

Appendix Table 1. Baseline Characteristics of Participants in the Metformin, ILS, and Placebo groups who lost \geq 5% body weight at year 1 compared to those that did not lose 5% body weight at year 1.

	Metformin			ILS			Placebo		
	<5% wt loss	\geq 5% wt loss	p-value	<5% wt loss	\geq 5% wt loss	p-value	<5% wt loss	\geq 5% wt loss	p-value
N	725	289		383	640		889	137	
Demographics									
Age at randomization (y)	50.8 (10.1)	52.1 (10.7)	0.071	48.2 (10.8)	52.3 (11.3)	<0.001	50.5 (10.4)	50.3 (9.8)	0.84
Sex			0.142			0.001			0.40
Men (n, %)	261 (36%)	90 (31%)		98 (25.6%)	228 (35.6%)		282 (31.7%)	38 (27.7%)	
Women (n, %)	464 (64%)	199 (69%)		285 (74.4%)	412 (64.4%)		607 (68.3%)	99 (72.3%)	
Race/Ethnicity			0.27			<0.001			0.22
White (n, %)	395 (54.5%)	168 (58.1%)		179 (46.7%)	380 (59.4%)		477 (53.7%)	85 (62%)	
Black (n, %)	157 (21.7%)	54 (18.7%)		97 (25.3%)	90 (14.1%)		183 (20.6%)	22 (16.1%)	
Hispanic (n, %)	116 (16%)	40 (13.8%)		58 (15.1%)	107 (16.7%)		134 (15.1%)	22 (16.1%)	
American Indian (n, %)	32 (4.4%)	20 (6.9%)		29 (7.6%)	28 (4.4%)		54 (6.1%)	4 (2.9%)	
Asian (n, %)	25 (3.4%)	7 (2.4%)		20 (5.2%)	35 (5.5%)		41 (4.6%)	4 (2.9%)	
Education			0.58			0.75			0.42
\leq High School (n, %)	183 (25.2%)	72 (24.9%)		105 (27.4%)	162 (25.3%)		237 (26.7%)	37 (27%)	
College (n, %)	354 (48.8%)	133 (46.0%)		178 (46.5%)	309 (48.3%)		419 (47.1%)	71 (51.8%)	
Post-College (n, %)	188 (25.9%)	84 (29.1%)		100 (26.1%)	169 (26.4%)		233 (26.2%)	29 (21.2%)	
Anthropometrics									
Weight (kg)	95 (20.3)	92.2 (18.4)	0.045	95 (20.8)	93.2 (20.3)	0.174	94.2 (20.2)	94.9 (20.2)	0.73
BMI (kg/m ²)	34.1 (6.7)	33.1 (6.0)	0.028	34.5 (6.9)	33.4 (6.5)	0.013	34.1 (6.8)	34.5 (6.0)	0.54
Waist (cm)	105.7 (14.9)	102.6 (12.7)	0.002	106.0 (15.1)	104.4 (14.4)	0.097	105.2 (14.2)	105.2 (14.1)	0.99
Hip (cm)	113.7 (13.5)	112.1 (12.1)	0.078	115.6 (14.4)	112.8 (13.5)	0.002	114.3 (14.8)	115.4 (12.2)	0.43
Waist-hip ratio	0.93 (0.09)	0.92 (0.08)	0.017	0.92 (0.08)	0.93 (0.09)	0.112	0.92 (0.08)	0.91 (0.08)	0.134
Baseline Health History									
Family hx of diabetes (n, %)*	497 (68.6%)	204 (70.3%)	0.68	283 (73.9%)	426 (66.7%)	0.019	621 (69.9%)	95 (69.3%)	0.97
Alcohol use*			0.048			0.130			0.600
None (n, %)	384 (53.6%)	163 (57.8%)		227 (60.7%)	333 (53.2%)		494 (56.5%)	75 (55.6%)	
<1/wk (n, %)	137 (19.1%)	57 (20.2%)		66 (17.6%)	131 (20.9%)		161 (18.4%)	21 (15.6%)	
>1/wk to 1/day (n, %)	162 (22.6%)	43 (15.2%)		66 (17.6%)	127 (20.3%)		180 (20.6%)	34 (25.2%)	
\geq 1/day (n, %)	33 (4.6%)	19 (6.7%)		51 (4.8%)	35 (5.6%)		39 (4.5%)	5 (3.7%)	

