

Multimedia Appendix 4: Mean changes within the ‘Get Healthy, Stay Healthy’ (GSHH) intervention group (I; n=114) and the control group (C; n=114) using multiple imputation for missing data

	MDI	Group	Change (6 months – Baseline) ^a		Within-group interpretation
			Mean (95% CI)	P	
Anthropometry					
Weight (kg)	1kg	I	-0.99 (-1.63, -0.35)	.003	improved
		C	0.30 (-0.34, 0.94)	.353	maintained
Waist circumference (cm)	1cm	I	-1.40 (-2.41, -0.40)	.006	improved
		C	-0.32 (-1.44, 0.80)	.579	inconclusive
Physical activity (PA)					
Vigorous PA (sessions/week)	0.5 session	I	0.14 (-0.18, 0.45)	.400	maintained
		C	-0.40 (-0.85, 0.05)	.080	inconclusive
Moderate PA (sessions/week)	0.5 session	I	0.19 (-0.14, 0.53)	.262	inconclusive
		C	-0.68 (-1.10, -0.27)	.001	worsened
Walking PA (sessions/week)	0.5 session	I	-0.70 (-1.16, -0.23)	.003	worsened
		C	0.31 (-0.40, 1.00)	.388	inconclusive
Accelerometer MVPA ^b (mins/week)	30 mins	I	7.62 (-5.35, 20.58)	.250	maintained
		C	-15.64 (-27.68, -3.59)	.011	worsened
Dietary behaviors					
Vegetables (servings/day)	0.5 serves	I	-0.17 (-0.45, 0.12)	.249	maintained
		C	-0.41 (-0.70, -0.12)	.005	worsened
Fruit (servings/day)	0.5 serves	I	-0.08 (-0.24, 0.09)	.359	maintained
		C	-0.20 (-0.38, -0.05)	.009	worsened
Sweetened drinks (cups/ day)	0.25 cups	I	-0.00 (-0.08, 0.09)	.918	maintained
		C	-0.04 (-0.19, 0.11)	.602	maintained
Takeaway (meals/week)	0.25 meal	I	-0.08 (-0.21, 0.05)	.224	maintained
		C	-0.13 (-0.28, 0.01)	.075	maintained
FFBQ Total Index Score (1–5)	0.2 units	I	0.07 (0.01, 0.12)	.013	improved
		C	0.01 (-0.05, 0.07)	.780	maintained
FFBQ Fat Index Score (1–5)	0.2 units	I	0.06 (-0.01, 0.13)	.081	maintained
		C	0.03 (-0.04, 0.11)	.364	maintained
FFBQ Fibre Index Score (1–5)	0.2 units	I	0.09 (0.01, 0.16)	.028	improved
		C	-0.03 (-0.12, 0.06)	.489	maintained

Abbreviations: MDI = minimum difference of interest; CI = confidence interval FFHQ = Fat and Fibre Behaviour Questionnaire MVPA=moderate to vigorous physical activity

^a Mean changes within groups (?) estimated using mixed models, missing data multiply imputed by chained equations m=20 imputations.

^b Mean changes (?) estimated from GEE models for daily accelerometer MVPA (which was back-transformed from the log scale and multiplied by 7 to yield minutes/ week) adjusted for confounders and predictors of dropout in n=112 intervention and n=114 control.

Multimedia Appendix 4b: Mean differences in changes between the ‘Get Healthy, Stay Healthy’ (GSH) intervention (I; n=114) and control groups (C; n=114) using multiple imputation for missing data

	GSH - Control ^a		Between-group interpretation
	Mean Difference (95% CI)	P	
Anthropometry			
Weight (kg)	-1.41 (-2.30, -0.50)	.002	significantly better
Waist circumference (cm)	-1.16 (-2.64, 0.31)	.122	inconclusive
Physical activity (PA)			
Vigorous PA (sessions/week)	0.12 (-0.37, 0.61)	.639	inconclusive
Moderate PA (sessions/week) ^c	0.50 (0.10, 0.90)	.015	significantly better
Walking PA (sessions/week)	-0.74 (-1.50, 0.02)	.056	inconclusive
Accelerometer MVPA (mins/week) ^b	24.39 (5.30, 43.48)	.012	significantly better
Dietary behaviors			
Vegetables (servings/day)	0.13 (-0.22, 0.49)	.459	similar
Fruit (servings/day) ^c	0.16 (-0.05, 0.36)	.144	similar
Sweetened drinks (cups/day)	-0.05 (-0.19, 0.10)	.537	similar
Takeaways (meals/week)	0.01 (-0.15, 0.18)	.861	similar
FFBQ Total Index Score (1–5)	0.05 (-0.03, 0.13)	.196	similar
FFBQ Fat Index Score (1–5)	0.02 (-0.07, 0.12)	.608	similar
FFBQ Fibre Index Score (1–5)	0.08 (-0.03, 0.19)	.148	similar

Abbreviations: CI = confidence interval FFBQ = Fat and Fibre Behaviour Questionnaire MVPA=moderate to vigorous physical activity

^a Mean difference (?) with 95% confidence interval (CI), and P-value from linear regression models, adjusted for baseline values of the outcome and confounders (listed in Multimedia Appendix 1). Missing data imputed by multiple imputation (chained equations) m=20 imputations.

^b Estimated using marginal means from GEE models of log-transformed daily MVPA (repeated term for “day”), adjusting for confounders, and correcting for regression to the mean using the method [39] of including the term for assessment (pre/post) and the assessment x group interaction, but not the conditional term for group. Estimates were back-

transformed to the original scale, then multiplied by 7 to yield minutes per week. n=112
GHSB group; n=114 control group. GEE models did not use multiple imputation.