

SUPPLEMENTARY DATA

**Supplementary Table 1.** Association of changes in waist circumference and change in weight with adiponectin and HMW-adiponectin changes

Model	Men			Women		
	Beta	p-value	R <sup>2</sup>	Beta	p-value	R <sup>2</sup>
Change in log total adiponectin**						
Model A*						
Δ in Waist (cm)	-0.006	0.0007	0.13	-0.006	<0.0001	0.10
Δ in Weight (kg)	-0.014	<0.0001	0.18	-0.008	<0.0001	0.11
Change in log high molecular weight adiponectin **						
Model B*						
Δ in Waist (cm)	-0.008	0.0006	0.16	-0.0008	0.0002	0.13
Δ in Weight (kg)	-0.020	<0.0001	0.20	-0.011	<0.0001	0.12

Abbreviations: Δ: Change. \* Each model was analyzed independently and adjusted for baseline adiponectin (Model A) or baseline HMW-adiponectin (Model B), treatment group (ILI vs. DSE), age, race/ethnicity, clinic site, history of CVD (self-reported history of myocardial infarction, stroke, transient ischemic attack, angioplasty/stent, coronary artery bypass graft, carotid endarterectomy, abdominal aortic aneurysm or heart failure), diabetes duration, current smoking and use of insulin, thiazolidinediones, statins, and hormone replacement in women. \*\* Prior to determination of change, adiponectin and high molecular weight adiponectin levels were log-transformed due to their skewed distribution.

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### Appendix 2. Clinical Sites

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