

Multimedia Appendix 2. Odds of being in the Get Healthy Stay Healthy (GHS) trial (n=228) within those completing the Get Healthy Service (GHS) during the GHS trial recruitment period (n=1071)

| | In GHS? | | Odds Ratio (95% CI) | P |
|--|----------------|-----------|--------------------------------|------------------|
| | yes | no | | |
| <i>Health & Demographics</i> | | | | |
| Age ≥60 years | 22 | 842 | | <0.001 |
| | 7 | | 0.40 (0.29, 0.54) | |
| Gender (female vs male) | 22 | 843 | | 0.527 |
| | 8 | | 1.10 (0.81, 1.51) | |
| In paid employment | 22 | 843 | | <0.001 |
| | 8 | | 2.79 (2.07, 3.77) | |
| Post-school qualification | 22 | 841 | | <0.001 |
| | 7 | | 2.22 (1.64, 3.01) | |
| Speaks English at home | 22 | 843 | 1.74 (0.77, 3.91) | 0.182 |
| | 8 | | | |
| Indigenous Australian | 22 | 842 | 1.24 (0.49, 3.17) | 0.649 |
| | 7 | | | |
| SEIFA (high vs. low) ^a | 22 | 842 | 0.80 (0.54, 1.15) | 0.217 |
| | 5 | | | |
| Reside in Major city | 22 | 842 | 0.94 (0.70, 1.26) | 0.685 |
| | 5 | | | |
| “Fair/poor” initial health | 22 | 842 | 0.87 (0.62, 1.22) | 0.408 |
| | 7 | | | |
| Type 2 diabetes | 22 | 843 | 0.90 (0.58, 1.38) | 0.614 |
| | 8 | | | |
| Hypertension | 22 | 843 | 0.52 (0.38, 0.72) | <0.001 |
| | 8 | | | |
| High cholesterol | 22 | 843 | 0.58 (0.42, 0.80) | 0.001 |
| | 8 | | | |
| Health professional referred | 22 | 842 | 0.87 (0.53, 1.44) | 0.596 |
| | 7 | | | |
| Current smoker ^b | 22 | 842 | 1.41 (0.71, 2.28) | 0.326 |
| | 8 | | | |
| <i>Anthropometry</i> | | | | |
| Lost ≥5kg since baseline | 22 | 836 | 1.13 (0.84, 1.54) | 0.421 |
| | 5 | | | |
| Body Mass Index ≥25 kg/m ² | 22 | 839 | 0.80 (0.57, 1.12) | 0.194 |
| | 4 | | | |
| At risk waist circumference ^c | 22 | 832 | 1.00 (0.69, 1.44) | 0.997 |
| | 5 | | | |
| <i>Physical activity</i> | | | | |
| ≥1 vigorous session/week | 21 | 774 | | <0.001 |
| | 6 | | 2.14 (1.53, 3.00) | |
| ≥1 Moderate session/week | 21 | 810 | | 0.726 |
| | 5 | | 0.95 (0.70, 1.28) | |
| ≥3 walking sessions/week | 21 | 810 | | 0.438 |
| | 5 | | 0.88 (0.64, 1.21) | |
| <i>Dietary Behaviors</i> | | | | |

| | | | | |
|-----------------------------|----|-----|--------------------------|--------------|
| ≥5 vegetables servings/day | 22 | 833 | | 0.078 |
| | 0 | | 0.75 (0.54, 1.03) | |
| ≥2 fruit servings/day | 22 | 835 | | 0.505 |
| | 0 | | 0.88 (0.60, 1.28) | |
| ≥1 cup/day sweetened drinks | 22 | 781 | | 0.970 |
| | 0 | | 1.03 (0.63, 1.70) | |
| ≥1 takeaway meals/week | 21 | 788 | | 0.016 |
| | 8 | | 1.49 (1.08, 2.06) | |

Missing data excluded; all odds ratios are odds of completion for those with the characteristic versus without the characteristic unless specified otherwise; all data collected during the final GHS coaching call

^a Socio-Economic Indexes for Areas (SEIFA), specifically the Index of Relative Socio-Economic Advantage and Disadvantage (IRSAD) – three most advantaged versus two least advantaged quintiles

^b Most recently known status at end of GHS

^c Waist circumference classified as “at risk” (>94 cm in men or >80cm in women) versus not (≤94 cm in men or ≤80cm in women)