

Table S6. 24-Month Changes from Baseline in Weight Loss Variables in the Intensive Lifestyle Intervention among Patients who Received <80% and ≥80% of Session Materials.

Variable	<80% of Materials	≥80% of Materials
Change in Body Weight (%)	-1.93 (-3.81, -0.06)	-7.07 (-8.58, -5.56)
Change in Body Weight (kg)	-2.00 (-3.90, -0.11)	-7.39 (-8.92, -5.87)
Change in Waist Circumference (cm)	-1.87 (-3.71, -9.02)	-6.13 (-7.61, -4.65)

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

Results are from a linear mixed model including age, sex, race and baseline weight as covariates.

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