Table S1. Antihypertensive drugs of study completers at baseline compared between INT and CON

	INT-group (n=205)	CON-group (n=99)	P (INT vs. CON)
ACE inhibitors/ARBs (%)	38.9	32.7	0.285
Diuretics (%)	13.4	14.9	0.732
β blockers (%)	16.2	18.8	0.565
Calcium channel blockers (%)	9.3	11.9	0.470

Data are presented as percentages. ACE, angiotensin converting enzyme; ARB, angiotensin receptor blocker

Table S2. Correlation of changes in weight and blood pressure (SBP, DBP) stratified by the initial hypertensive, prehypertensive, or normotensive status

	Weight change [kg]	Change in SBP [mmHg]	Correlation / P value	Change in DBP [mmHg]	Correlation / P value
Follow-up after 6 months					
Hypertension INT CON	-8.7 [-11.1; -6.4] -5.3 [-8.5; -2.1]	-16 [-23; -9] -21 [-31; -12]	**0.542 / 0.003** 0.409 / 0.130	-7 [-9; -5] -5 [-8; -2]	**0.365 / 0.050** **0.595 / 0.019**
Prehypertension INT CON	-7.7 [-9.0; -6.4] -4.4 [-6.5; -2.4]	-8 [-11; -5] -5 [-10; -1]	**0.319 / 0.002** 0.134 / 0.417	-4 [-6; -1] 2 [-2; 5]	0.195 / 0.205 -0.021 / 0.900
Normotension INT CON	-5.9 [-7.2; -4.7] -3.1 [-4.8; -1.4]	0 [-2; 2] 5 [2; 9]	0.005 / 0.294 0.108 / 0.480	-1 [-4; 2] 1 [-4; 5]	**0.287 / 0.006** 0.120 / 0.431
Follow-up after 12 months					
Hypertension INT CON	-6.1 [-8.4; -3.7] -5.1 [-8.3; -1.8]	-17 [-26; -9] -16 [-28; -5]	0.282 / 0.154 0.260 / 0.370	-5 [-7; -3] 4 [1; 7]	0.211 / 0.121 -0.119 / 0.686
Prehypertension INT CON	-5.3 [-6.7; -3.9] -3.6 [-5.8; -1.4]	-6 [-9; -3] 0 [-5; 5]	**0.267 / 0.009** 0.072 / 0.657	-3 [-5; -1] 2 [-1; 6]	0.145 / 0.160 0.178 / 0.572
Normotension INT CON	-4.1 [-5.5; -2.8] -2.9 [-4.8; -1.1]	3 [1; 6] -2 [-6; 1]	0.101 / 0.343 0.128 / 0.406	2 [-1; 5] 3 [-2; 8]	0.101 / 0.257 0.131 / 0.398

Data are shown as mean [95% CI]. DBP, diastolic blood pressure; SBP, systolic blood pressure

Table S3. All contributors from the ACOORH Study Group

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Figure S1.

