

Table 1-online extended version- Characteristics of the viscerally obese men at baseline and after one year on the lifestyle intervention program

	Baseline	Year one	One-year delta	p value
	(n=77)	(n=66)	(n=66)	
Age (years)	49.3(8.1)	51.0 (7.4)	+1.1 [+1.1;+1.1]	
BMI (kg/m ²)	30.6 (3.1)	28.7 (3.3)	-2.3 [-2.6;-1.9]	p<0.001
Waist circumference (cm)	107.8 (8.8)	99.7 (10.1)	-8.6 [-9.9;-7.4]	p<0.001
Systolic blood pressure (mmHg)	123 (11)	118 (9)	-5 [-7;-3]	p=0.001
Diastolic blood pressure (mmHg)	82 (7)	76 (7)	-6 [-7;-4]	p<0.001
Heart rate (beats/min)	69 (8)	62 (8)	-7 [-9;-4]	p<0.001
Plasma lipids/lipoproteins				
HDL-cholesterol(mmol/L)	0.95 (0.16)	1.07 (0.18)	+0.14 [+0.10;+0.17]	p<0.001
Triglycerides (mmol/L)	2.21 (1.90-2.86)	1.86 (1.52-2.28)	-0.55 [-0.76;-0.35]	p<0.001
Plasma glucose/insulin homeostasis				
Fasting glucose (mmol/L)	6.03 (0.54)	5.88 (0.49)	-0.16 [-0.26;-0.06]	p=0.005
120 min OGTT- glucose (mmol/L)	7.84 (1.70)	6.93 (1.84)	-1.17 [-1.62;-0.73]	p<0.001
Fasting insulin (pmol/L)	168.1 (81.2)	109.3 (37.3)	-61 [-78;-43]	p<0.001
AUC glucose (10 ³ x mmol/Lx180min)	1.46 (0.25)	1.33 (0.31)	-0.16 [-0.23;-0.09]	p<0.001
AUC ins (10 ³ x pmol/Lx180 min)	177 (80)	108 (501)	-74 [-90;-59]	p<0.001
HOMA-IR	6.01 (3.92-8.31)	3.97 (2.93-4.68)	-2.59 [-3.38;-1.79]	p<0.001
Plasma adipokine/inflammatory markers				
CRP (mg/L)	1.58 (0.99-3.01)	0.89 (0.74-1.20)	-0.53 [-1.02;-0.04]	p<0.001
TNF-alpha (pg/mL)	0.99 (0.74-1.20)	0.96 (0.71-1.27)	-0.01 [-0.07;+0.09]	p=0.963
IL-6 (pg/mL)	1.03 (0.76-1.51)	0.95 (0.68-1.25)	-0.14 [-0.38;0.08]	p=0.212
Adiponectin (µg/mL)	3.70 (1.43)	4.36 (1.87)	+0.74 [+0.46;+1.01]	P<0.001
Leptin (ng/mL)	11.40 (6.92)	8.75 (8.13)	-3.42 [-4.33;-2.52]	p<0.001
CT: L4-L5 area of adipose tissue				
SAT (cm ²)	299 (96)	241 (89)	-58 [-68;-48]	p<0.001
VAT (cm ²)	260 (76)	191 (85)	-76[-88;-63]	p<0.001
DEXA body composition				

Fat free mass (kg)	64 (7)	64 (6)	-1 [-1;-0]	p=0.002
Fat mass (kg)	29 (7)	23 (8)	-6 [-7;-5]	p<0.001
Submaximal treadmill exercise				
Heart rate – 3.5 mph; 2% (beats/min)	116 (13)	104 (12)	-13 [-15;-10]	p<0.001
Exercise output at 150 beats/min (METs)	7.6 (1.4)	8.9 (1.4)	+1.4 [1.0;1.7]	p<0.001
Sleep characteristics	n=77	n=47	n=47	
Epworth score	9 (5)	7 (4)	-1 [-2;+0]	p=0.042
Mean SpO ₂ (%)	94 (2)	95 (2)	+1 [+0;+1]	p<0.001
Minimum SpO ₂ (%)	84 (6)	82 (8)	-1 [-2;+1]	p=0.311
Time spent under 90% SpO ₂ (% TRT)	0.4 (0.2-2.4)	0.5 (0.1-3.1)	-0.9 [-2.2;0.5]	p=0.217
ODI (events/hour)	7.5 (4.4-13.7)	5.8 (3.8-13.7)	-2.7 [-6.6;1.1]	p=0.025
RDI (events/hour)	17.2 (12.0-27.3)	8.0 (4.7-11.4)	-11.3 [-17.2;-2.3]	p<0.001
Total recording time (min)	437 (88)	414 (105)	-18 [-47;10]	p=0.128
Caloric intake and objective evaluation of physical activity				
Mean daily step count	7323 (2782)	9563 (3356)	+2152 [+1467;+2837]	p<0.001
Daily reported caloric intake (kcal)	3004 (593)	2477 (488)	-556 [-748;-363]	p<0.001

Data are means (SD) for baseline and year one values or median interquartile range for not normally distributed values. Data are means [95 CI] for one-year change. P values report results of ANOVA repeated measures. Abbreviations: body mass index (BMI), visceral adipose tissue (VAT), subcutaneous abdominal adipose tissue (SAT), total recording time (TRT), oxygen desaturation index (ODI), respiratory disturbance index (RDI), CI (confidence interval).