

### Subgroup analyses by sociodemographic variables

Civil status		Mean Difference (APPG-CG)	CI 95%	P
Single	METS minute/week in leisure time	42.1	(-331.8 to 416.0)	0.82
	Total MVPA minute /week	-48.0	(-121.0 to 25.0)	0.20
	Score for adherence to Mediterranean Diet	0.1	(-0.5 to 0.7)	0.74
Married	METS minute/week in leisure time	37.7	(-127.5 to 202.9)	0.65
	Total MVPA minute /week	-7.5	(-38.9 to 24.0)	0.64
	Score for adherence to Mediterranean Diet	0.0	(-0.3 to 0.3)	0.94
Separate	METS minute/week in leisure time	100.1	(-388.8 to 589.0)	0.68
	Total MVPA minute /week	12.3	(-80.2 to 104.8)	0.79
	Score for adherence to Mediterranean Diet	-0.7	(-1.7 to 0.2)	0.14
Widower	METS minute/week in leisure time	300.3	(-797.4 to 1398.0)	0.57
	Total MVPA minute /week	-121.0	(-273.8 to 31.8)	0.11
	Score for adherence to Mediterranean Diet	-0.1	(-1.7 to 1.5)	0.91
<b>Educational level completed</b>				
University studies	METS minute/week in leisure time	67.1	(-208.8 to 343.0)	0.63
	Total MVPA minute /week	-1.2	(-52.4 to 50.1)	0.96
	Score for adherence to Mediterranean Diet	0.3	(-0.2 to 0.7)	0.24
Middle or High school	METS minute/week in leisure time	76.6	(-128.3 to 281.6)	0.46
	Total MVPA minute /week	-18.2	(-55.2 to 18.7)	0.33
	Score for adherence to Mediterranean Diet	-0.2	(-0.5 to 0.1)	0.19
Elementary school	METS minute/week in leisure time	-55.7	(-323.0 to 211.5)	0.68
	Total MVPA minute /week	-39.1	(-103.5 to 25.4)	0.23
	Score for adherence to Mediterranean Diet	0.1	(-0.4 to 0.6)	0.74
<b>Work situation</b>				
Works outside of home	METS minute/week in leisure time	95.1	(-85.7 to 275.8)	0.30
	Total MVPA minute /week	-22.4	(-60.1 to 15.2)	0.24
	Score for adherence to Mediterranean Diet	0.1	(-0.3 to 0.4)	0.74
Homemaker	METS minute/week in leisure time	55.0	(-311.7 to 421.8)	0.77
	Total MVPA minute /week	-2.6	(-70.2 to 64.9)	0.94
	Score for adherence to Mediterranean Diet	0.0	(-0.5 to 0.5)	0.93
Retired	METS minute/week in leisure time	20.0	(-337.1 to 377.1)	0.91
	Total MVPA minute /week	-15.8	(-77.3 to 45.7)	0.61
	Score for adherence to Mediterranean Diet	-0.2	(-0.7 to 0.3)	0.49
Student	METS minute/week in leisure time	744.4	(-632.8 to 2121.6)	0.26
	Total MVPA minute /week	-7.5	(-191.7 to 176.6)	0.93
	Score for adherence to Mediterranean Diet	0.0	(-3.0 to 3.0)	0.99
Unemployed	METS minute/week in leisure time	63.8	(-327.3 to 454.9)	0.75
	Total MVPA minute /week	-13.9	(-107.8 to 80.0)	0.77
	Score for adherence to Mediterranean Diet	-0.1	(-0.8 to 0.6)	0.76

APPG: Counseling+APP group, CG: Counseling group. BMI: Body mass index. MVPA: Moderate Vigorous/very vigorous physical activity. METS: metabolic equivalents. P: statistically significant differences ( $P < .05$ ). ANCOVA test adjusted by baseline measure comparing changes between intervention and control groups.