

Table S8. Differences from Baseline between Usual Care and the Intensive Lifestyle Intervention Groups for Changes in Weight Loss Variables over Two Years in African Americans and Other Races.

Variable	African American	Other
Change in Body Weight (%)		
At 6 months	-6.45 (-7.66, -5.23)	-7.81 (-9.16, -6.46)
At 12 months	-5.64 (-7.00, -4.28)	-7.56 (-9.38, -5.75)
At 18 months	-4.78 (-6.18, -3.38)	-6.30 (-8.23, -4.37)
At 24 months	-4.16 (-5.61, -2.71)	-5.33 (-7.57, -3.10)
Change in Body Weight (kg)		
At 6 months	-6.58 (-7.78, -5.38)	-7.84 (-9.53, -6.15)
At 12 months	-5.74 (-7.08, -4.40)	-7.54 (-9.64, -5.45)
At 18 months	-4.83 (-6.22, -3.44)	-6.31 (-8.51, -4.11)
At 24 months	-4.20 (-5.65, -2.75)	-5.23 (-7.65, -2.80)
Change in Waist Circumference (cm)		
At 6 months	-5.07 (-6.50, -3.65)	-7.37 (-8.80, -5.93)
At 12 months	-5.26 (-6.82, -3.71)	-7.28 (-9.05, -5.51)
At 18 months	-5.15 (-6.71, -3.59)	-6.32 (-8.18, -4.45)
At 24 months	-4.55 (-6.13, -2.98)	-6.23 (-8.34, -4.12)

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

All models included age and sex as covariates.

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