

Change in anthropometry, body composition, and macronutrient composition by intervention condition.

Outcome Variable	Intervention Group	Baseline	Change from Baseline to 6 Months	Change from Baseline to 12 Months	Change from Baseline to 18 Months	p-values for Main Effects			p-values for Group X Time Interaction Effects		
						Time	Group	Group X Time	ADOPT vs. MAINTAIN	ADOPT vs. SBWP	MAINTAIN vs. SBWP
Waist (cm)	ADOPT (N=64)	108.2±1.5	-9.7±1.2	-8.3±1.5	-5.5±1.9	0.0450	<.0001	0.0700	0.0355	0.2238	0.2235
	MAINTAIN (N=62)	107.9±1.5	-11.1±1.2	-14.1±1.5	-10.4±1.7						
	SBWP (N=69)	105.2±1.4	-9.4±1.2	-10.1±1.5	-6.5±1.8						
Hip (cm)	ADOPT (N=64)	117.2±1.0	-8.4±0.8	-7.5±1.0	-6.3±1.2	0.7177	<.0001	0.0009	0.0007	0.4688	0.0022
	MAINTAIN (N=62)	117.3±1.0	-7.5±0.8	-9.7±1.0	-7.7±1.1						
	SBWP (N=69)	116.1±1.0	-8.5±0.8	-8.1±1.0	-6.8±1.2						
Waist-to-Hip Ratio	ADOPT (N=64)	0.92±0.01	-0.02±0.01	-0.01±0.01	-0.00±0.01	0.0083	0.0039	0.4860	0.4334	0.2968	0.6197
	MAINTAIN (N=62)	0.92±0.01	-0.04±0.01	-0.05±0.01	-0.03±0.01						
	SBWP (N=69)	0.90±0.01	-0.02±0.01	-0.03±0.01	-0.01±0.01						
Sagittal Diameter (cm)	ADOPT (N=64)	25.64±0.35	-2.8±0.3	-2.5±0.3	-1.7±0.4	0.0430	<.0001	0.0896	0.0972	0.3884	0.0581
	MAINTAIN (N=62)	25.42±0.35	-3.3±0.3	-3.6±0.4	-2.9±0.4						
	SBWP (N=69)	24.49±0.34	-2.8±0.3	-2.4±0.4	-2.0±0.4						
Percent Body Fat	ADOPT (N=64)	40.7±0.6	-4.9±0.6	-3.8±0.8	-2.5±0.8	0.2202	<.0001	0.0345	0.0271	0.5605	0.0525
	MAINTAIN (N=62)	40.5±0.6	-5.1±0.6	-5.8±0.8	-4.5±0.8						
	SBWP (N=69)	40.2±0.6	-4.9±0.5	-4.0±0.8	-2.7±0.8						
Dietary Fat Intake (%)	ADOPT (N=64)	40.6±0.8	-8.5±0.8	-6.41±0.9	-5.09±1.0	0.1444	<.0001	0.2981	0.1164	0.5319	0.5870
	MAINTAIN (N=62)	38.5±0.8	-9.6±0.8	-8.33±0.9	-8.23±1.0						
	SBWP (N=69)	38.8±0.8	-8.6±0.8	-6.65±0.9	-6.41±1.0						
Dietary Protein Intake (%)	ADOPT (N=64)	14.7±0.4	2.9±0.4	2.06±0.4	1.84±0.5	0.7674	0.0005	0.6478	0.3905	0.5319	0.8056
	MAINTAIN (N=62)	13.9±0.4	2.4±0.4	1.99±0.4	1.92±0.5						
	SBWP (N=69)	14.5±0.4	2.8±0.4	2.31±0.4	2.15±0.5						
Dietary CHO Intake (%)	ADOPT (N=64)	44.9±1.0	5.8±1.0	5.07±1.1	3.25±1.1	0.2594	0.0015	0.1872	0.0541	0.4453	0.3450
	MAINTAIN (N=62)	47.4±1.0	7.2±1.0	6.22±1.0	6.70±1.1						
	SBWP (N=69)	47.3±1.0	6.5±0.9	5.16±1.0	4.59±1.1						