

**eTable 1: Description of changes in body composition and rate of change before, during and after COVID19 lockdown periods**

	Period	Initial value (cm or %)	Final value (cm or %)	Delta (cm or %)	Pvalue*
Waist circumference (cm)	Before Lockdown	102.0 [93.0 ; 112.0]	101.0 [92.0 ; 111.0]	-1 [-2 ; 0]	<.01
	Lockdown	101.0 [92.0 ; 111.0]	98.0 [90.0 ; 107.0]	-2 [-6 ; 0]	<.01
	After lockdown	98.0 [90.0 ; 107.0]	98.0 [89.0 ; 107.0]	0 [-1 ; 0]	<.01
Fat mass (%)	Before Lockdown	40.6 [37.0 ; 44.4]	40.2 [36.6 ; 44.0]	-0.4 [-0.7 ; 0]	<.01
	Lockdown	40.2 [36.6 ; 44.0]	39.1 [35.5 ; 43.2]	-0.9 [-2.3 ; 0.2]	<.01
	After lockdown	39.1 [35.5 ; 43.2]	38.9 [35.2 ; 42.9]	-0.2 [-0.5 ; 0.1]	<.01
Muscle mass (%)	Before Lockdown	29.6 [27.5 ; 33.0]	29.7 [27.6 ; 33.1]	0.1 [0 ; 0.2]	<.01
	Lockdown	29.7 [27.6 ; 33.1]	30.0 [27.8 ; 33.7]	0.2 [-0.1 ; 0.7]	<.01
	After lockdown	30.0 [27.8 ; 33.7]	30.1 [27.9 ; 33.8]	0 [-0.1 ; 0.2]	<.01
Body water (%)	Before Lockdown	43.1 [40.4 ; 45.8]	43.5 [40.7 ; 46.3]	0.2 [0 ; 0.5]	<.01
	Lockdown	43.5 [40.7 ; 46.3]	44.2 [41.3 ; 46.9]	0.6 [-0.2 ; 1.6]	<.01
	After lockdown	44.2 [41.3 ; 46.9]	44.4 [41.4 ; 47.1]	0.1 [-0.1 ; 0.4]	<.01

Median period durations between two measures: before lockdown: 15 days [15; 17], during LD: 99 days [92; 106], after LD: 15 days [15; 21]. Values are presented in median and interquartile range

\*All p values were results of paired t-test comparing initial and final weights

**eTable 2: Description of changes in body composition and rate of change before, during and after COVID19 lockdown periods for women (N=1,246)**

	Period	Initial value (cm or %)	Final value (cm or %)	Delta (cm or %)	Pvalue*
Waist circumference (cm)	Before Lockdown	100 [91 ; 108]	98 [90 ; 107]	-1 [-2 ; 0]	<.01
	Lockdown	98 [90 ; 107]	96 [88 ; 104]	-2 [-6 ; 0]	<.01
	After lockdown	96 [88 ; 104]	95 [88 ; 103]	0 [-1 ; 0]	<.01
Fat mass (%)	Before Lockdown	41.5 [38.2 ; 45.0]	41.1 [37.8 ; 44.7]	-0.4 [-0.7 ; 0.0]	<.01
	Lockdown	41.1 [37.8 ; 44.7]	40.0 [36.5 ; 43.7]	-0.9 [-2.3 ; 0.2]	<.01
	After lockdown	40.0 [36.5 ; 43.7]	39.8 [36.2 ; 43.5]	-0.2 [-0.5 ; 0.2]	<.01
Muscle mass (%)	Before Lockdown	28.9 [26.8 ; 31.2]	29.0 [27.0 ; 31.3]	0.1 [0.0 ; 0.2]	<.01
	Lockdown	29.0 [27.0 ; 31.3]	29.2 [27.3 ; 31.7]	0.2 [-0.1 ; 0.6]	<.01
	After lockdown	29.2 [27.3 ; 31.7]	29.2 [27.4 ; 31.7]	0.0 [-0.1 ; 0.1]	<.01
Body water (%)	Before Lockdown	42.5 [39.9 ; 45.0]	42.7 [40.1 ; 45.4]	0.2 [0.0 ; 0.5]	<.01
	Lockdown	42.7 [40.1 ; 45.4]	43.5 [40.7 ; 46.1]	0.6 [-0.2 ; 1.6]	<.01
	After lockdown	43.5 [40.7 ; 46.1]	43.6 [40.9 ; 46.3]	0.1 [-0.1 ; 0.4]	<.01

Values are presented in median and interquartile range.

