Supplementary Table S4 – Dietary strategies and monitoring of outcomes used by respondents by year of completion

		2020 (n=21)	**2021 (n=70)**	**Chi-Squared p-value**
		N (%)	N (%)	
Services dietary approach [(a), (b)]	General healthy eating	15 (71)	53 (76)	0.69
	Set energy level plan	7 (33)	18 (26)	0.49
	Formulated meal plan	6 (29)	11 (16)	0.19
	General advice on low fat eating	3 (14)	15 (21)	0.47
	Specific low fat eating plan	0 (0)	2 (3)	0.43
	Non-diet approach with specific focus to reduce energy intake	12 (57)	37 (53)	0.73
	Non-diet approach eating behaviour goals	13 (62)	42 (60)	0.88
	Very low energy diet	11 (52)	27 (39)	0.26
	Meal replacements	**9 (43)**	**11 (16)**	**0.01**
	Health at Every Size	7 (33)	29 (41)	0.51
	Other	0 (0)	7 (10)	0.13
How specific dietary strategies or interventions selected for clients [(a), (b)]	Client preference	17 (81)	51 (73)	0.45
	Client past dieting experience	10 (48)	41 (59)	0.38
	Dietitian practitioner experience	10 (48)	29 (41)	0.62
	Based on program/service philosophy	2 (10)	9 (13)	0.68
	As requested by medical referral	5 (24)	12 (17)	0.49
	Method negotiated by practitioner with client	16 (76)	45 (64)	0.31
	Other	0 (0)	4 (6)	0.26
Client outcome measures used to monitor progress (up to 6 months follow up) of clients [(a),(b)]	Weight/BMI	4 (19)	20 (29)	1.00
	Waist circumference	2 (10)	9 (13)	0.87
	Waist to hip ratio	0 (0)	5 (7)	0.27
	Metabolic indicators	3 (14)	15 (21)	1.00
	Diet improvements	3 (14)	22 (31)	0.13
	Exercise levels	2 (10)	12 (17)	0.74
	Quality of life	3 (14)	18 (26)	0.59
	CBT related changes	0 (0)	4 (6)	0.34
	Achievement of goals	1 (5)	12 (17)	0.25
	Clothing size	1 (5)	10 (14)	0.40
	Blood pressure	1 (5)	7 (10)	0.71
	Fitness level, aerobic capacity, muscle mass, VO2max	0 (0)	2 (3)	0.51
	Patient attendance	2 (10)	12 (17)	0.74
	Patient satisfaction	4 (19)	18 (26)	0.71
	Medication	1 (5)	4 (6)	0.83
	Psychological/ body image changes	1 (5)	9 (13)	0.49
	Other	1 (5)	2 (3)	0.41

(a) - multiple responses allowed and therefore result may be greater than 100%; (b) – responses scored as a yes or no.