Supplementary Table 3. Changes in anthropometric and laboratory variables of all participants during study period ($n=357$)

Variable	Baseline	12 months	P value
Weight, kg	69.9±12.1	69.8±11.9	0.516
BMI, kg/m^2	25.6±3.3	25.5±3.3	0.371
SBP, mm Hg	125.5±14.0	125.1±12.9	0.616
DBP, mm Hg	73.3±9.4	72.8±10.2	0.412
HbA1c, %	8.9±1.3	7.9±1.3	<0.001
Total cholesterol, mg/dL	155.2±39.9	149.9±36.8	0.054
LDL-C, mg/dL	91.5±33.4	84.5±28.9	0.004
HDL-C, mg/dL	45.3±10.8	47.2±10.7	0.022
Triglyceride, mg/dL	159.3±94.2	136.3±82.8	0.001
Serum creatinine, mg/dL	0.89±0.30	0.88±0.31	0.167
eGFR, mL/min/1.73 m^2	89.1±22.3	90.1±25.4	0.472
AST, units/L	24.4±13.0	22.1±9.5	0.002
ALT, units/L	27.5±15.6	23.6±12.4	<0.001
GGT, units/L	51.1±56.0	41.4±47.9	0.008

Values are presented as mean±standard deviation.
BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; HbA1c, glycosylated hemoglobin; LDL-C, low density lipoprotein cholesterol; HDL-C, high density lipoprotein cholesterol; eGFR, estimated glomerular filtration rate; AST, aspartate aminotransferase; ALT, alanine aminotransferase; GGT, gamma-glutamyl transferase.