\*All p values were results of paired t-test comparing initial and final weights

**eTable 3: Description of changes in body composition and rate of change before, during and after COVID19 lockdown periods for men (N=304)**

	Period	Initial value (cm or %)	Final value (cm or %)	Delta (cm or %)	Pvalue*
Waist circumference (cm)	Before Lockdown	100 [91 ; 108]	98 [90 ; 107]	-1 [-2 ; 0]	<.01
	Lockdown	98 [90 ; 107]	96 [88 ; 104]	-2 [-6 ; 0]	<.01
	After lockdown	96 [88 ; 104]	95 [88 ; 103]	0 [-1 ; 0]	<.01
Fat mass (%)	Before Lockdown	36.3 [33.1 ; 40.6]	36.0 [32.7 ; 40.1]	-0.3 [-0.8 ; 0.0]	<.01
	Lockdown	36.0 [32.7 ; 40.1]	35.2 [31.2 ; 38.5]	-0.8 [-2.3 ; 0.2]	<.01
	After lockdown	35.2 [31.2 ; 38.5]	34.9 [31.1 ; 38.3]	-0.2 [-0.6 ; 0.1]	<.01
Muscle mass (%)	Before Lockdown	34.5 [31.2 ; 36.5]	34.6 [31.4 ; 36.8]	0.2 [0.0 ; 0.4]	<.01
	Lockdown	34.6 [31.4 ; 36.8]	35.1 [32.3 ; 37.3]	0.4 [-0.1 ; 1.3]	<.01
	After lockdown	35.1 [32.3 ; 37.3]	35.1 [32.3 ; 37.5]	0.1 [-0.1 ; 0.3]	<.01
Body water (%)	Before Lockdown	46.2 [43.4 ; 48.8]	46.6 [43.7 ; 49.0]	0.2 [0.0 ; 0.5]	<.01
	Lockdown	46.6 [43.7 ; 49.0]	47.1 [44.6 ; 49.8]	0.6 [-0.2 ; 1.7]	<.01
	After lockdown	47.1 [44.6 ; 49.8]	47.2 [44.9 ; 49.8]	0.1 [-0.1 ; 0.4]	<.01

Values are presented in median and interquartile range.

