

Table S1. Baseline anthropometric parameters

	n.	min	25th centile	median	75th centile	max	IQR
Age (yrs)	165	46.6	53	57.8	63.3	73	10.3
Height (cm)	165	144	155	159	164	173	9
Weight (kg)	165	57.7	68	74.2	83.3	132.3	15.3
Waist circumference	165	85	87	93	99.5	133	12.5

IQR=interquartile range (75th centile-25th centile)

Table S2. Hematologic variables

	time	n.	min	25th centile	median	75th centile	max	IQR
Serum creatinine (mg/dL)	baseline	165	0.5	0.7	0.8	0.8	1.2	0.1
	3rd year	163	0.5	0.7	0.7	0.8	1.2	0.2
Hematocrit	baseline	165	28.5	40.3	42.2	44.0	49.1	3.7
	3rd year	164	34.0	40.2	41.8	43.5	46.5	3.3
Erythrocytes (x10 ⁶)	baseline	165	4.1	4.6	4.8	5.0	7.9	0.4
	3rd year	164	3.9	4.5	4.7	5.0	6.1	0.4
Hemoglobin (g/dL)	baseline	165	9.7	13.3	13.9	14.5	15.7	1.2
	3rd year	164	10.1	13.2	13.8	14.5	15.4	1.3

IQR=interquartile range (75th centile-25th centile)