

Supporting Information

TABLE S1. CHANGES OVER TIME RELATIVE TO BASELINE IN METABOLIC AND CARDIOVASCULAR BIOMARKERS IN THE 6-YEAR COMPLETER

POPULATION ($N = 136$)

| Parameter | Baseline | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|--|----------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| HOMA-B (ratio of endpoint to baseline), geometric LSM (95% CI)* | 52.6 ± 2.8 | 1.78 (1.61, 1.96) | 1.73 (1.55, 1.94) | 1.60 (1.43, 1.79) | 1.57 (1.38, 1.78) | 1.22 (1.08, 1.39) | 1.21 (1.05, 1.39) |
| HOMA-S (ratio of endpoint to baseline), geometric LSM (95% CI)* | 43.4 ± 2.1 | 1.14 (1.02, 1.27) | 1.13 (1.01, 1.26) | 1.12 (1.00, 1.26) | 1.19 (1.06, 1.34) | 1.38 1.21, 1.57 | 1.28 (1.13, 1.46) |
| Total cholesterol, mg/dL, LSM (95% CI) [†] | 170.0 ± 3.7 | -9.3 (-14.9, -3.7) | -6.3 (-13.3, +0.8) | -7.9 (-14.8, -1.0) | -9.3 (-15.9, -2.8) | -9.9 (-16.4, -3.4) | -10.1 (-17.0, -3.1) |
| LDL cholesterol, mg/dL, LSM (95% CI) [†] | 90.7 ± 3.2 | -3.7 (-8.2, +0.7) | -2.7 (-8.4, +3.0) | -5.9 (-12.0, +0.2) | -7.7 (-13.2, -2.3) | -8.5 (-13.9, -3.1) | -9.8 (-15.6, -4.0) |
| HDL cholesterol, mg/dL, LSM (95% CI) [†] | 45.3 ± 0.9 | -0.8 (-2.2, +0.7) | +1.5 (-0.4, +3.4) | +2.2 (+0.6, +3.8) | +2.0 (+0.3, +3.7) | +3.0 (+1.1, +4.8) | +2.6 (+0.7, +4.5) |
| LDL/HDL cholesterol ratio, median (range) | 1.95 (0.58, 6.16) | -0.07 (-3.00, +2.30) | -0.05 (-3.33, +1.79) | -0.19 (-2.62, +3.50) | -0.26 (-3.78, +2.32) | -0.20 (-2.16, +2.49) | -0.22 (-2.10, +3.35) |
| Triglycerides, mg/dL, median (range) | 151.0 | -15.0 | -22.0 | -14.0 | -9.0 | -11.0 | -8.0 |

| Parameter | Baseline | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|--------------|---------------|--------------|---------------|---------------|--------------|---------------|
| | (35, 674) | (-369, +216) | (-486, +165) | (-356, 196) | (-418, +193) | (-363, +324) | (-307, +431) |
| SBP, mmHg | | | | | | | |
| All completers, mean ± SD | 128.4 ± 13.7 | -4.8 ± 14.1 | -3.6 ± 15.4 | -0.7 ± 14.2 | -0.2 ± 17.0 | +0.7 ± 17.5 | +1.7 ± 18.1 |
| Completers with baseline SBP ≥130 mmHg | 139.6 ± 1.25 | -7.3 | -5.3 | -6.9 | -11.3 | -5.6 | -9.9 |
| (n = 64), LSM (95% CI) [†] | | (-11.9, -2.8) | (-9.9, -0.7) | (-12.8, -1.0) | (-17.0, -5.6) | (-11.3, 0.0) | (-15.4, -4.4) |
| DBP, mmHg | | | | | | | |
| All completers, mean ± SD | 77.9 ± 8.5 | -1.8 ± 8.3 | -0.6 ± 8.3 | -1.3 ± 9.2 | -1.6 ± 9.8 | -1.6 ± 9.2 | -1.2 ± 9.5 |
| Completers with baseline DBP ≥130 mmHg, | 81.2 ± 1.0 | -4.2 | -1.3 | -4.1 | -6.6 | -5.6 | -5.8 |
| LSM (95% CI) [†] | | (-7.1, -1.3) | (-4.5, +1.8) | (-7.6, -0.7) | (-9.8, -3.4) | (-8.8, -2.4) | (-9.1, -2.4) |
| Heart rate, bpm, mean ± SD | 73.1 ± 9.0 | +3.1 ± 10.5 | +3.4 ± 9.3 | +2.1 ± 11.5 | +1.6 ± 10.5 | +1.9 ± 9.5 | +2.1 ± 9.6 |

bpm, beats per minute; CI, confidence interval; DBP, diastolic blood pressure; HDL, high-density lipoprotein; HOMA-B, homeostasis model assessment of β -cell function; HOMA-S, homeostasis model assessment of insulin sensitivity; LDL, low-density lipoprotein; LSM, least-squares mean; SBP, systolic blood pressure; SD, standard deviation.

*Baseline values are reported as geometric mean ± standard error in units of percent. [†]Baseline values are reported as mean ± standard error.