Weight Change During the Post-Intervention Follow-Up of Look AHEAD

Supplement

Supplement Table 1. Weight Control Behaviors at Look AHEAD Year 8 Visit for Trajectory Groups (N=3949 who completed this questionnaire)

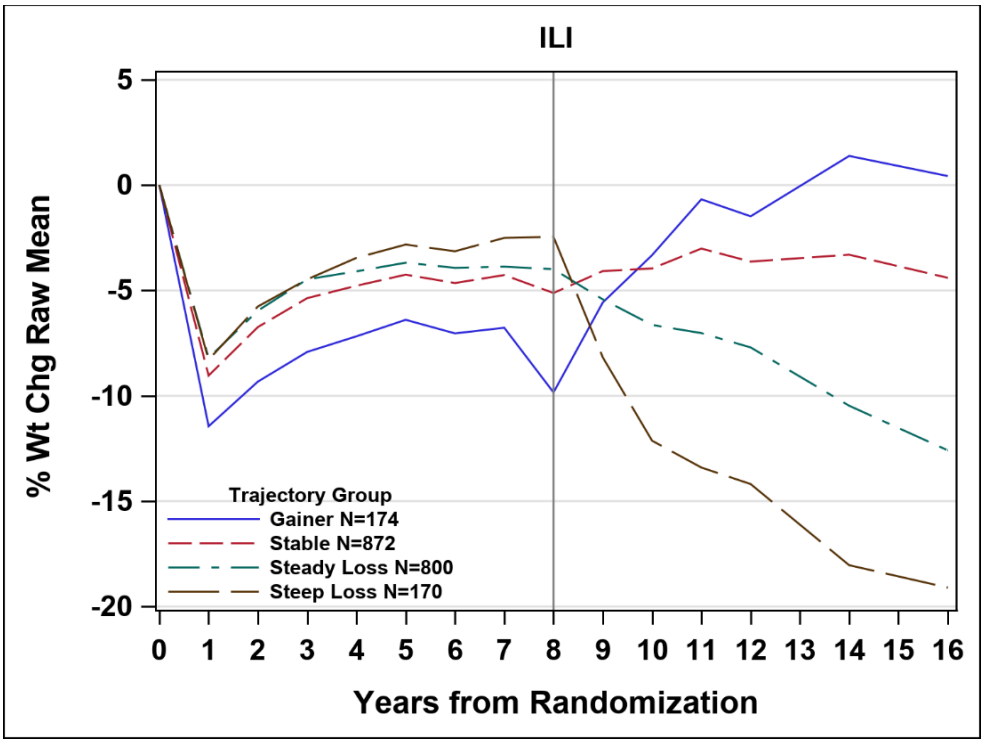
Behaviors	Y8 to Last Visit Trajectory Group				P-value
	Gainers (304)	Stable (1561)	Steady Loss (1709)	Steep loss (375)	
Increased exercise					
Yes, n (%)[1]	134 (44.1%)	708 (45.4%)	710 (41.5%)	148 (39.5%)	0.0717
OR (95%CI) *	0.95 (0.74, 1.21)	REF	0.88 (0.76, 1.01)	0.81 (0.64, 1.02)	0.1646
Reduced kcal					
Yes, n (%)[1]	199 (65.5%)	912 (58.4%)	904 (52.9%)	182 (48.5%)	<.0001
OR (95%CI) *	**1.35 (1.04, 1.75)**	REF	**0.86 (0.74, 0.99)**	**0.72 (0.57, 0.91)**	0.0002
Reduced fat					
Yes, n (%)[1]	201 (66.1%)	900 (57.7%)	976 (57.1%)	184 (49.1%)	0.0002
OR (95%CI) *	**1.42 (1.10, 1.85)**	REF	1.04 (0.90, 1.20)	**0.75 (0.59, 0.94)**	0.0009
Used meal replacements					
Yes, n (%)[1]	145 (47.7%)	664 (42.5%)	620 (36.3%)	125 (33.3%)	<.0001
OR (95%CI) *	1.27 (0.95, 1.70)	REF	0.92 (0.78, 1.09)	0.78 (0.59, 1.03)	0.0506
Daily Self-weighing					
Yes, n (%)[1]	105 (34.5%)	443 (28.4%)	355 (20.8%)	78 (20.8%)	<.0001
OR (95%CI) *	**1.33 (1.02, 1.74)**	REF	**0.72 (0.61, 0.84)**	**0.72 (0.55, 0.96)**	<.0001
Weekly Self-weighing					
Yes, n (%)[1]	210 (69.1%)	1006(64.4%)	951 (55.6%)	189 (50.4%)	<.0001
OR (95%CI) *	1.22 (0.93, 1.60)	REF	**0.74 (0.64, 0.86)**	**0.60 (0.47, 0.76)**	<.0001
Total** number of strategies used in last year					
mean ± SD*	2.9 ± 1.6	2.7 ± 1.6	2.4 ± 1.5	2.2 ± 1.5	<.0001

