

Appendix (to be published only online)

Weight, fitness, glycemic control, blood pressure and lipids for Diabetes Support and Education (DSE) and Intensive Lifestyle Intervention (ILI) at baseline and changes from baseline at years 1 – 4

Measure	DSE Mean (CI)	ILI Mean (CI)	p-value
Weight Loss (% of initial weight)			
Baseline	100.8±18.8	100.5±19.6	
Year 1 - baseline	- 0.63 (-0.86, -0.40)	- 8.53 (-8.76, -8.30)	<.0001
Year 2 – baseline	- 0.92 (-1.19, -0.65)	- 6.33 (-6.59, -6.06)	<.0001
Year 3 – baseline	- 0.90 (-1.20, -0.61)	- 5.08 (-5.38, -4.79)	<.0001
Year 4 - baseline	- 1.06 (-1.38, -0.75)	- 4.66 (-4.97, -4.35)	<.0001
Percent change in fitness (% METS)			
Baseline	5.1±1.5	5.2±1.5	
Year 1– baseline	4.99 [3.95,6.02]	20.37 [19.36, 21.37]	<.0001
Year 4– baseline	- 1.07 [-2.14, 0.00]	5.11 [4.07,6.16]	<.0001
HbA1c			
Baseline	7.31 ± 0.02	7.25 ± 0.02	NS
Year 1– baseline	- 0.12 (-0.15, -0.08)	- 0.64 (-0.67, -0.60)	<.0001
Year 2– baseline	- 0.08 (-0.13, -0.04)	- 0.37 (-0.41, -0.32)	<.0001
Year 3– baseline	- 0.09 (-0.14, -0.04)	- 0.26 (-0.30, -0.21)	<.0001
Year 4– baseline	- 0.07 (-0.13, -0.02)	- 0.19 (-0.24, -0.14)	0.0014
SBP (mmHg)			
Baseline	129.49 ±0.34	128.22 ±0.34	
Year 1– baseline	- 2.32 (-2.91, -1.72)	- 7.03 (-7.62, -6.44)	<.0001
Year 2– baseline	- 3.06 (-3.69, -2.44)	- 4.96 (-5.58, -4.34)	<.0001
Year 3– baseline	- 3.12 (-3.79, -2.46)	- 4.70 (-5.36, -4.04)	0.0009
Year 4– baseline	- 3.37 (-4.04, -2.69)	- 4.62 (-5.29, -3.95)	0.0101
DBP (mmHg)			
Baseline	70.37 ± 0.19	69.93 ± 0.19	
Year 1– baseline	- 1.64 (-1.94, -1.33)	- 3.07 (-3.37, -2.77)	<.0001
Year 2– baseline	- 2.18 (-2.50, -1.86)	- 2.69 (-3.01, -2.37)	0.0275
Year 3– baseline	- 2.71 (-3.04, -2.38)	- 2.76 (-3.08, -2.43)	0.8305
Year 4– baseline	- 3.41 (-3.75, -3.08)	- 3.16 (-3.49, -2.83)	0.2868
HDL Cholesterol (mg/dl)			
Baseline	43.48 ± 0.24	43.48 ± 0.24	
Year 1– baseline	1.35 (1.07, 1.62)	3.37 (3.10, 3.65)	<.0001
Year 2– baseline	1.93 (1.62, 2.23)	3.78 (3.48, 4.09)	<.0001
Year 3– baseline	2.04 (1.72, 2.36)	3.58 (3.26, 3.90)	<.0001
Year 4– baseline	2.58 (2.25, 2.91)	3.95 (3.62, 4.28)	<.0001
Triglyceride (mg/dl)			
Baseline	180.31 ± 2.32	183.05 ± 2.30	
Year 1– baseline	- 15.18 (-18.68, -11.68)	- 29.29 (-32.77, -25.80)	<.0001
Year 2– baseline	- 17.28 (-20.88, -13.69)	- 24.68 (-28.24, -21.12)	0.0041
Year 3– baseline	- 19.40 (-22.98, -15.82)	- 25.48 (-29.04, -21.93)	0.0181

Year 4– baseline	- 27.14 (-30.70, -23.58)	- 22.79 (-26.31, -19.27)	0.0883
LDL Cholesterol (mg/dl)			
Baseline	112.26 ± 0.65	112.37 ± 0.64	
Year 1– baseline	- 5.50 (-6.55, -4.46)	- 5.11 (-6.16, -4.07)	0.6046
Year 2– baseline	- 11.10 (-12.27, -9.93)	- 9.43 (-10.60, -8.27)	0.0480
Year 3– baseline	- 16.00 (-17.18, -14.82)	- 13.88 (-15.06, -12.71)	0.0127
Year 4– baseline	- 18.75 (-19.94, -17.55)	- 16.64 (-17.82, -15.46)	0.0140
LDL Cholesterol (mg/dl) Adjusting for Medication Use			
Baseline	112.26 ± 0.65	112.37 ± 0.64	
Year 1– baseline	- 3.70 (-4.76, -2.65)	- 4.44 (-5.49, -3.39)	0.3301
Year 2– baseline	- 7.62 (-8.75, -6.49)	- 7.47 (-8.58, -6.35)	0.8544
Year 3– baseline	- 12.02 (-13.15, -10.90)	- 10.64 (-11.75, -9.53)	0.0829
Year 4– baseline	- 13.52 (-14.66, -12.38)	- 12.45 (-13.58, -11.32)	0.1854