**Supplementary Table 1.** The number of patients from the whole study group, the standard education group (E0), and the active education group (E1), participating in particular visits

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Study group** | **Group E0** | **Group E1** | **p** |
| V1 | 201 (100.0) | 100 (100.0) | 101 (100.0) | – |
| Workshop 1 | 58 (28.9) | - | 58 (57.4) | – |
| Workshop 2 | 59 (29.4) | - | 59 (58.4) | – |
| Dietician consultation | 58 (28.9) | 29 (29.0) | 29 (28.7) | > 0.99 |
| Health promotion visit | 12 (6.0) | 6 (6.0) | 6 (6.0) | > 0.99 |
| V2 | 174 (86.6) | 89 (89.0) | 85 (84.2) | 0.41 |
| Additional visits between V2 and V3 | 148 (73.6) | 70 (70.0) | 78 (77.3) | 0.26 |
| V3 | 122 (60.7) | 59 (59.0) | 63 (62.4) | 0.66 |

Data are shown as number (percentage). V1 — visit 1; V2 — visit 2; V3 — visit 3