

Supplementary Table 1 Obesity and diabetes scores at Baseline, Follow-up and change from Baseline to Follow-up in the replication cohort.

	Score	Baseline	Follow-up	Change from baseline to follow-up
All participants	OB-WC	88.3 (11.4)	87.7 (11.6)	0.54 (6.22)
	WLWM-WC	88.9 (11.3)	88.4 (11.6)	0.52 (6.11)
	OB-BMI	27.5 (2.77)	27.3 (2.63)	0.24 (2.26)
	WLWM-BMI	27.4 (2.59)	27.2 (2.57)	0.22 (2.21)
	DM-AA	-2.24e ⁻¹⁷ (1)	-2.54e ⁻¹⁷ (1)	-2.05e ⁻¹⁸ (1.05)
≥10% Weight loss	OB-WC	88.2 (11.5)	85.1 (11.2)	3.09 (5.46)***
	WLWM-WC	88.7 (11.5)	85.9 (11.6)	2.79 (5.57)**
	OB-BMI	27.6 (2.68)	26.5 (2.25)	1.15 (2.01)***
	WLWM-BMI	27.5 (2.49)	26.5 (2.32)	1.08 (2.00)***
	DM-AA	-0.007 (0.88)	-0.26 (0.95)	0.25 (0.96)*
<10% Weight loss	OB-WC	88.5 (11.3)	92.7 (11.7)	-4.23 (4.58)****
	WLWM-WC	89.2 (11.1)	92.9 (10.1)	-3.70 (4.69)***
	OB-BMI	27.2 (2.97)	28.7 (2.71)	-1.46 (1.65)***
	WLWM-BMI	27.1 (2.79)	28.5 (2.53)	-1.37 (1.65)***
	DM-AA	0.01 (1.22)	0.49 (0.92)	-0.47 (1.07)*

No significance difference between baseline and follow-up in the group with all participants. Data presented as mean (SD). Type 2 diabetes cases were excluded ($n=17$) when calculating DM-AA score. Difference between <10% and >10% weight loss for respective change in score from baseline to follow-up; OB-WC ($p = 1.89e^{-7}$), WLWM-WC ($p = 1.92e^{-6}$), OB-BMI ($p = 4.25e^{-7}$), WLWM-BMI ($p = 6.65e^{-7}$), and DM-AA ($p = 0.0088$). Significance cut-offs were as follows; * $p<0.05$, ** $p<0.01$, *** $p<0.001$, **** $p<0.0001$.