

Additional file 3 : Procedure for each data collection event

<i>Station</i>	<i>Baseline</i>	<i>3 mo</i>	<i>12 mo</i>	<i>18 mo</i>	<i>24 mo</i>
1. Greeting participants admitted and procedure explained.	✓	✓	✓	✓	✓
Gave questionnaire to complete while moving around stations.	✓		✓		✓
2. Blood pressure measurement	✓	✓	✓		✓
3. Height	✓		✓		✓
4. Weight	✓	✓	✓	✓	✓
5. Body composition –					
a. BIA	✓	✓	✓	✓	✓
b. Inbody Analyser*			✓	✓	✓
6. Waist circumference	✓	✓	✓	✓	✓
7. Blood collection by trained phlebotomist	✓		✓		
8. Breakfast provided	✓	✓	✓	✓	✓
Questionnaires completed	✓		✓		✓
9. Instructed in how to complete 4 day diet and physical activity diary and given scales and pedometer after checking equipment	✓	✓	✓		
10. Questionnaires checked for completeness.	✓		✓		✓
Explained next stage and discharged	✓	✓	✓	✓	✓