

**ESM Table 2 Individual follow-up data for primary outcome variable (HbA<sub>1c</sub>) and active programme participation**

Participant ID	HbA <sub>1c</sub> (%)					Time in BrW programme (months)	Participant ID	HbA <sub>1c</sub> (%)					Time in MF programme (months)
	T0	T3	T6	T9	T12			T0	T3	T6	T9	T12	
BrW01	7.1	7.2				0	MF01	6.3	6.3	6.3		6.3	0
BrW02	9.9					0	MF02	6.6					0
BrW03	11.1	7.6				0	MF03	7.8	8.6	9.2	6.5		0
BrW04	7.0	6.8	6.7	7.9	6.3	0	MF04	6.5					0
BrW05	6.3	6.5	6.7	6.4	6.4	0	MF05	6.3		6.2		6.4	0
BrW06	6.6	6.7	7.1	6.5	5.6	0	MF06	6.1	6.5	6.8	6.7	6.6	1
BrW07	8.9	6.1	9.2	9.1	9.1	1	MF07	5.7	6.0		7.1		2
BrW08	6.6	6.8	6.5	6.5	6.2	1	MF08	6.0	6.0	6.2	6.3	6.4	2
BrW09	5.6	5.4	5.8			1	MF09	5.6					2
BrW10	7.6	7.9	8.1	6.2	7.1	3	MF10	6.3	6.1	6.2	6.1	6.3	3
BrW11	7.0	7.3	8.3	9.2	9.0	3	MF11	7.6	9.2			9.6	4
BrW12	7.1	6.8	7.2	7.2		4	MF12	6.6	6.7	6.8			5
BrW13	5.9	5.8	6.1	5.6	5.7	4	MF13	7.3	7.5	7.5	7.7	8.2	6
BrW14	6.2	6.2		5.9	5.9	5	MF14	6.0	6.1	6.4			7
BrW15	6.4	6.1	6.3	7.2	6.4	5	MF15	7.3	7.5	7.6		6.2	7
BrW16	6.8	6.9	7.1	6.7	6.7	5	MF16	6.2					7
BrW17	6.6	6.4	6.3	6.7	6.9	5	MF17	9.7	9.5	8.4	8.0	7.6	8
BrW18	7.4	7.2	7.0	6.7	5.7	5	MF18	6.6	6.5	6.2	6.5	6.2	8
BrW19	7.2	7.0		8.5		5	MF19	7.0	6.7	6.5	6.9	6.8	8
BrW20	7.1	6.8	6.6	7.0		5	MF20	8.2	8.5	7.6	7.8	7.3	9
BrW21	9.1	7.6			7.8	6	MF21	6.1	6.0	6.0	5.4	5.8	10
BrW22	7.4	7.8	8.8	8.7	8.4	6	MF22	8.3	6.7	6.9	7.1	7.3	11
BrW23	8.9	6.6	6.4	6.5	6.7	7	MF23	10.3		9.7	9.2		11
BrW24	11.9	10.9	11.1	8.3		7	MF24	6.7	6.9				11
BrW25	7.9	6.4	6.6	6.9		8	MF25	8.0	7.6	7.1	6.9	6.7	12
BrW26	6.3	7.4	6.7	6.0	6.6	9	MF26	10.3	10.9	9.2	9.7	10.6	12
BrW27	6.1	6.0	6.1	6.1		10	MF27	6.4	6.2	6.3	6.2	6.2	12
BrW28	7.1	6.8	7.0	5.9	5.7	10	MF28	6.7	7.0	7.2	7.4	6.9	12
BrW29	6.6	6.4	6.6	6.2	6.1	10	MF29	7.8	7.9	7.3	7.2	7.4	12
BrW30	8.4	8.9	7.0	7.1	9.5	11	MF30	6.2	6.3	6.6	6.5	6.4	12
BrW31	10.4	10.4	9.8	11.1		11	MF31	9.7		8.9		9.0	12
BrW32	7.0	7.2	7.1	7.5	7.6	12	MF32	6.1				6.1	12
BrW33	6.1	6.1	6.2	6.4	6.0	12	MF33	6.0	6.1	6.1	5.8	5.5	12
BrW34	6.0	6.6	6.9	6.5	6.6	12	MF34	6.8	6.2	6.4	6.4	6.3	12
BrW35	7.2	7.1	7.0	7.3	7.0	12	MF35	6.4	6.9	6.1	6.4	6.9	12
BrW36	6.0	6.0	6.0	6.3	5.9	12	MF36	5.8	5.9	6.0	5.6	5.2	12
BrW37	5.5	5.6	5.4	5.5	5.6	12	MF37	6.3	6.4	6.2	6.0	6.1	12
BrW38	5.8	5.9	5.7	6.1	6.1	12	MF38	7.6	7.2	7.2	6.9	6.9	12
BrW39	6.2	6.2	6.1	6.1	6.2	12	MF39	6.7	7.0	6.7	6.9	6.5	12
BrW40	6.8	7.3	7.1	6.8	9.0	12	MF40	10.4	10.5	8.9	8.8	8.1	12
BrW41	9.0	9.6	9.7	7.0	6.3	12	MF41	7.0	6.6	7.0	6.9	6.8	12
BrW42	6.5	6.5	6.2	6.5	6.9	12	MF42	6.1	6.4	6.0	5.8	5.8	12
BrW43	6.3	6.3	6.6	6.3	6.6	12	MF43	6.9	5.8			6.1	12
BrW44	6.3	6.0	6.3	6.3	6.7	12							
BrW45	7.3	7.4	7.6	7.7	6.6	12							
BrW46	5.9	6.2	6.1	6.1	6.8	12							
BrW47	6.3	6.3	6.4	6.3	6.2	12							
BrW48	7.6	7.9	7.6	7.5	7.9	12							
BrW49	5.7	5.8	5.9	5.8	5.8	12							
Mean	7.2	6.9	7.0	6.9	6.8	7.4	Mean	7.1	7.1	7.1	6.9	6.9	8.1
SD	1.4	1.1	1.2	1.1	1.0	4.5	SD	1.3	1.3	1.0	1.0	1.1	4.5

BrW, brisk walking; MF, medical fitness programme; T0, time at baseline; T3, time at 3 months, etc.