

Online Supplement

Supplemental Table 1. Outcomes of regression analysis with propensity score weighting analysis^a

Outcomes	Average Treatment Effect ^b		Average Treatment Effect for Treated ^c	
	OR	95% CI	OR	95% CI
≥ 5% weight loss from baseline				
6 months	1.08	0.54, 2.14	0.99	0.49, 1.98
12 months	1.57	0.88, 2.80	1.60	0.88, 2.90
18 months	1.04	0.59, 1.84	1.15	0.64, 2.07
≥ 50 meters increase from baseline on 6MWT ^d				
6 months	1.07	0.90, 3.21	1.45	0.76, 2.78
12 months	1.12	0.61, 2.05	1.12	0.60, 2.10
18 months	0.94	0.49, 1.80	1.06	0.54, 2.08
Clinically significant reduction in CVD risk ^d				
6 months	1.64	0.97, 2.79	1.45	0.84, 2.51
12 months	1.12	0.61, 2.05	1.12	0.60, 2.10
18 months	0.88	0.51, 1.51	0.94	0.53, 1.66

Note: ^aLogistic regression adjusting for age, race/ethnicity, baseline BMI and site. Usual care is the reference group in all models ^bWeight for a treated participant is $1/P$, and for a control participant is $[1/(1-P)]$ when estimating ATE. P denotes the predicted probability from logistic regression using age, race/ethnicity, BMI and No. of medical conditions as covariates. ^cWeight for a treated participant is 1 and for a control participant is $[P/(1-P)]$ when estimating ATT. ^d6MWT = six-minutes walking test. ^eClinically significant reduction in cardiovascular disease risk is defined as either achieving ≥ 5% weight loss from baseline or ≥ 50 meters increase from baseline on the 6-minutes walking test.

Supplemental Table 2. Use of usual care services by study condition

	Usual Care		PGLB		P value ^a
	N	%	N	%	
Baseline	55	36	43	28	0.14
6 months	37	26	30	22	0.42
12 months	31	23	23	18	0.35
18 months	27	21	22	18	0.61

Note: ^aP values for Chi-square. Per journal style all percentages are rounded to whole numbers.

Supplemental Table 3. Mean changes in weight and 6-minutes walking test by study condition

	Usual Care		PGLB		P value ^a
	Mean	SD	Mean	SD	
Mean weight change from baseline (pounds)					
6 months	-1.14	10.65	-0.98	13.36	0.81
12 months	-3.19	15.03	-3.02	19.80	0.86
18 months	-2.9	17.94	-2.38	20.75	0.61
Mean change in the 6-minutes walking test from baseline (meters)					
6 months	-5.6	83.32	8.4	78.26	0.64
12 months	-6.4	89.93	2.0	97.08	0.88
18 months	-6.53	102.88	5.61	88.39	0.88

