

## Supplementary analyses

**Table S2.** Change in metabolic health/obesity status over 4 years

Baseline		4- year follow-up				Total
		MHNO	MUNO	MHO	MUO	
	MHNO	994	406	49	60	1509
	MUNO	185	499	7	73	764
	MHO	25	19	107	129	280
	MUO	16	46	58	417	537
Total		1220	970	221	679	3090

Healthy non-obese (MHNO) ; unhealthy non-obese (MUNO); Healthy obese (MHO); Unhealthy obese (MUO)