

Supplemental Table: Any new comorbid conditions at the 12-month visit among ENERGY trial cohort

	Intervention N (%) 271	Control N (%) 245
Acid Reflux	1 (0.3%)	2 (0.8%)
Allergies	0 (0.0%)	2 (0.8%)
Alopecia	0 (0.0%)	1 (0.4%)
Arthritis/gout	3 (1.1%)	0 (0.0%)
Breast lumps, surgery, pain, cancer	5 (1.8%)	3 (1.2%)
Cancer (not breast)	1 (3.7%)	2 (0.8%)
Cardiovascular	3 (1.1%)	8 (3.2%)
Cysts	0 (0.0%)	1 (0.4%)
Dental	0 (0.0%)	2 (0.8%)
Dermatology	2 (0.7%)	1 (0.4%)
Diabetes	0 (0.0%)	1 (0.4%)
Endocrine	1 (3.7%)	2 (0.8%)
Gastrointestinal	1 (3.7%)	0 (0.0%)
Gynecology	4 (1.5%)	9 (3.6%)
Hematology	0 (0.0%)	1 (0.4%)
Hernia	1 (3.7%)	1 (0.4%)
Immunodeficiency	0 (0.0%)	1 (0.4%)
Infection	4 (1.5%)	2 (0.8%)
Inflammation	2 (0.7%)	1 (0.4%)
Liver Disease	1 (3.7%)	0 (0.0%)
Lymphedema	0 (0.0%)	2 (0.8%)
Neurological	0 (0.0%)	3 (1.3%)
Optical	1 (3.7%)	2 (0.8%)
Orthopedic	13 (4.8%)	21 (8.5%)
Pain	4 (1.5%)	2 (0.8%)
Psychological	1 (3.7%)	0 (0.0%)
Respiratory	1 (3.7%)	1 (0.4%)
Shortness of Breath	0 (0.0%)	1 (0.4%)
Sleep Apnea	0 (0.0%)	2 (0.8%)
Surgery not Breast	2 (0.7%)	0 (0.0%)
Urological	1 (3.7%)	0 (0.0%)
Vertigo	0 (0.0%)	2 (0.8%)
Viral	1 (3.7%)	3 (1.3%)