**Table S2:** Change in anthropometric outcomes at six months and 12 months from baseline (per-protocol population).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **TAKE 5 (n = 21)** | | | **WWTOO (n = 19)** | | | **Difference between groups** | | |
| **Anthropometric outcomes** | **N** | **Mean (95% CI) \*** | **p-value** | **N** | **Mean (95% CI) \*** | **p-value** | **Mean (95% CI) \*** | **p-value** | **ICC** |
| **Change in weight (kg)** | | | | | | | | | |
| 6 months | 21 | -3.24 (-4.93 to -1.54) | <0.001 | 19 | -1.35 (-3.13 to 0.44) | 0.133 | -1.89 (-4.38 to 0.59) | 0.130 | 0.096 |
| 12 months | 21 | -3.75 (-6.06 to -1.45) | 0.002 | 19 | -1.30 (-3.72 to 1.13) | 0.284 | -2.46 (-5.84 to 0.93) | 0.150 | 0.000 |
| **Change in BMI (kg/m2)** | | | | | | | | | |
| 6 months | 21 | -1.34 (-2.00 to -0.67) | <0.001 | 19 | -0.47 (-1.17 to 0.23) | 0.180 | -0.87 (-1.84 to 0.11) | 0.078 | 0.078 |
| 12 months | 21 | -1.56 (-2.49 to -0.63) | 0.002 | 19 | -0.50 (-1.48 to 0.49) | 0.312 | -1.06 (-2.44 to 0.31) | 0.125 | 0.000 |
| **Change in waist circumference (cm)** | | | | | | | | | |
| 6 months | 19 | -3.54 (-5.48 to -1.59) | 0.001 | 17 | -1.48 (-3.54 to 0.59) | 0.153 | -2.06 (-4.93 to 0.81) | 0.152 | 0.194 |
| 12 months | 19 | -3.87 (-6.56 to -1.18) | 0.007 | 16 | -1.37 (-4.25 to 1.51) | 0.180 | -2.49 (-6.48 to 1.49) | 0.211 | 0.263 |
| **Change in percentage body fat (%)** | | | | | | | | | |
| 6 months | 19 | -1.94 (-3.38 to -0.51) | 0.010 | 15 | -1.23 (-2.86 to 0.39) | 0.129 | -0.71 (-2.91 to 1.49) | 0.512 | 0.177 |
| 12 months | 19 | -2.16 (-4.09 to -0.24) | 0.029 | 14 | -0.49 (-2.75 to 1.77) | 0.662 | -1.68 (-4.72 to 1.36) | 0.268 | 0.000 |

\* Adjusted for cluster, baseline value and stratification variables (number of participants within a cluster, level of intellectual disability and presence of Down syndrome). CI: Confidence Interval; ICC: Interclass correlation coefficient; kg: kilogram; m2: meters squared; cm: centimetres; %: percentage.