S2 Table. Changes in clinical and biochemical characteristics at 12 months by study group.

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| --- | --- | --- | --- | --- |
|  | **Control group** | **Intervention group** |  |  |
|  | **Mean change (SD)** | **Mean change (SD)** | **Difference\* (95% CI)** | **P value** |
| Weight (kg) | 0.72 (2.44) | 0.46 (2.66) | -0.25 (-0.61 to 0.10) | 0.16 |
| Waist circumference (cm) | -1.10 (7.60) | -1.71 (7.59) | -0.54 (-1.43 to 0.34) | 0.23 |
| Waist-to-hip ratio | -0.022 (0.086) | -0.025 (0.099) | -0.003 (-0.013 to 0.008) | 0.62 |
| Fat percent (%) | 0.45 (3.21) | 0.41 (2.62) | -0.04 (-0.43 to 0.35) | 0.84 |
| Muscle mass (kg) | 0.33 (2.90) | 0.13 (1.69) | -0.19 (-0.49 to 0.10) | 0.21 |
| Fasting plasma glucose (mmol/l) | 0.160 (0.578) | 0.150 (0.564) | 0.001 (-0.101 to 0.103) | 0.99 |
| Two-hour plasma glucose (mmol/l) | 0.58 (2.01) | 0.45 (1.90) | -0.10 (-0.36 to 0.16) | 0.45 |
| HbA1c (%) | -0.043 (0.544) | -0.021 (0.437) | 0.034 (-0.030 to 0.099) | 0.29 |
| Systolic blood pressure (mmHg) | -1.02 (11.47) | -1.06 (12.46) | -0.03 (-1.59 to 1.53) | 0.97 |
| Diastolic blood pressure (mmHg) | -0.82 (8.79) | -0.76 (9.51) | 0.09 (-1.07 to 1.25) | 0.89 |
| Total cholesterol (mmol/l) | -0.17 (0.74) | -0.14 (0.73) | 0.04 (-0.06 to 0.14) | 0.43 |
| LDL cholesterol (mmol/l) | -0.15 (0.69) | -0.09 (0.67) | 0.07 (-0.02 to 0.16) | 0.13 |
| Triglycerides (mmol/l)† | 1.09 (43.89) | 0.98 (42.22) | 0.90 (0.86 to 0.95) | <0.001 |
| IDRS score | -5.72 (9.63) | -7.13 (10.74) | -1.37 (-2.64 to -0.09) | 0.036 |

SD, standard deviation; CI, confidence interval; IDRS, Indian Diabetes Risk Score. \*Mixed-effects linear regression was used to estimate the difference in change between study groups. †Geometric mean (coefficient of variation) is presented for within group change and geometric mean ratio for between group change for skewed variables.