Table 3: Recorded weight loss and reported change in HbA1c according to length of membership at the time of survey. Data presented as means +/- standard deviations, all data was found to be normally distributed (Kolgmorov-Smirnov p>0.05) and p values are for ANOVA post-hoc test with Bonferroni correction, following p<0.05 ANOVA result as indicated. Significance taken at p<0.05 level. As survey was open over a two week period, the average weight for members over this period was used.

	Total	< 12 weeks membership	12-24 weeks membership	24-52 weeks membership	> 52 weeks membership	p-value ANOVA	Post-Hoc
Recorded weight change (kg)	(n=393) -11.0±10.0	(n=156) -6.5±4.4	(n=65) -12.2±7.0	(n=72) -13.9±7.0	(n=99) -15.4±15.6	<0.001	Less than 12 weeks vs other groups (p<0.001) No significant differences for duration of membership greater than 12 weeks
Self-reported change in HbA1c (mmol/mol) (%)	(n=156) -18 ±21 -1.6±1.9	(n=51) -18±20 -1.6±1.8	(n=24) -26±26 -2.4±2.4	(n=38) -13±23 -1.2±2.1	(n=43) -20±16 -1.8±1.5	0.126	Not Applicable