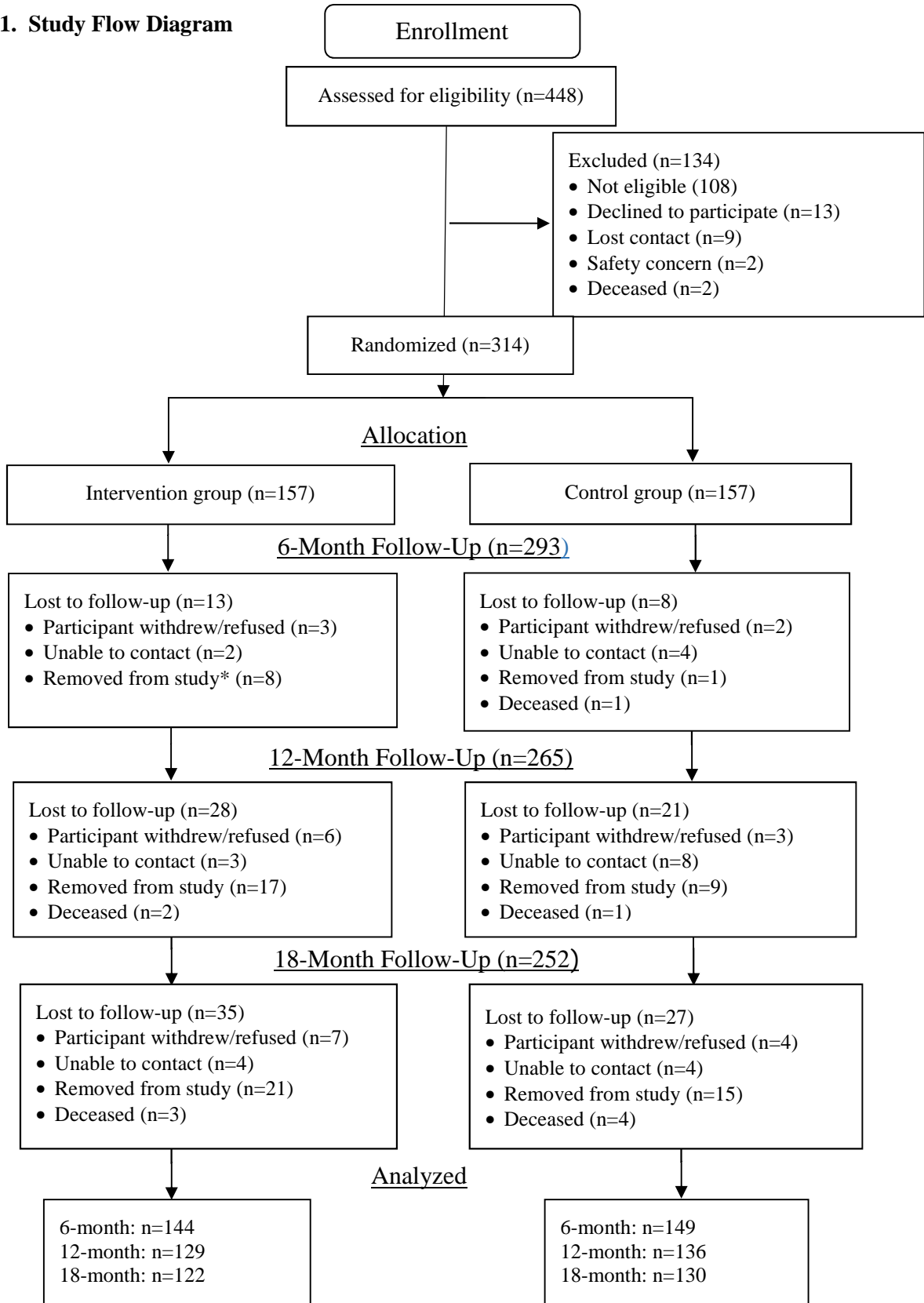
Note: ^aP values for Ordinary Least Square models adjusting for site.

Supplemental Table 4. Use of PGLB strategies by study condition

	Usual Care		PGLB		P value ^a
	N	%	N	%	
Tracking eating					
6 months	77	55	100	73	0.002
12 months	75	56	82	67	0.092
18 months	59	45	73	60	0.018
Tracking exercise					
6 months	72	52	98	72	0.001
12 months	67	50	78	63	0.035
18 months	58	45	70	58	0.042
Self-weighing					
6 months	41	30	96	70	<0.001
12 months	36	27	77	63	<0.001
18 months	36	28	70	58	<0.001
Using pedometer					
6 months	5	4	59	43	<0.001
12 months	5	4	38	31	<0.001
18 months	5	4	25	21	<0.001
Setting weight loss goal					
6 months	74	54	91	66	0.030
12 months	62	47	83	68	0.001
18 months	58	45	70	58	0.036
Setting exercise goal					
6 months	74	54	85	62	0.157
12 months	63	47	75	61	0.024
18 months	64	49	64	53	0.517

Note: ^aP values for Chi-square. Per journal style all percentages are rounded to whole numbers.

Figure 1. Study Flow Diagram



*The most frequent reason for removal from study was participant no longer being a client of the supportive housing agency. Other reasons included participant developing conditions meeting exclusionary criteria, such as substance abuse that required detoxification, potential for harm to self/others, or medical conditions contraindicated with weight loss, none of which were related to participation in the study.