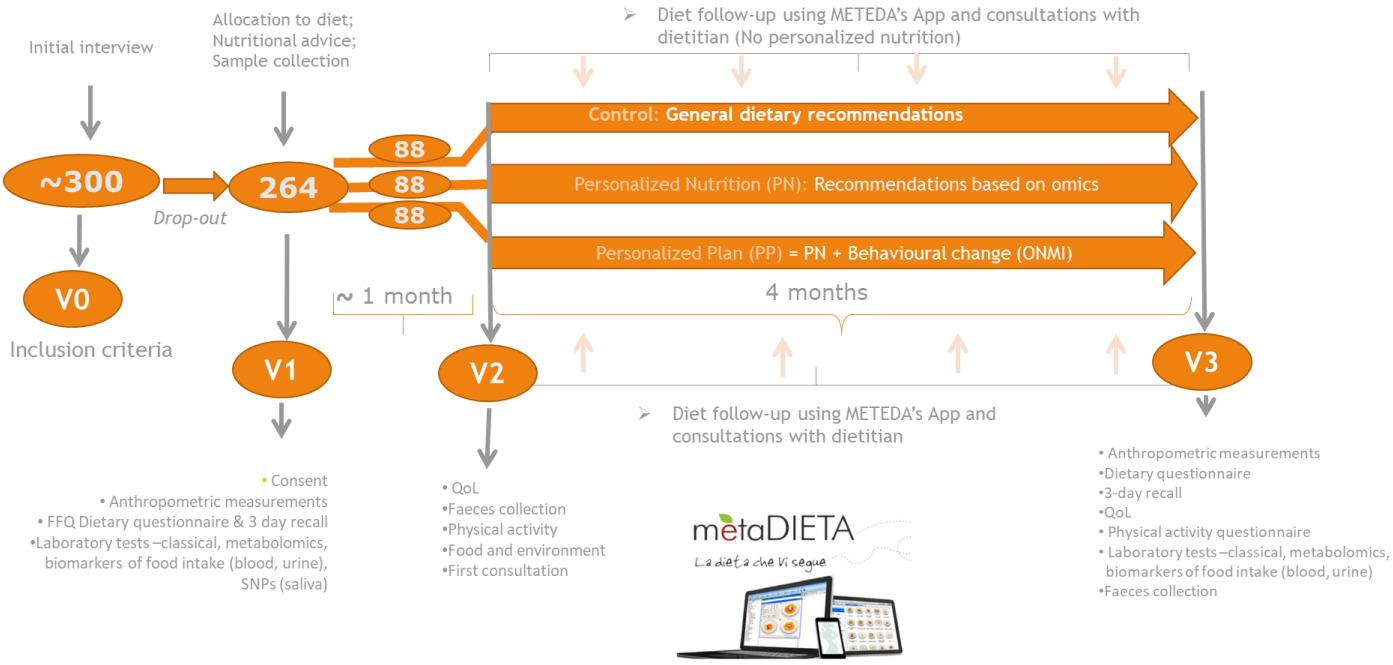
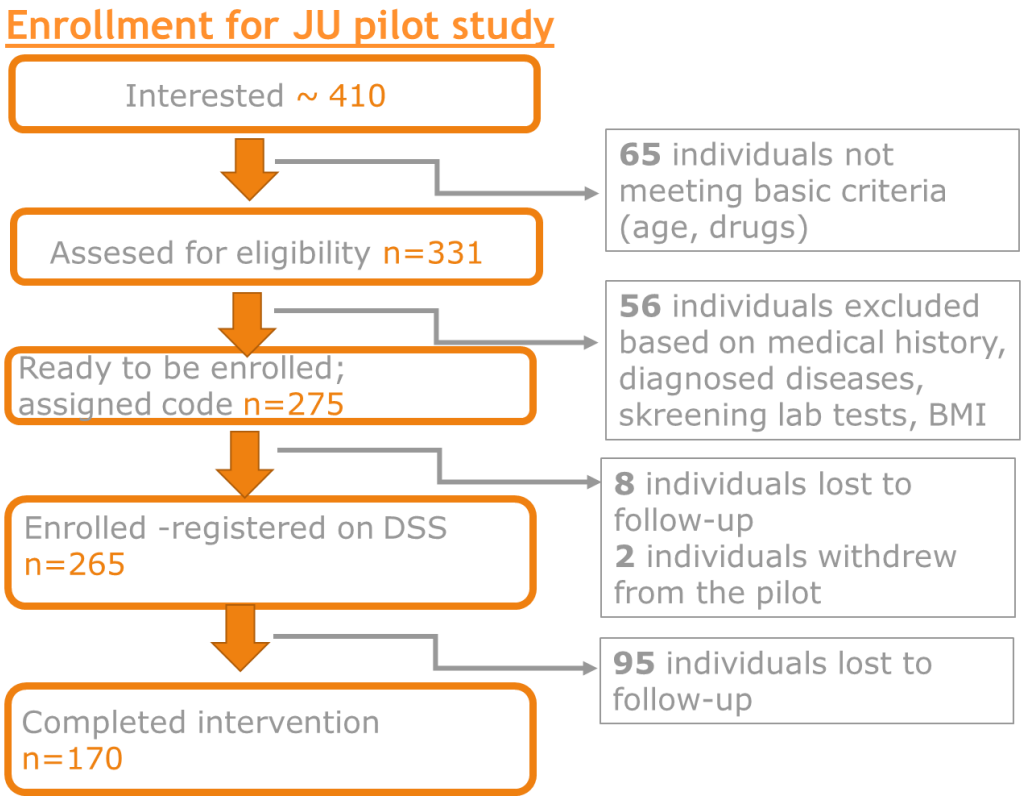
## Scheme of the study




