

Table S3. Lifestyle Interventional Effect: Meta-analyses Results in A Single Arm Model

	FPG (mmol/L)			HbA1c (%)			% change in fasting insulin			% change in HOMA-IR			Weight loss (%)		
	Study arms (sample size)	Pooled effect mean (95%CI)	Heterogeneity p value	Study arms (sample size)	Pooled effect mean (95%CI)	Heterogeneity p value	Study arms (sample size)	Pooled effect mean (95%CI)	Heterogeneity p value	Study arms (sample size)	Pooled effect mean (95%CI)	Heterogeneity p value	Study arms (sample size)	Pooled effect mean (95%CI)	Heterogeneity p value
VLCD	2 (54)	-0.31 (-0.66, 0.04)	0.5	NA			NA			NA			2 (40)	-13.39 (-16.59, -10.20)	0.8
LCD	30 (1105)	-0.17 (-0.26, -0.08)	<0.01	NA			23 (797)	-27.41 (-35.34, -19.48)	<0.01	6 (179)	-23.53 (-40.43, -6.63)	<0.01	26 (909)	-7.15 (-8.14, -6.16)	<0.01
LCD+ PA	9 (374)	-0.15 (-0.29, -0.01)	<0.01	NA			4 (134)	-27.94 (-36.76, -19.12)	<0.01	NA			9 (374)	-4.90 (-8.85, -0.94)	<0.01
PA	12 (601)	-0.03 (-0.12, 0.06)	<0.01	2 (171)	-0.05 (-0.09, -0.01)	0.5	9 (491)	2.43 (-4.90, 9.77)	<0.01	6 (459)	1.08 (-5.74, 7.91)	<0.01	10 (429)	-2.99 (-4.79, -1.19)	0.6

Abbreviations: CI: confidence interval; FPG: fasting plasma glucose; HbA1c: glycated hemoglobin A1c; HOMA-IR: homeostasis model assessment of insulin resistance; LCD: low calorie diet; NA: not applicable; PA: physical activity; VLCD: very low calorie