**Flow chart:**

**Figure 1.**  InForma trial flow chart



**Baseline characteristics:**

**Table 1.** Baseline characteristics of the randomized participants overall and divided in the 4 intervention arms: Dietary intervention (DI), Physical activity intervention (PAI), Physical activity dietary intervention (PADI), Less intensive intervention (LII).



**Outcome Measures:**

**Table 2.** Differences in body weight (kg) and Body Mass Index (BMI) at 6th month versus baseline among all participants and in the 4 intervention arms: Dietary intervention (DI), Physical activity dietary intervention (PADI), Physical activity intervention (PAI), Less intensive intervention (LII).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Total****(n=231)** | **DI****(n=56)** | **PADI****(n=60)** | **PAI****(n=57)** | **LII** **(n=58)** |
|  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| **Change in** **BMI**  | -0.8 | 1.9 | -1.5 | 1.7 | -1.1 | 1.6 | -0.4 | 1.4 | -0.5 | 1.2 |
| **Change in weight, Kg**  | -2.3 | 3.6 | -3.8 | 4.2 | -3.1 | 3.6 | -0.8 | 2.8 | -1.4 | 2.9 |

**Adverse Events:**

We did not record any adverse events