	Metformin			ILS			Placebo		
	<5% wt loss	≥5% wt loss	p-value	<5% wt loss	≥5% wt loss	p-value	<5% wt loss	≥5% wt loss	p-value
Smoking			0.34			0.021			0.002
Never (n, %)	417 (57.5%)	180 (62.3%)		242 (63.2%)	357 (55.8%)		527 (59.3%)	73 (53.3%)	
Current (n, %)	51 (7.0%)	16 (5.5%)		26 (6.8%)	36 (5.6%)		59 (6.6%)	21 (15.3%)	
Past (n, %)	257 (35.4%)	93 (32.2%)		115 (30.0%)	247 (38.6%)		303 (34.1%)	43 (31.4%)	
Gestational diabetes (n, %)**	63 (13.6%)	37 (18.7%)	0.093	59 (20.7%)	52 (12.6%)	0.006	99 (16.3%)	12 (12.1%)	0.36
Antidepressant use (n, %)	43 (5.9%)	18 (6.2%)	0.86	26 (6.8%)	25 (3.9%)	0.057	36 (4.0%)	9 (6.6%)	0.26
Beck depression	4.6 (4.6)	4.2 (3.9)	0.22	4.8 (4.7)	4.4 (4.3)	0.136	4.6 (4.7)	4.8 (4.6)	0.59
Beck anxiety	3.9 (4.6)	3.81 (4.7)	0.73	4.7 (5.9)	3.8 (4.5)	0.005	4.0 (5.2)	3.8 (4.3)	0.63
SF-6D	0.80 (0.10)	0.80 (0.10)	0.56	0.79 (0.11)	0.81 (0.10)	0.015	0.80 (0.10)	0.80 (0.10)	0.97
Glucose and Insulin									
Fasting glucose (mg/dl)	106.6 (8.5)	106.2 (8.3)	0.54	106.0 (8.4)	106.4 (7.9)	0.44	106.6 (8.4)	106.7 (8.2)	0.90
2-h glucose (mg/dl)	164.6 (17.0)	166.5 (17.7)	0.11	164.8 (17.2)	163.9 (16.6)	0.40	164.5 (17.2)	164.4 (16.9)	0.95
HbA1c (%)	5.9 (0.5)	5.9 (0.4)	0.30	5.9 (0.5)	5.9 (0.5)	0.39	5.9 (0.5)	5.9 (0.5)	0.84
Fasting insulin (uU/ml)	27.6 (15.4)	25.8 (13.9)	0.07	27.7 (15.9)	25.8 (15.4)	0.062	26.7 (15.4)	26.1 (13.9)	0.66
HOMA IR	7.3 (4.3)	6.8 (3.87)	0.07	7.3 (4.4)	6.8 (4.3)	0.090	7.09 (4.29)	6.91 (3.73)	0.65
Blood Pressure									
SBP (mmHg)	123.5 (15.0)	125.5 (14.6)	0.06	122.7 (15.0)	124.0 (14.6)	0.185	123.6 (14.5)	122.6 (14.4)	0.45
DBP (mmHg)	78.3 (9.6)	77.7 (9.3)	0.36	78.4 (9.5)	78.6 (9.0)	0.74	78.2 (9.0)	76.9 (10.2)	0.134
Lipids									
Cholesterol (mg/dl)	203.1 (35.7)	201.4 (34.3)	0.50	203.3 (36.0)	204.6 (37.2)	0.59	203.1 (37.6)	200.3 (32.5)	0.41
LDL (mg/dl)	124.8 (32.3)	123.4 (31.6)	0.53	124.7 (32.0)	125.5 (32.9)	0.71	124.6 (34.3)	119.9 (29.3)	0.130
HDL (mg/dl)	46.2 (11.7)	45.9 (11.1)	0.68	46.5 (13.1)	45.9 (11.9)	0.46	44.9 (11.5)	44.2 (11.5)	0.49
Triglycerides (mg/dl)	139.00 (50.6, 381.9)	139.6 (51.7, 377.2)	0.89	138.7 (50.2, 382.9)	142.5 (50.5, 402.0)	0.42	147.0 (55.3, 391.1)	156.4 (55.1, 443.8)	0.182
Adipocytokines/ Chemokines									
Adiponectin (ug/mL)	7.9 (3.5)	8.5 (3.4)	0.018	7.7 (3.6)	8.2 (3.5)	0.056	7.7 (3.2)	8.2 (4.0)	0.112

