Table S2: Sensitivity analysis- DRA, PAAm, PAAvig

	Scenario number	MNAR Rescaling Parameter δ*	Immediate Intervention Arm			Delayed Intervention Arm			Immediate vs. Delayed	
			Baseline	6-month	p-value	Baseline	6-month	p-value	Difference in changes between arms	P-value
Mean (SE)										
Dietary Risk	1 (MAR)	1	30.7 (1.1)	23.6 (1.2)	<.0001	31.7 (1.1)	27.9 (1.1)	.0003	-3.2 (1.6)	.0459
Assessment	2	1.01	30.7 (1.2)	23.6 (1.2)	<.0001	31.7 (1.1)	27.9 (1.1)	.0003	-3.2 (1.6)	.0453
(DRA)	3	1.02	30.7 (1.1)	23.7 (1.2)	<.0001	31.7 (1.1)	27.9 (1.1)	.0004	-3.2 (1.6)	.0448
	4	1.03	30.7 (1.2)	23.6 (1.2)	<.0001	31.7 (1.1)	28.0 (1.1)	.0005	-3.3 (1.6)	.0443
	5	1.04	30.7 (1.2)	23.7 (1.2)	<.0001	31.7 (1.1)	28.0 (1.1)	.0005	-3.3 (1.6)	.0439
	6	1.05	30.7 (1.2)	23.7 (1.2)	<.0001	31.7 (1.1)	28.0 (1.1)	.0006	-3.3 (1.6)	.0434
Physical Activity	1	1	9.1 (0.6)	10.9 (0.6)	.0023	7.6 (0.5)	8.8 (0.5)	.0279	.6 (.8)	.4707
Assessment	2	1.01	9.1 (0.6)	10.9 (0.6)	.0023	7.6 (0.5)	8.8 (0.5)	.0269	.6 (.8)	.47
Moderate	3	1.02	9.1 (0.6)	10.9 (0.6)	.0023	7.6 (0.5)	8.8 (0.5)	.0259	.6 (.8)	.48
(PAAm)	4	1.03	9.1 (0.6)	11.0 (0.6)	.0022	7.6 (0.5)	8.8 (0.5)	.025	.6 (.8)	.48
	5	1.04	9.1 (0.6)	11.0 (0.6)	.0022	7.6 (0.5)	8.8 (0.5)	.0242	.6 (.8)	.48
	6	1.05	9.1 (0.6)	11.0 (0.6)	.0021	7.6 (0.5)	8.8 (0.6)	.0234	.6 (.8)	.49
Physical activity	1	1	3.6 (0.4)	3.7 (0.4)	.71	2.9 (0.4)	3.3 (0.4)	.2808	-.3 (.6)	.6405
assessment	2	1.01	3.6 (0.4)	3.7 (0.4)	.70	2.9 (0.4)	3.3 (0.4)	.2761	-.3 (.6)	.64
vigorous	3	1.02	3.6 (0.4)	3.7 (0.4)	.70	2.9 (0.4)	3.3 (0.4)	.2715	-.3 (.6)	.63
(PAAvig)	4	1.03	3.6 (0.4)	3.7 (0.4)	.70	2.9 (0.4)	3.3 (0.4)	.267	-.3 (.6)	.63
	5	1.04	3.6 (0.4)	3.7 (0.4)	.69	2.9 (0.4)	3.3 (0.4)	.2625	-.3 (.6)	.63
	6	1.05	3.6 (0.4)	3.7 (0.4)	.69	2.9 (0.4)	3.3 (0.4)	.2581	-.3 (.6)	.63

Notes:
1. Results are based on mixed-effect model fitting of imputed data with adjustment for diastolic blood pressure and HDL cholesterol.
2. *δ=1.01 meaning a participant who drops out from the study was assumed to have on average 1% higher DRA/PAA compared to a participant with similar characteristics who remained in the study.
3. Scenarios 2-6 with $\delta > 1$ are results from sensitivity analysis with multiple imputation by pattern mixture models under the assumption of missing not at random (MNAR), used to explore the robustness of conclusions under MAR.
4. DRA scores range from 0-96; lower scores are better (improved dietary quality).
5. PAA moderate activity scores range from 0-27 and vigorous activity scores range from 0-18; higher scores are better (more physical activity).