Characteristics	Lifestyle only (N = 164)	Low CHO diet (N = 14)
Age at enrollment, mean (SD)	13.3 (2.2)	14.6 (2.2)
Median (IQR)	12.8 (11.5, 14.9)	14.3 (13.1, 16)
Min, Max	10, 18.8	11.2, 18.5
Sex		
Female	97 (59.1%)	10 (71.4%)
Male	67 (40.9%)	4 (28.6%)
Race		
White	67 (40.9%)	6 (42.9%)
Black	83 (50.6%)	6 (42.9%)
American Indian/Natice American	0 (0.0%)	0 (0.0%)
Asian	1 (0.6%)	1 (7.1%)
2+ races	13 (7.9%)	1 (7.1%)
Race		
White	67 (40.9%)	6 (42.9%)
Black	83 (50.6%)	6 (42.9%)
Other	14 (8.5%)	2 (14.3%)
Ethnicity		
Hispanic or Latino	36 (22.0%)	2 (14.3%)
Non-Hispanic or Latino	128 (78.0%)	12 (85.7%)
BMI, mean (SD)	33.3 (6.3)	38.4 (12.7)
Median (IQR)	32 (28.6, 36.7)	34.4 (30.7, 39.6)
Min, Max	22.1, 56.6	27.6, 75.3

Medications (N = 36)	Weight loss surgery (N = 6)	Total (N = 220)
13.8 (2.3)	16.4 (1.7)	13.5 (2.3)
13.5 (11.8, 15.2)	16.4 (15.8, 16.7)	13.2 (11.6, 15.2)
10.7, 18.8	13.9, 19.2	10, 19.2
22 (61.1%)	3 (50.0%)	132 (60.0%)
14 (38.9%)	3 (50.0%)	88 (40.0%)
12 (33.3%)	3 (50%)	88 (40.0%)
19 (52.8%)	3 (50%)	111 (50.5%)
0 (0.0%)	0 (0%)	0 (0.0%)
0 (0.0%)	0 (0%)	2 (0.9%)
5 (13.9%)	0 (0%)	19 (8.6%)
12 (33.3%)	3 (50%)	88 (40.0%)
19 (52.8%)	3 (50%)	111 (50.5%)
5 (13.9%)	0 (0%)	21 (9.5%)
5 (13.9%)	0 (0.0%)	43 (19.5%)
31 (86.1%)	6 (100.0%)	177 (80.5%)
36.5 (6.5)	63.5 (27.4)	35 (9.4)
36.2 (32.3, 40.2)	54 (47.7, 71.3)	32.7 (29.2, 38.5)
23.9, 51.2	37.3, 112.9	22.1, 112.9