Table S1. Baseline characteristics comparison between participants who completed the study and those who dropped out

	Complete n = 443 Mean	Loss of follow-up n = 207 Mean	P value
Age in years, mean (SD)	49.2 (9.4)	46.3 (9.9)	<.001
Sex , n (%)			
Men	140 (31.6)	65 (31.4)	.96
Women	303 (68.4)	142 (68.6)	
Smoker status, n (%)			
Non-smoker	181 (40.9)	82 (39.6)	.40
Current smoker	91 (20.5)	52 (25.1)	
Former smoker	171 (38.6)	73 (35.3)	
Clinical variables, mean (SD)			
Weight, kg	90.2 (14.0)	93.3 (16.2)	.02
BMI, kg/m^2	32.7 (3.4)	33.6 (3.6)	.003
Waist circumference, cm	106.7 (10.5)	108.8 (14.3)	.06
Systolic blood pressure, mmHg	119.6 (15.9)	119.9 (14.7)	.85
Diastolic blood pressure, mmHg	80.4 (9.8)	79.5 (9.7)	.27
Total Cholesterol, mg/dl	200.0 (39.1)	199.4 (34.7)	.86
HDL Cholesterol, mg/dl	51.6 (12.6)	51.3 (12.0)	.73
BMI classification, n (%)			
27.5-29.9	117 (26.4)	40 (19.3)	.05
30-40	326 (73.6)	167 (80.7)	
Chronic diseases, n (%)			
Hypertension	144 (32.5)	60 (29.1)	.41
Dyslipidaemia	122 (27.5)	38 (19.3)	.03
Diabetes Mellitus	5 (1.2)	4 (2.2)	.47
Marital status, n (%)			
Single	94 (21.2%)	40 (19.3)	.11
Married	299 (67.5%)	145 (70.0)	
Separated	39 (8.8%)	22 (10.6)	
Widower	11 (2.5%)	0 (0.0)	
Employment status, n (%)			
Works outside of home	322 (72.7)	159 (76.8)	.68
Homemaker	32 (7.2)	11 (5.3)	
Retired	30 (6.8)	11 (5.3)	
Student	11 (2.5)	3 (1.4)	
Unemployed	48 (10.8)	23 (11.1)	
Educational level, n (%)			
University studies	178 (40.4)	78 (37.7)	.70
Middle or High school	210 (47.6)	100 (48.3)	
Elementary school	49.2 (9.4)	46.3 (9.9)	