TABLE 1S: Children (n=196) of participants on WFPB lifestyle program.

| Children (n, (%) | |
| --- | --- |
| Underage (<18 years) | 118 (60.0) |
| on WFPB diet | 101 (85.6) |
| Adult (>18 years) | 78 (40.0) |
| on WFPB diet | 22 (28.2) |
| Born to parents while on WFPB lifestyle | 16 (8.2) |

Whole-food plant-based (WFPB).

TABLE 2S: Baseline vs. current obesity indices (BMI, body mass (MB), body fat (BF) % and BMI classification) of all participants on the WFPB lifestyle program from 0.5–10 years.

| Parameter | N | Baseline BMI | Current BMI | Change | P-value | Baseline BM | Current BM | Change | P-value | Baseline BF | Current BF | Change | P-value |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| All participants | 151 | | | | | | | | | | | | |
| BMI (kg/m$^2$) | | 26.4 ± 5.6 | 23.9 ± 3.8 | −2.5 ± 2.8 | <.001 | | | | | | | | |
| BM (kg) | | | | | | 75.8 ± 18.6 | 68.7 ± 14.0 | −7.1 ± 8.3 | <.001 | | | | |
| BF % | | | | | | | | | | 28.7± 9.2 | 22.3 ± 7.3 | −6.4 ± 5.6 | <.001 |
| According to BMI classification | | | | | | | | | | | | | |
| Normal weight (BMI 18.5–24.9) | 75 | 22.4 ± 1.7 | 21.5 ± 1.8 | −0.9 ± 1.5 | <.001 | 63.5 ± 8.4 | 61.0 ± 9.4 | −2.5 ± 4.5 | <.001 | 24.3 ± 7.0 | 19.5 ± 5.9 | −4.8 ± 5.3 | <.001 |
| Overweight (BMI 25–29.9) | 36 | 26.9 ± 1.4 | 24.5 ± 1.5 | −2.4 ± 1.8 | <.001 | 79.4 ± 9.6 | 72.2 ± 8.9 | −7.2 ± 5.4 | <.001 | 28.2 ± 8.1 | 21.6 ± 7.0 | −6.6 ± 4.6 | <.001 |
| Obesity (BMI ≥ 30) | 39 | 34.0 ± 4.7 | 28.3 ± 3.9 | −5.6 ± 2.9 | <.001 | 97.0 ± 18.8 | 80.9 ± 15.2 | −16.1 ± 8.8 | <.001 | 38.1 ± 6.7 | 28.6 ± 6.4 | −9.5 ± 5.7 | <.001 |

Data are mean ± standard deviation (SD). BMI classifications by the World Health Organization. [1]One participants was underweight (with normal BF % and MMI) and therefore not include it into normal weight category. A t-test was used for dependent samples.