

Supplemental Table 1a: Change from baseline in biological variables between categories of change in SLIQ DIET score (better / same / worse) in the abstinence group.

		Categorical change from baseline in DIET score in Abstinence Group			p-value ^a
		Better (n=42) ^b	Same (n=16) ^b	Worse (n=32) ^b	
Change from baseline in biological variable [% , median (IQR)]	HOMA	-14.1 (-42.6 to -0.6)	-33.7 (-48.9 to +1.7)	-34.9 (-53.1 to -1.7)	p=0.45
	Systolic blood pressure	-6.6 (-13.3 to -1.4)	-6.9 (-11.8 to +3.5)	-6.8 (13.8 to +2.5)	p=0.83
	Diastolic blood pressure	-7.3 (-15.1 to +1.3)	-5.6 (-16.1 to +5.5)	-5.9 (-12.5 to +1.2)	p=0.71
	Weight	-1.5 (-2.8 to 0.0)	-1.1 (-2.8 to +0.4)	-1.4 (-3.0 to -0.3)	p=0.95
	VEGF	-36.2 (-63.6 to -10.1)	-57.5 (-73.9 to -30.1)	-50.0 (-75.5 to -23.7)	p=0.15
	EGF	-73.0 (-85.9 to -31.8)	-75.8 (-91.2 to -54.3)	-76.7 (-88.5 to -37.5)	p=0.54
	Cholesterol	-9.2 (-16.7 to +3.5)	-17.3 (-25.0 to -13.6)	-14.0 (-17.1 to -7.6)	p=0.01
	LDL	-5.1 (-19.2 to +16.8)	-18.4 (-25.8 to -8.8)	-12.2 (-18.4 to -3.8)	p=0.02
	HDL	-15.4 (-23.0 to -5.8)	-18.9 (25.5 to -7.8)	-21.0 (-29.7 to -10.9)	p=0.26
	Triglycerides	-5.1 (-27.2 to +23.0)	-19.9 (-33.4 to -2.1)	+1.2 (-13.6 to +24.8)	p=0.03

Supplemental Table 1b: Change from baseline in biological variables between categories of change in SLIQ EXERCISE score (better / same / worse) in the abstinence group.

		Categorical change from baseline in EXERCISE score in Abstinence Group			p-value ^a
		Better (n=42) ^b	Same (n=16) ^b	Worse (n=32) ^b	
Change from baseline in biological variable [% , median (IQR)]	HOMA	-12.2 (-45.1 to +1.8)	-26.5 (-46.3 to -1.1)	-38.9 (-56.2 to -8.7)	p=0.21
	Systolic blood pressure	-6.0 (-11.1 to 0.0)	-2.7 (-12.9 to +4.6)	-8.0 (15.0 to -3.7)	p=0.36
	Diastolic blood pressure	-4.2 (-13.9 to +1.3)	-3.9 (-13.6 to +7.9)	-8.5 (-14.9 to +0.3)	p=0.31
	Weight	-1.7 (-3.1 to -0.4)	-1.4 (-2.9 to +0.1)	-1.1 (-2.5 to -0.1)	p=0.51
	VEGF	-28.5 (-53.2 to -10.7)	-57.4 (-75.4 to -34.4)	-55.5 (-68.6 to -20.2)	p=0.11
	EGF	-74.9 (-88.5 to -32.7)	-75.0 (-91.2 to -38.2)	-71.4 (-82.4 to -41.4)	p=0.67
	Cholesterol	-13.7 (-18.5 to -3.2)	-12.6 (-20.1 to -4.5)	-14.1 (-17.7 to -2.7)	p=0.93
	LDL	-10.8 (-18.9 to +1.9)	-10.2 (-21.0 to +5.4)	-8.7 (-22.3 to +8.6)	p=0.99
	HDL	-16.7 (-25.3 to -7.6)	-16.2 (26.6 to -8.3)	-18.3 (-25.7 to -6.9)	p=0.97
	Triglycerides	-14.6 (-31.1 to +15.3)	-4.4 (-15.9 to +49.2)	+4.7 (-16.7 to +14.4)	p=0.43

Abbreviations: SLIQ, simple lifestyle indicator questionnaire; HOMA, homeostatic model assessment; VEGF, vascular endothelial growth factor; EGF, epidermal growth factor; LDL, low density lipoprotein; HDL, high density lipoprotein; bp, blood pressure.

- a. Participants were graded as better, same or worse based on changes in SLIQ diet score (supplemental table 1a) and exercise score (supplemental table 1b). Data for changes in cigarette smoking is not shown – only 5 individuals had a change from baseline score in the abstinence cohort. Changes from baseline in the abstinence cohort in biological variables were compared between the better / same / worse groups using the Kruskal-Wallis test. $P < 0.01$ was considered significant to account for multiple comparisons.

Complete baseline and one-month lifestyle questionnaire data was available on 90 participants in the abstinence cohort. The number of paired values analysed for each variable are: HOMA n=82; systolic bp n=89; diastolic bp n=89; weight n=85; VEGF n=78; EGF n=78; cholesterol n=84; LDL n=84; HDL n=84; triglycerides n=8.