**Supplementary File List**

Supplementary Figure 1: Relevant excerpts from the FHRPC entry questionnaire

Supplementary Figure 2: FHRisk Questionnaire

Supplementary Table 1: STROBE Statement for cohort studies

Supplementary Table 2: Comparison of eligible FHRisk responders with other eligible FHRPC patients

Supplementary Table 3: BMI category transitions between time points

Supplementary Table 4: Weight change percentage, and weight change per year

Supplementary Table 5: Comparison of weight changes over the three joining periods: ANCOVA (using all available data)

Supplementary Table 6: BMI at each point for those with no missing BMI data (n=2,075), n (%)