

Supplementary Table 2

Mortality and morbidity during 15 year follow up of 325 subjects who undertook a very low-calorie diet programme between 1993 and 1996

Outcome	No diabetes at any time N=220	Diabetes at baseline N=44	Developed diabetes or IFG N=61	>10 Kg weight loss at follow up from whole cohort N=55
Number deceased (%)	15 (6.8)	15 (34.1)	9 (14.8)	9 (16.3)
Number with myocardial infarction (%)	5 (2.3)	11 (25) 8 fatal	8 (13.1) 2 fatal	5 (9.0) none fatal
Stroke (%)	4(1.8)	5 (11.4)	5 (8.1)	2(3.6)
Breast, bowel or lung cancer (%)	5 (2.3)	4 (9.1)	4 (6.5)	6 (10)
Bariatric surgery	3 (1.3)	0	1 (1.6)	4 (7.2)
Type 2 diabetes at follow up	-	-	50	17 (30.9)
Poor diabetes control Hba1c >60mmol/mol (%)	-	4 (9.1)	3 (4.9)	3 (5.4)