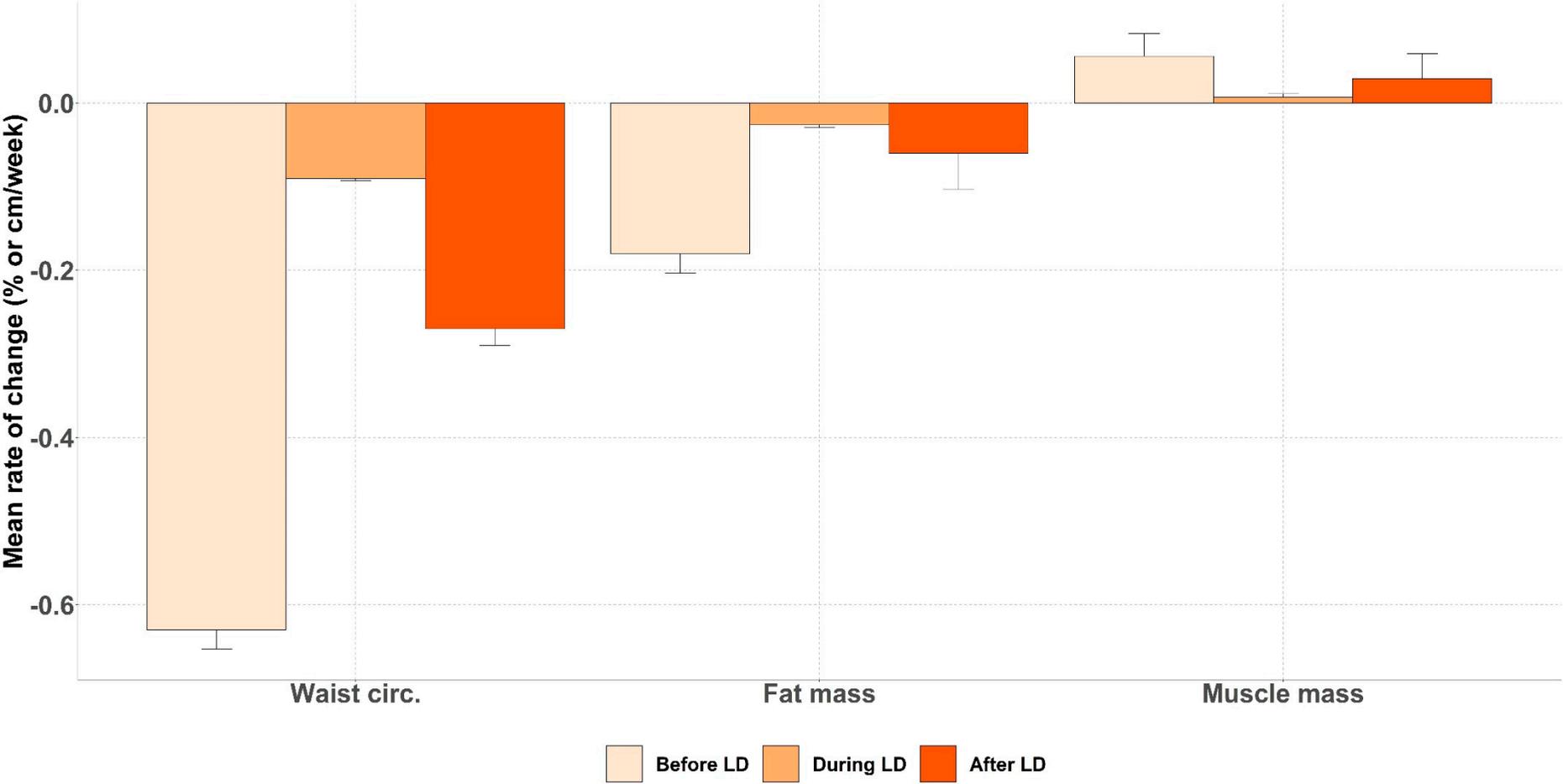
\*All p values were results of paired t-test comparing initial and final weights

**Table 4: Comparison of weight loss and rate of weight loss according to participation in remote consultation follow-up**

Variables	No remote consultation (N=265)	Remote consultation (N=1,285)	Missing values (N)	Pvalue
<b>Before lockdown</b>				
Delta weight loss (kg)	-1.0 [-1.7 ; -0.2]	-1.2 [-2.1 ; -0.3]	0	0.01
Delta weight loss (%)	-1.1 [-2 ; -0.2]	-1.3 [-2.3 ; -0.4]	0	0.02
Rate of weight loss (kg/week)	-0.4 [-0.8 ; -0.1]	-0.6 [-1 ; -0.2]	6	<.01
<b>During lockdown</b>				
Delta weight loss during lockdown (kg)	-0.7 [-3.8 ; 1.6]	-2.9 [-6.7 ; 0.2]	0	<.01
Delta weight loss during lockdown (%)	-0.8 [-4.5 ; 2.1]	-3.4 [-7.6 ; 0.2]	0	<.01
Rate of weight loss (kg/week)	-0.1 [-0.1 ; 0]	-0.1 [-0.1 ; 0]	0	0.05
<b>After lockdown</b>				
Delta weight loss (kg)	-0.4 [-1 ; 0.3]	-0.5 [-1.2 ; 0.2]	0	0.02
Delta weight loss (%)	-0.4 [-1.1 ; 0.5]	-0.6 [-1.5 ; 0.2]	0	<.01
Rate of weight loss (kg/week)	-0.2 [-0.4 ; 0.2]	-0.2 [-0.6 ; 0.1]	6	<.01

Median period durations between two measures: before lockdown: 15 days [15; 17], during LD: 99 days [92; 106], after LD: 15 days [15; 21].

eFigure 1: Rates of change in body composition before, during and after COVID19 lockdown



LD: lockdown; Waist circ.: waist circumference