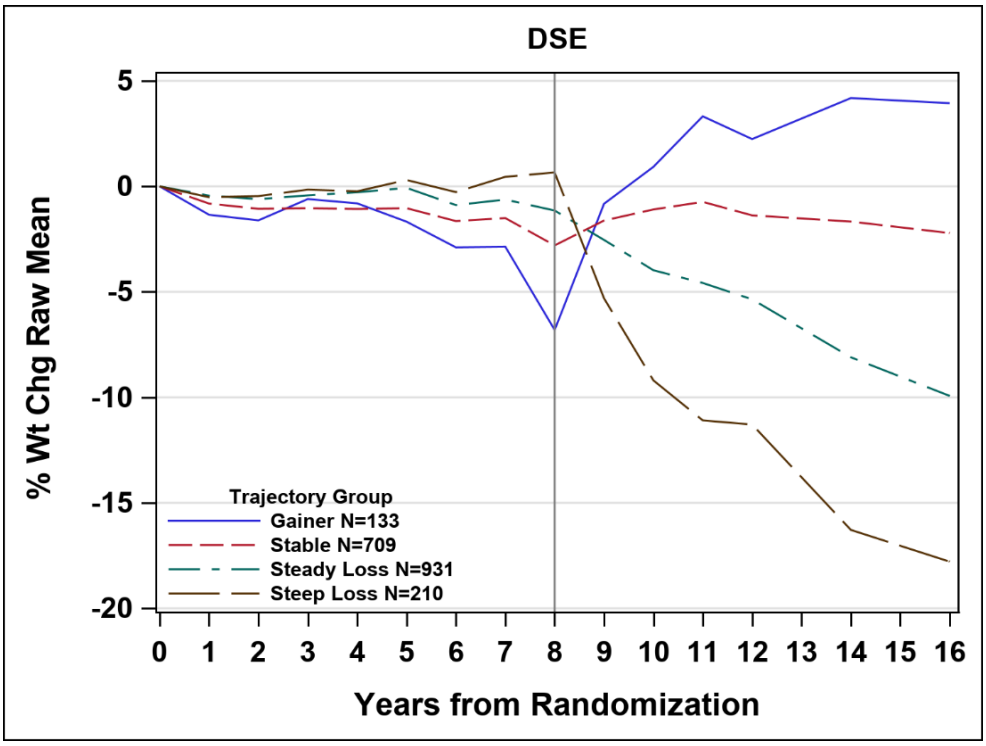
[1] Percent who answered Yes out of the total number in that trajectory group

*P-value adjusted for treatment assignment

**Total = increased exercise + reduced caloric intake + reduced fat intake + used meal replacements + weekly self-weighing

Supplement Figure 1. Unadjusted weight change from randomization to year 8 (Intervention) and from year 8 to final visit (post-intervention follow-up) by trajectory group for ILI (Intensive Lifestyle intervention) and DSE (Diabetes Support and Education) Groups Separately (See also figure 1 in main manuscript for ILI and DSE combined)





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