

**Table S2b: Logistic regression results for  $\geq 5\%$  weight-loss at 6 months,  $\geq 6$ months**

	Odds Ratio Estimate	95% CI for Odds Ratio	p-value
<b>Baseline weight</b>	0.992	(0.978, 1.006)	0.256
<b>Age</b>	1.040	(1.005, 1.342)	<0.050
<b>Sex (ref: Male)</b>	0.462	(0.159,1.342)	0.156
<b>Ethnicity (ref: White)</b>	0.924	(0.401,2.132)	0.854
<b>Pre-diabetic (ref: no)</b>	1.631	(0.666,3.994)	0.284
<b>Diabetic (ref: no)</b>	2.118	(0.309,14.531)	0.445