

Table S1: Sensitivity analysis- weight, BMI, and waist circumference

	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)										
Weight (kg)	1 (MAR)	1	93.1 (2.6)	87.4 (2.6)	<.0001	92.8 (2.4)	90.5 (2.5)	.0211	-3.4 (1.4)	.0106
	2	1.01	93.1 (2.6)	87.4 (2.6)	<.0001	92.8 (2.4)	90.7 (2.5)	.0295	-3.5 (1.4)	.0094
	3	1.02	93.1 (2.6)	87.5 (2.6)	<.0001	92.8 (2.4)	90.8 (2.5)	.0407	-3.6 (1.4)	.0083
	4	1.03	93.1 (2.6)	87.5 (2.6)	<.0001	92.8 (2.4)	90.9 (2.5)	.0555	-3.7 (1.4)	.0075
	5	1.04	93.1 (2.6)	87.5 (2.6)	<.0001	92.8 (2.4)	91.0 (2.5)	.0747	-3.8 (1.4)	.0069
	6	1.05	93.1 (2.6)	87.6 (2.6)	<.0001	92.8 (2.4)	91.1 (2.5)	.0991	-3.8 (1.4)	.0063
BMI	1	1	33.8 (0.8)	31.7 (0.8)	<.0001	32.9 (0.7)	32.0 (0.7)	.0213	-1.3 (.5)	.0088
	2	1.01	33.8 (0.8)	31.7 (0.8)	<.0001	32.9 (0.7)	32.1 (0.7)	.0293	-1.3 (.5)	.0078
	3	1.02	33.8 (0.8)	31.7 (0.8)	<.0001	32.9 (0.7)	32.1 (0.7)	.0399	-1.4 (.5)	.0071
	4	1.03	33.8 (0.8)	31.7 (0.8)	<.0001	32.9 (0.7)	32.2 (0.7)	.0538	-1.4 (.5)	.0064
	5	1.04	33.8 (0.8)	31.7 (0.8)	<.0001	32.9 (0.7)	32.2 (0.7)	.0716	-1.4 (.5)	.0059
	6	1.05	33.8 (0.8)	31.7 (0.8)	<.0001	32.9 (0.7)	32.2 (0.7)	.094	-1.4 (.5)	.0055
Waist (cm)	1	1	105.6 (1.9)	99.2 (1.9)	<.0001	106.5 (1.7)	101.0 (1.8)	<.0001	-.8 (1.6)	.62
	2	1.01	105.6 (1.9)	99.3 (1.9)	<.0001	106.5 (1.7)	101.1 (1.8)	<.0001	-.9 (1.7)	.60
	3	1.02	105.6 (1.9)	99.3 (1.9)	<.0001	106.5 (1.7)	101.2 (1.8)	<.0001	-.9 (1.6)	.57
	4	1.03	105.6 (1.9)	99.4 (1.9)	<.0001	106.5 (1.7)	101.3 (1.8)	<.0001	-1.0 (1.7)	.54
	5	1.04	105.6 (1.9)	99.4 (1.9)	<.0001	106.5 (1.7)	101.5 (1.8)	<.0001	-1.1 (1.7)	.52
	6	1.05	105.6 (1.9)	99.5 (1.9)	<.0001	106.5 (1.7)	101.6 (1.8)	.0001	-1.2 (1.7)	.49

Notes:

1. Results are based on mixed-effect model fitting of imputed data with adjustment for diastolic blood pressure and HDL cholesterol.
2. $\delta=1.01$ meaning a participant who drops out from the study was assumed to have on average 1% larger weight/BMI/waist 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.