

Table S5. Changes from Baseline in Physical Activity and Dietary Intake over Two Years.

| Variable | UC | ILI | Difference |
|------------------------------------|----------------------|----------------------|----------------------|
| Change in Total Daily PA (min/day) | | | |
| At 6 months | 3.57 (-7.39, 14.53) | 23.21 (11.98, 34.43) | 19.64 (5.76, 33.51) |
| At 12 months | 7.67 (-4.15, 19.50) | 19.61 (7.59, 31.63) | 11.94 (-3.25, 27.12) |
| At 24 months | 3.82 (-7.64, 15.29) | 10.91 (-0.76, 22.59) | 7.09 (-7.55, 21.73) |
| Change in Percent Fat Intake | | | |
| At 6 months | -0.93 (-1.80, -0.07) | -3.31 (-4.17, -2.45) | -2.37 (-3.46, -1.29) |
| At 12 months | -0.89 (-1.77, -0.02) | -2.66 (-3.52, -1.79) | -1.76 (-2.85, -0.67) |
| At 24 months | -0.63 (-1.60, 0.33) | -2.73 (-3.67, -1.78) | -2.09 (-3.31, -0.87) |

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

CI: Confidence interval; UC: Usual care; ILI: intensive lifestyle intervention; PA: Physical activity.

All models included age, sex and race as covariates.

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