

**Supplementary File 3.**

**Predicted means (SEM) at baseline, 3 months and 12 months, and p-values of pairwise comparisons for intervention participants (PPS and ITT using REML).**

<b>PPS</b>	<b>Baseline</b>	<b>3 months</b>	<b>12 months</b>	<b>Baseline v 3 months</b>	<b>Baseline v 12 months</b>	<b>3 months v 12 months</b>
Weight (kg) (p<0.001)	87.32 (1.23)	86.18 (1.24)	86.50 (1.23)	<0.001	0.004	0.292
Waist (cm) (p<0.001)	102.42 (1.00)	100.52 (1.02)	101.45 (1.01)	<0.001	0.022	0.036
FPG (mmol/L) (p=0.259)	5.15 (0.05)	5.20 (0.05)	5.22 (0.05)	0.347	0.103	0.554
Systolic BP (mmHg) (p<0.001)	143.7 (1.5)	135.7 (1.6)	136.7 (1.5)	<0.001	<0.001	0.599
Diastolic BP (mmHg) (p<0.001)	81.5 (1.0)	78.2 (1.0)	76.5 (1.0)	0.002	<0.001	0.114
Total Cholesterol (mmol/L) (p=0.176)	5.20 (0.09)	5.11 (0.10)	5.09 (0.09)	0.164	0.080	0.777
Triglycerides (mmol/L) (p=0.119)	1.37 (0.05)	1.42 (0.05)	1.45 (0.05)	0.195	0.043	0.516
LDL-cholesterol (mmol/L) (p=0.011)	3.08 (0.08)	2.97 (0.09)	2.90 (0.09)	0.068	0.003	0.302
HDL-cholesterol (mmol/L) (p=0.078)	1.49 (0.03)	1.48 (0.03)	1.52 (0.03)	0.831	0.060	0.045
Framingham 5 yr CVD risk (%) (p=0.001)	9.59 (0.47)	8.45 (0.47)	8.63 (0.47)	<0.001	0.002	0.542
<b>ITT</b>						
Weight (kg) (p=0.006)	86.53 (1.17)	85.54 (1.18)	85.92 (1.18)	0.002	0.038	0.233
Waist (cm) (p<0.001)	101.72 (0.94)	100.04 (0.96)	101.03 (0.95)	<0.001	0.087	0.023
FPG (mmol/L) (p=0.425)	5.14 (0.04)	5.14 (0.05)	5.18 (0.04)	0.874	0.218	0.333
Systolic BP (mmHg) (p<0.001)	143.0 (1.3)	136.1 (1.5)	136.2 (1.4)	<0.001	<0.001	0.965
Diastolic BP (mmHg) (p<0.001)	81.3 (0.9)	78.3 (1.0)	76.3 (0.9)	0.003	<0.001	0.042
Total cholesterol (mmol/L) (p=0.482)	5.21 (0.09)	5.15 (0.09)	5.14 (0.09)	0.363	0.261	0.880
Triglycerides (mmol/L) (p=0.696)	1.49 (0.08)	1.52 (0.08)	1.53 (0.08)	0.577	0.408	0.826
LDL-cholesterol (mmol/L) (p=0.024)	3.10 (0.08)	3.01 (0.08)	2.94 (0.08)	0.158	0.007	0.246
HDL-cholesterol (mmol/L) (p=0.072)	1.52 (0.04)	1.52 (0.04)	1.55 (0.04)	0.973	0.040	0.059
Framingham 5 yr CVD risk (%) (p=0.002)	9.32 (0.43)	8.41 (0.44)	8.37 (0.43)	0.003	0.001	0.908

