

Table S9. Differences from Baseline between Usual Care and the Intensive Lifestyle Intervention Groups for Changes in Weight Loss Variables over Two Years in Women and Men.

Variable	Women	Men
Change in Body Weight (%)		
At 6 months	-6.83 (-7.94, -5.72)	-7.47 (-10.13, -4.81)
At 12 months	-6.32 (-7.59, -5.05)	-6.01 (-9.03, -2.99)
At 18 months	-5.22 (-6.53, -3.91)	-6.09 (-9.21, -2.98)
At 24 months	-4.83 (-6.21, -3.45)	-3.85 (-7.38, -0.31)
Change in Body Weight (kg)		
At 6 months	-6.71 (-7.78, -5.64)	-9.00 (-12.44, -5.56)
At 12 months	-6.17 (-7.41, -4.94)	-7.25 (-11.02, -3.48)
At 18 months	-5.04 (-6.32, -3.76)	-7.31 (-11.16, -3.47)
At 24 months	-4.71 (-6.06, -3.36)	-4.51 (-8.70, -0.32)
Change in Waist Circumference (cm)		
At 6 months	-5.58 (-6.69, -4.47)	-7.43 (-10.55, -4.31)
At 12 months	-6.03 (-7.28, -4.78)	-5.49 (-8.96, -2.01)
At 18 months	-5.58 (-6.85, -4.31)	-5.42 (-8.91, -1.94)
At 24 months	-5.28 (-6.59, -3.96)	-4.51 (-8.30, -0.72)

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

All models included age and race as covariates.

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