

Supplemental Table 3: Qualitative evaluation of lifestyle counselling sessions

Quality parameters	
Monitored counselling sessions (n)	53
Median duration of sessions (min)	35
Utilisation of study documents (n)	46/53 (86.8%)
Among study document users: completeness of counselling contents (n)	32/46 (69.6%)
Weight monitoring with weight gain chart (n)	39/53 (73.6%)
Individual counselling (n)	33/53 (62.3%)