**S1 Table:** Overall participant return rates by eligible sampling weeks. The first sample week per eligible sample week is 100%, with participation rate the number of returning individuals from this first week (linked to Figure 1).

| Eligible sampling weeks | Sample week | Participants | % returns |
|-------------------------|-------------|--------------|-----------|
| 2                       | 1           | 520          | 100.00    |
|                         | 2           | 399          | 76.73     |
| 3                       | 1           | 1003         | 100.00    |
|                         | 2           | 805          | 80.26     |
|                         | 3           | 838          | 83.55     |
| 4                       | 1           | 4014         | 100.00    |
|                         | 2           | 3688         | 91.88     |
|                         | 3           | 3622         | 90.23     |
|                         | 4           | 3497         | 87.12     |
| 5                       | 1           | 3418         | 100.00    |
|                         | 2           | 3134         | 91.69     |
|                         | 3           | 3223         | 94.29     |
|                         | 4           | 3121         | 91.31     |
|                         | 5           | 2968         | 86.83     |
| 6                       | 1           | 356          | 100.00    |
|                         | 2           | 340          | 95.51     |
|                         | 3           | 257          | 72.19     |
|                         | 4           | 341          | 95.79     |
|                         | 5           | 333          | 93.54     |
|                         | 6           | 265          | 74.44     |