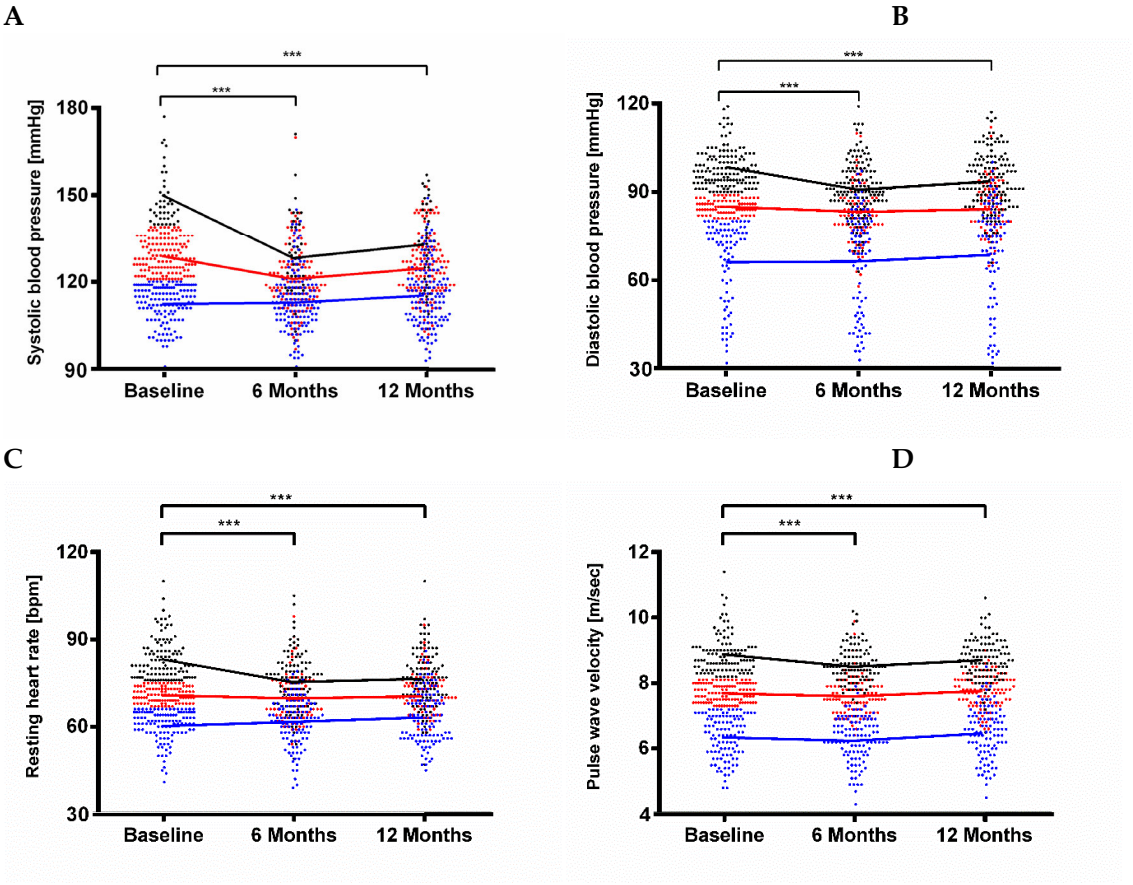
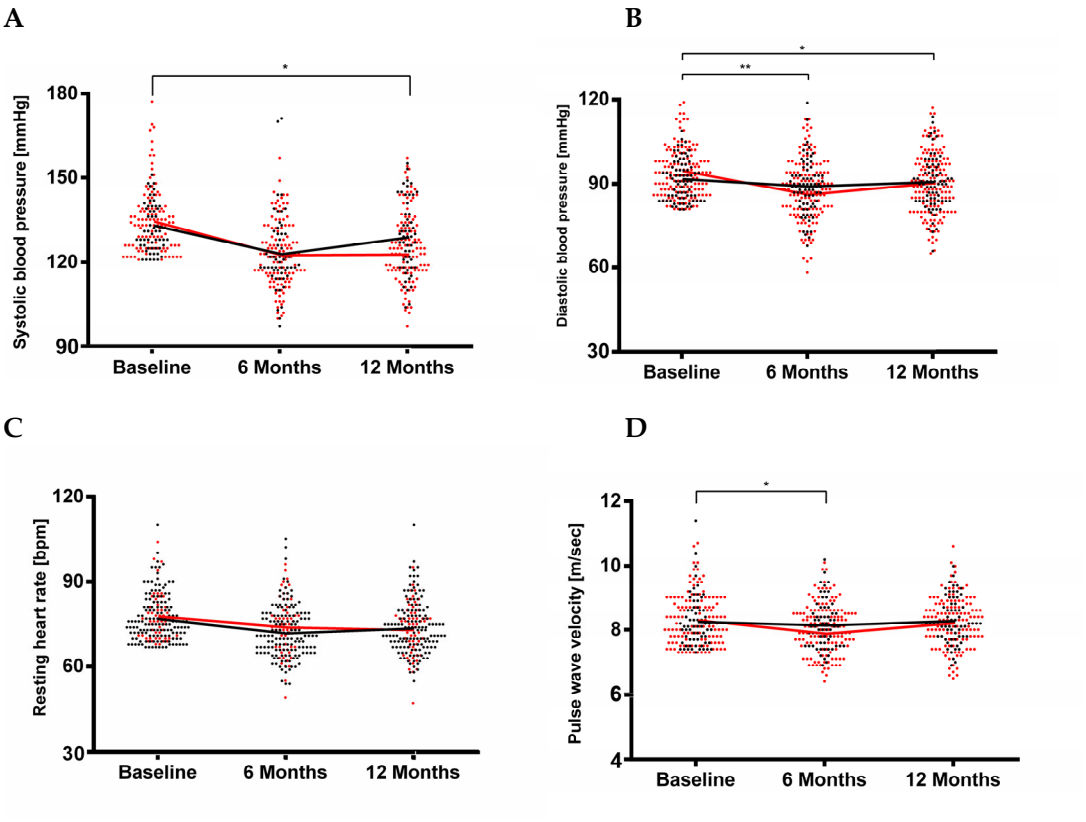