## Participant flow



# Baseline characteristics of the JU pilot participants:

88 participants were included in the PN group, 89 in the PP group, and 88 in the control group. There were no differences between the groups in terms of sex, age, BMI, waist circumference and WHR (Tab. 1).

Tab.1 Baseline characteristics of the JU pilot participants (N=265)

| | Control (N=88) | PN (N=88) | PP (N=89) | *p- value* |
|---|---|---|---|---|
| **Sex** (% of Female) | **69%** | **78%** | **70%** | ***0,31*** |
| | | **Median** (Q1 - Q3) | | ***p- value*** |
| **Age** (years) | **47** (37 - 52) | **44** (35 -51) | **44** (36 - 48) | ***0,15*** |
| **BMI** (kg/m²) | **32** (28,7 - 35,9) | **32,5** (29,1 - 35,9) | **31,3** (27,9 -35,1) | ***0,29*** |
| **Waist c.** (cm) | **105** (97 - 114) | **104** (96 -115) | **104** (95 - 112) | ***0,74*** |
| **WHR** | **0,91** (0,83 - 0,98) | **0,90** (0 85 - 0,96) | **0,92** (0,87 - 0,98) | ***0,81*** |

It was shown that about 20% of people qualified for the pilot had normal blood levels of classic biomarkers, 30% had abnormalities in one biomarker, 20% in the field of 2 biomarkers and about 30% in the field of 3 biomarkers. The dominant initial metabolic disorders were: abnormal lipid profile, increased CRP concentration and increased HOMA value (Fig.1)

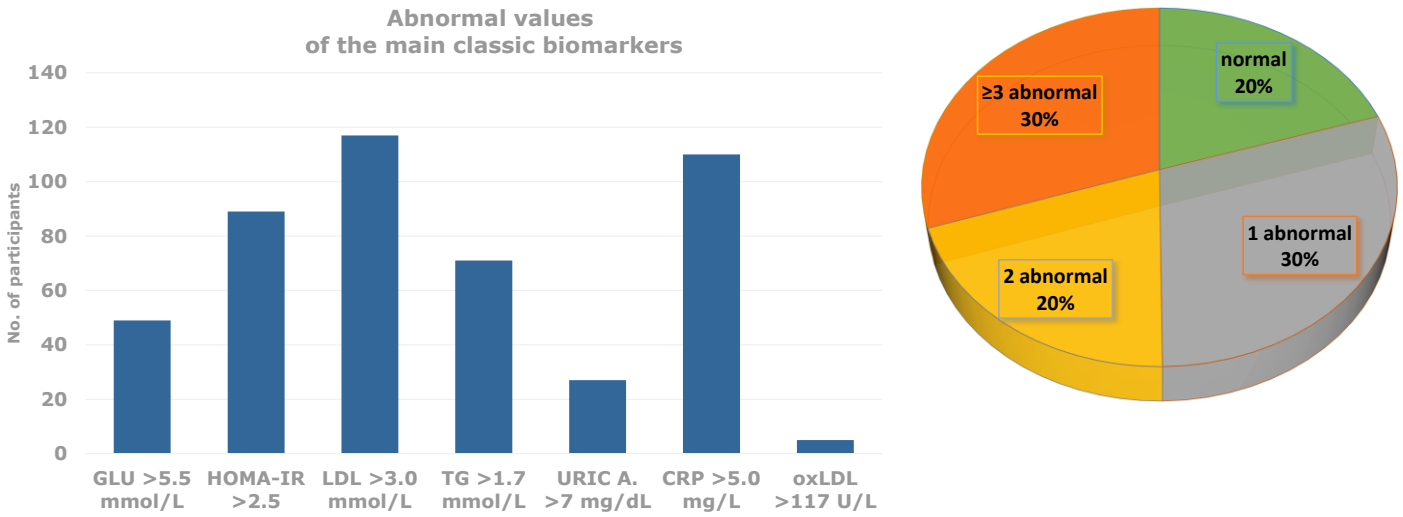



Fig.1 Metabolic risk factors revealed in the JU Preventomics cohort