

Table S1: Variables

Variable	Values/unit of measurement	Definition
Age	Years	Directly from data, derived from date of birth
Sex	Male	Directly from data
	Female	
	Unknown	
Ethnicity	White	Directly from data
	Aboriginal	
	African American	
	African heritage	
	East Asian	
	South Asian	
	West Indie Black	
	Other	
	White/Other	Coded from above for adjusted analyses
Failure of previous weight management intervention	Yes	Directly from data
	No	
Diabetes	No	
	Pre-diabetes	Pre-diabetes: ever evidence of HbA1c 5.7-6.4% or FBG 6.0 – 7.0;
	Type 2 diabetes	Type 2 diabetes: ever evidence of diabetic drug prescription (ATC code A10) or HbA1c>7%, or two occurrences of fasting glucose >7 mg/dl;
Dyslipidemia	Yes	Yes: ever evidence of lipid modifying agents (ATC code C10) or low-density lipoprotein $\geq$ 160 mg/dl, or triglycerides $\geq$ 150 mg/dl, or high-density lipoprotein <40 mg/dl for males and <50 mg/dl for females.
	No	
Hypertension	Yes	Yes: ever evidence of hypertensive drug (ATC codes C02, C03, or C07–09) prescription, or with a systolic blood pressure (SBP) $\geq$ 140 mmHg and/or a diastolic blood pressure (DBP) $\geq$ 90 mmHg.
	No	
Smoking	Current smoker	Directly from data
	Ex-smoker	
	Non-smoker	
Weight	Kg	Directly from data, closest to index date in 3 months prior
BMI	Kg/m <sup>2</sup>	Directly from data, closest to index date in 12 months prior
Glycated haemoglobin (HbA1c)	%	Directly from data, closest to index date in 12 months prior
Diastolic Blood Pressure (DBP)	mmHg	Directly from data, closest to index date in 12 months prior
Systolic Blood Pressure (SBP)	mmHg	Directly from data, closest to index date in 12 months prior
Waist circumference	cm	Directly from data, closest to index date in 12 months prior
Hip circumference	cm	Directly from data, closest to index date in 12 months prior
Fasting glucose	mmol/L	Directly from data, closest to index date in 12 months prior
Low-Density Lipoprotein (LDL)	mmol/L	Directly from data, closest to index date in 3 months prior
High-Density Lipoprotein (HDL)	mmol/L	Directly from data, closest to index date in 12 months prior
Non-HDL	mmol/L	Directly from data, closest to index date in 12 months prior
Fasting total cholesterol	mmol/L	Directly from data, closest to index date in 12 months prior
Fasting triglycerides	mmol/L	Directly from data, closest to index date in 12 months prior
Adherence to exercise program <sup>†</sup>	No adherence to physical activity	Directly from data, visit immediately prior to index
	Partial adherence to physical activity	
	Full adherence to physical activity	
Adherence to diet <sup>†</sup>	Never	Visit immediately prior to index - Never: always exceeding caloric deficit
	Sometimes	Sometimes: patient reports meeting or being under caloric prescription some of the time but not always
	Always	Always: patient reports always meeting or being under the prescribed caloric restriction

<sup>†</sup>Adherence to exercise program and adherence to diet were based on personalized recommendations made by physicians at WMC and were patient-reported during regularly scheduled visits