

Regimens ⁶⁰					
PAD_RF ³¹			53.8%		17.5%
PAD Treadmill ⁶¹	19.74	7.3 ^a		-16.46	7.4 ^a
POWER ⁶²					NR
POWER-UP ⁶³					NR
PREMIER ⁶⁴	3.0	3.6		0.5	2.8
SCRIP ⁶⁵	-7.7	7.6		0.1	6.7
SWCP ⁶⁶	-2368	2870		155	2627
TCYB ⁶⁷					NR
TELE-HF ⁶⁸					NR
TOHP ⁶⁹					NR
TOURS ⁷⁰	109	10		80	10
TLC ⁷¹					Attendance
WHI-DM ⁷²	24.3	7.5		35.1	6.9
WLM ⁷³					Insufficient raw data provided

a. If standard errors were not provided in original publication, they were calculated from 95% confidence intervals.

b. For Health Literacy, behavioral outcome was not reported in main outcome publication (Circulation.2012;125:2854) but was published elsewhere (J of Cardiac Failure. 2011; 17(10):789)

c. The HF-Action main outcome paper reported median and IQR for the behavior (distance walked) and physiological variable (peak oxygen consumption). We calculated effect sizes based on a normal distribution assumption (JAMA. 2009; 301(14);1439). The median and IQR reported for tx was [5 (-28,37)] and for control was [20(-15,57)].

d. For LOOK AHEAD, Behavior outcome data was not available in the main outcome paper (NEJM. 2013; 369(2):145). Physical activity data available in Obesity. 2014; 22(1):5

e. For Mediterranean Lifestyle, the unadjusted mean and standard errors were not available. Values reported in main outcome paper and above were adjusted for the Socially Desirable Responding Scale.

Trial titles from registry or publications for each acronym. Some trials did not provide a short title or acronym; therefore study authors created a condensed title: ACT²² = Activity counseling trial; Be Fit, Be Well³² = Evaluating a blood pressure reduction and weight loss program in a low income, ethnically diverse population; BPTEACH³³ = Baltimore partnership to educate and achieve control of hypertension; DEER³⁴ = Diet and exercise for elevated risk; DISH³⁵ = Dietary intervention study for hypertension; DPP^{15,36} = Diabetes prevention program; ENRICH³⁷ = Enhancing recovery in coronary heart disease patients; HARP³⁸ = Hypertension and adherence in rural practice; HART³⁹ = Heart failure adherence and retention randomized behavioral trial; HCP⁴⁰ = Hypertension control program; Health Literacy^{41,42} = Health literacy and self-management in heart failure; Help PD⁴³ = Healthy living partnerships to prevent diabetes; HF-ACTION⁴⁴ = Heart failure: A controlled trial investigating outcomes of exercise training (HF-ACTION); HOME_BP⁴⁵ = Home-based blood pressure interventions for African Americans; HOPP⁴⁶ = Healthy options for pregnancy and parenting; HPT⁴⁷ = Hypertension prevention trial; Htn Prev⁴⁸ = Primary prevention of hypertension by nutritional-hygienic means; ICAN⁴⁹ = Improving control with activity and nutrition; IN CONTROL⁵⁰ = Hypertension reduction in inner city Seattle; iReach²³ = Internet assisted obesity treatment; Look Ahead^{2,3,51,52} = Action for health in diabetes; Mediterranean Lifestyle⁵³⁻⁵⁵ = Effect of the Mediterranean lifestyle program on multiple risk behaviors and psychosocial outcomes; MRFIT⁵⁶⁻⁵⁹ = Multiple risk factor intervention trial; Optimal Exercise Regimens⁶⁰ = Optimal exercise regimens for persons at increased risk; PAD_RF³¹ = Reducing risk factors in peripheral arterial disease; PAD Treadmill⁶¹ = Improving functioning in peripheral arterial disease; POWER⁶² = Practice-based opportunities for weight reduction; POWER-UP⁶³ = Practice-based opportunities for weight reduction trial at the University of Pennsylvania; PREMIER⁶⁴ = Lifestyle intervention blood pressure control; SCRIP⁶⁵ = Stanford

coronary risk intervention project; SWCP⁶⁶ = Stanford weight control program; TCYB⁶⁷ = Take control of your blood pressure study; TELE-HF⁶⁸ = Yale heart failure tele-monitoring study; TOHP⁶⁹ = Trials of hypertension prevention, phase II; TOURS⁷⁰ = Treatment of obesity in underserved rural settings; Training Level Comparison⁷¹ = Training level comparison Trial; WHI-DM⁷² = Women's Health Initiative randomized controlled dietary modification trial; WLM⁷³ = Weight loss maintenance randomized controlled trial
