

Appendix

The following persons were members of the Montana Cardiovascular Disease and Diabetes Prevention Program Workgroup.

Community Medical Center, Missoula, Montana: Nancy R. Eyler, MD, FACP, Marjorie J. Samsøe, MA, CDE, , Shirley K. Schneiter, RD, CDE, Susan Schmidt, RD, Julie Bauer, MA.

Holy Rosary Healthcare, Miles City, Montana: Darcy R. Kassner, BS, Carla McPherson, BS , Liane M. Vadheim, RD, LN, CDE, Tracy A. Vosler, MS, PT.

Montana Department of Public Health and Human Services, Helena, Montana: Diane Arave, BS, Marcene K. Butcher, RD, CDE, Taryn O. Hall, MPH, Todd S. Harwell, MPH, and Steven D. Helgerson, MD, MPH, Mark L. Niebylski, PhD, MBA, MS, Karl K. Vanderwood, MPH.

Saint Vincent Healthcare, Billings, Montana: Lane Guyse, MS, RD, LN, Charles R. McClave, II MD, Beverly McHugh RD, LN, CNSD, Jane Fitch Meszaros, RN, BSN, CDE, Justen Rudolph, MD.

Saint Peters Hospital, Helena, Montana: Yvonne B. Tapper-Gardzina, MS, RD, Tolly J. Patten, RD, Leslie E. Foley, CPT, AFAA.

Kalispell Regional Medical Center, Kalispell, Montana: Jennifer Janetski, MS RD CDE.

Benefis Health System, Great Falls, Montana: Susan A. Garnic, RN, BSN, CDE, Deb K. Bjorsness MPH, RD, BC-ADM, CDE, Jeanette Butts, RD, Lindsay Smith, MS.

Barrett Hospital and Healthcare, Dillon, Montana: Jill Pulaski, RD; Deanna Nelson, RN; and Sandra McIntyre MD.

Billings Clinic, Billings Montana: Beth Wiome, MBA, RD, CDE, LN and Melissa Paulson, MS, RCEP.

Table. Characteristics of participants completing the core and after core lifestyle intervention, Montana 2008-2010.

	All Enrolled N=1003	Completed core N=816	Completed after core N=578
Age	52.3 +/- 11.6*	53.4 +/- 11.5*	54.6 +/- 10.6*
BMI	36.3 +/- 7.1	35.9 +/- 7.0*	35.1 +/- 6.6*
Female	80 (805/1001)	80 (651/816)	78 (452/576)
Diagnosed hypertension	47 (450/967)	47 (374/793)	49 (275/560)
Elevated blood pressure [†] at intake	61 (576/943)	61 (473/771)	59 (319/542)
Diagnosed dyslipidemia	44 (408/918)	46 (354/760)*	50 (271/538)*
Pre-diabetes/IGT/IFG	53 (423/795)	54 (363/673)	54 (256/477)
History of gestational diabetes	6 (50/797)	6 (37/609)	6 (28/448)
History of giving birth to a baby \geq 9 lbs	16 (125/796)	16 (101/646)	18 (78/448)

Data are % (n) or means +/- SD. *P < 0.05. T-tests were used to calculate difference between means, and chi-square tests were used to calculate differences between proportions. [†]Systolic blood pressure > 130 mmHg and/or diastolic blood pressure > 85 mmHg.