 (-6.65, -4.16)	-5.54 (-6.86, -4.22)	-5.69 (-7.20, -4.18)
At 24 months	-5.00 (-6.29, -3.71)	-5.13 (-6.50, -3.77)	-5.28 (-6.83, -3.74)

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

¹Adjusted for age, race and sex

²Adjusted for age, race, sex, and clinic level variables (clinic size, %African American, %Medicaid)
95% confidence intervals which do not include zero indicate a statistically significant result.