

Supplementary Table S1. The influence of age on losing more than 10 kg weight.

Losing 10 kg or more	Basic descriptive statistics							
	n	Medium	Median	Min.	Max.	Quartile I	Quartile III	Standard deviation
Yes	53	14,87	14,00	12,00	19,00	13,00	17,00	2,45
No	180	15,64	16,00	12,00	19,00	13,00	17,50	2,27
Total	233	15,47	16,00	12,00	19,00	13,00	17,00	2,33
Z=-2,06 p=0,039								

Z- Mann-Whitney U test result; red color indicate significant values ($p < 0.05$)