Figure S1. Changes of (A) SBP, (B) DBP, (C) HR, and (D) PWV after 6 and 12 months of all participants who finished the study (INT + CON). (A) Study cohort was partitioned in three groups according to the initial systolic blood pressure, namely hypertensive (black dots, ≥140 mmHg, n=43), prehypertensive (red dots, 121-139 mmHg, n=131), or normotensive (blue dots, ≤120 mmHg, n=130) state at baseline. Both, hypertension and prehypertension group reduced systolic blood pressure after 6 and 12 months; ***p<0.001 vs. baseline. (B) Study cohort was partitioned into three groups according to the initial diastolic blood pressure regarding a hypertensive (black dots, ≥90 mmHg, n=135), prehypertensive (red dots, 81-89 mmHg, n=84), or normotensive (blue dots, ≤80 mmHg, n=85) state at baseline. Both, hypertension and prehypertension group reduced diastolic blood pressure after 6 and 12 months; ***p<0.001 vs. baseline. (C) Study cohort was partitioned into three equally sized groups (tertiles) according to the initial resting heart rate (black dots – upper (3rd) tertile, n=103; red dots – middle (2nd) tertile, n=94; blue dots – lower (1st) tertile, n=107) at baseline. Both, upper and middle tertiles reduced resting heart rate after 6 and 12 months; ***p<0.001 vs. baseline. (D) Study cohort was partitioned into three equally sized groups (tertiles) according to the initial pulse wave velocity (black dots – upper (3rd) tertile, n=100; red dots – middle (2nd) tertile, n=102; blue dots – lower (1st) tertile, n=102) at baseline. Upper tertile reduced pulse wave velocity after 6 and 12 months; ***p<0.001 vs. baseline.

Figure S2



FiguresS2. Changes of (A) SBP, (B) DBP, (C) resting HR, and (D) PWV after 6 and 12 months compared between high-risk individuals of INT and CON. (A, B) Hypertensive and prehypertensive participants were examined for inter-group effects based on the group assignment to INT (red dots, formula diet + lifestyle intervention (SBP, n=119; DBP, n=146)) or CON (black dots, lifestyle intervention alone (SBP, n=55; DBP, n=73)). **p<0.01 INT vs CON; *p<0.05 INT vs CON;
(C, D) Upper and middle tertiles of resting HR and PWV were examined for inter-group effects based on the group assignment to INT (red dots, formula diet + lifestyle intervention (resting HR, n=137; PWV, n=147)) or CON (black dots, lifestyle intervention alone (resting HR, n=60; PWV, n=65)); *p<0.05