	Metformin			ILS			Placebo		
	<5% wt loss	≥5% wt loss	p-value	<5% wt loss	≥5% wt loss	p-value	<5% wt loss	≥5% wt loss	p-value
Fibrinogen (mg/dL)	378.8 (86.6)	380.0 (81.3)	0.83	385.7 (87.4)	385.7 (85.0)	0.99	385.4 (86.4)	394.8 (81.7)	0.234
IL6 (pg/mL)	2.5 (2.4)	2.2 (1.7)	0.029	2.6 (2.1)	2.4 (2.2)	0.100	2.5 (2.1)	2.4 (1.5)	0.66
tPA (ng/mL)	11.3 (4.4)	11.0 (4.1)	0.38	11.6 (4.3)	11.2 (4.3)	0.25	11.5 (4.1)	10.9 (3.4)	0.132
CRP (mg/dL)	0.35 (0.04, 3.07)	0.29 (0.04, 2.31)	0.009	0.41 (0.05, 3.01)	0.32 (0.04, 2.55)	<0.001	0.35 (0.04, 2.97)	0.43 (0.06, 3.33)	0.034
Leptin (ng/mL)	24.2 (15.4)	22.5 (13.4)	0.105	26.7 (15)	21.8 (13.7)	<0.001	24.5 (14.1)	24.9 (13.4)	0.72
eSelectin (ng/mL)	46.4 (17.8)	44.8 (16.2)	0.180	45.8 (17.3)	44.7 (17.6)	0.36	47.3 (19.6)	45.2 (18.3)	0.25
MCP-1 (pg/mL)	152.8 (112.7)	154.0 (102.8)	0.88	148.6 (71.6)	145.2 (50.8)	0.37	148.5 (61.4)	159.6 (172.0)	0.161
sICAM (ng/mL)	248.5 (75.8)	253.5 (82.5)	0.36	253.3 (87.5)	246.4 (71.1)	0.167	247.6 (76.1)	256.5 (77.9)	0.21
Sex Hormones									
FSH (women; mIU/L)	31.5 (25.8)	35.9 (27.5)	0.090	28.4 (25.8)	32.9 (28.5)	0.068	32.3 (28.8)	36.5 (27.6)	0.25
DHEA (ng/mL)	2397 (1625)	2397 (1454)	0.99	2543 (1558)	2552 (1854)	0.94	2480 (1665)	2637 (2048)	0.38
DHEA-S (ng/mL)	911 (615)	911 (695)	0.99	996 (683)	919 (656)	0.094	909 (599)	998 (733)	0.136
Androstenedione (men, pg/mL)	778 (240)	815 (295)	0.27	789 (283)	773 (267)	0.65	785 (265)	851.8 (389)	0.20
Testosterone (pg/mL)	553 (30, 10286)	473 (27, 8123)	0.172	424 (29, 6119)	556 (28, 11188)	0.010	460 (27, 7893)	359 (26, 4920)	0.082
SHBG (nmol/L)	55.7 (45.4)	58.3 (44.0)	0.44	54.7 (41.2)	55.2 (39.8)	0.87	55.1 (43.4)	51.3 (36.2)	0.35
Estrone (E1) (pg/mL)	54.7 (51.4, 58.1)	51.0 (45.6, 56.9)	0.28	63.3 (18.8, 213)	51.29 (14.3, 183)	<0.001	54.1 (15.6, 187)	64.5 (18.3, 226.8)	0.132
Estradiol (E2) (pg/mL)	25.9 (24.0, 28.0)	24.5 (21.7, 27.7)	0.45	28.7 (4.03, 204)	22.9 (3.5, 149.8)	<0.001	24.6 (3.55, 170)	29.3 (3.6, 238)	0.081

Data are mean (SD) or geometric mean (95% confidence intervals) for non-normally distributed data; p-values for non-normally distributed data based on log-transformed values. ILS, Intensive Lifestyle intervention; SF-6D, Short-Form Six Dimension Questionnaire; SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; tPA, tissue Plasminogen Activator; CRP, C-Reactive Protein; IL6, Interleukin-6; MCP-1, Monocyte Chemoattractant Protein; sICAM, Soluble Intercellular Adhesion Molecule; FSH, Follicle Stimulating Hormone; DHEA, Dehydroepiandrosterone; DHEA-S, Dehydroepiandrosterone Sulfate; SHBG, Sex

Hormone Binding Globulin. *Some participants were unable or refused to answer some questions at baseline; percents are among responders only.
**Among parous women only.