

## Appendix

### Trial Registration: Clinicaltrials.gov Identifier: NCT00017953

*Look AHEAD research group at year 4*

#### Clinical sites

*The Johns Hopkins Medical Institutions:* Frederick L. Brancati, MD, MHS (principal investigator); Lee Swartz (program coordinator); Lawrence Cheskin, MD (coinvestigator); Jeanne M. Clark, MD, MPH (coinvestigator); Kerry Stewart, EdD (coinvestigator); Richard Rubin, PhD (coinvestigator); Jean Arceci, RN; Suzanne Ball; Jeanne Charleston, RN; Danielle Diggins; Mia Johnson; Joyce Lambert; Kathy Michalski, RD; Dawn Jiggetts; Chanchai Sapun.

*Pennington Biomedical Research Center:* George A. Bray, MD (principal investigator); Kristi Rau (program coordinator); Allison Strate, RN (program coordinator); Frank L. Greenway, MD (coinvestigator); Donna H. Ryan, MD (coinvestigator); Donald Williamson, PhD (coinvestigator); Brandi Armand, LPN; Jennifer Arceneaux; Amy Bachand, MA; Michelle Begnaud, LDN, RD, CDE; Betsy Bernhard; Elizabeth Caderette; Barbara Cerniauskas, LDN, RD, CDE; David Creel, MA; Diane Crow; Crystal Duncan; Helen Guay, LDN, LPC, RD; Carolyn Johnson, Lisa Jones; Nancy Kora; Kelly LaFleur; Kim Landry; Missy Lingle; Jennifer Perault; Cindy Puckett; Mandy Shipp, RD; Marisa Smith; Elizabeth Tucker.

*The University of Alabama at Birmingham:* Cora E. Lewis, MD, MSPH (principal investigator); Sheikilya Thomas MPH (program coordinator); Monika Safford, MD (coinvestigator); Vicki DiLillo, PhD; Charlotte Bragg, MS, RD, LD; Amy Dobelstein; Stacey Gilbert, MPH; Stephen Glasser, MD (coinvestigator); Sara Hannum, MA; Anne Hubbell, MS; Jennifer Jones, MA; DeLavallade Lee; Ruth Luketic, MA, MBA, MPH; L. Christie Oden; Janet Raines, MS; Cathy Roche, RN, BSN; Janet Truman; Nita Webb, MA; Casey Azuero, MPH; Jane King, MLT; Andre Morgan.

*Harvard Center Massachusetts General Hospital:* David M. Nathan, MD (principal investigator); Enrico Cagliero, MD (coinvestigator); Kathryn Hayward, MD (coinvestigator); Heather Turgeon, RN, BS, CDE (program coordinator); Linda Delahanty, MS, RD (coinvestigator); Ellen Anderson, MS, RD (coinvestigator); Laurie Bissett, MS, RD; Valerie Goldman, MS, RD; Virginia Harlan, MSW; Theresa Michel, DPT, DSc, CCS; Mary Larkin, RN; Christine Stevens, RN; Kylee Miller, BA; Jimmy Chen, BA; Karen Blumenthal, BA; Gail Winning, BA; Rita Tsay, RD; Helen Cyr, RD; Maria Pinto; Joslin Diabetes Center: Edward S. Horton, MD (principal investigator); Sharon D. Jackson, MS, RD, CDE (program coordinator); Osama Hamdy, MD, PhD (coinvestigator); A. Enrique Caballero, MD (coinvestigator); Sarah Bain, BS; Elizabeth Bovaird, BSN, RN; Barbara Fagnoli, MS, RD; Jeanne Spellman, BS, RD; Ann Goebel-Fabbri, PhD; Lori Lambert, MS, RD; Sarah Ledbury, MEd, RD; Maureen Malloy, BS; Kerry Ovalle, MS, RCEP, CDE; Beth Israel Deaconess Medical Center: George Blackburn, MD, PhD (principal investigator); Christos Mantzoros, MD, DSc (coinvestigator); Ann McNamara, RN; Kristina Spellman, RD.

*University of Colorado Health Sciences Center:* James O. Hill, PhD (principal investigator); Marsha Miller, MS, RD (program coordinator); Brent Van Dorsten, PhD (coinvestigator); Judith Regensteiner, PhD (coinvestigator); Ligia Coelho, BS; Paulette Cohrs, RN, BSN; Susan Green; April Hamilton, BS,

CCRC; Jere Hamilton, BA; Eugene Leshchinskiy; Lindsey Munkwitz, BS; Loretta Rome, TRS; Terra Worley, BA; Kirstie Craul, RD, CDE; Sheila Smith, BS.

*Baylor College of Medicine:* John P. Foreyt, PhD (principal investigator); Rebecca S. Reeves, DrPH, RD (program coordinator); Henry Pownall, PhD (coinvestigator); Ashok Balasubramanyam, MBBS (coinvestigator); Peter Jones, MD (coinvestigator); Michele Burrington, RD, RN; Chu-Huang Chen, MD, PhD; Allyson Clark Gardner, MS, RD; Molly Gee, MEd, RD; Sharon Griggs; Michelle Hamilton; Veronica Holley; Jayne Joseph, RD; Julieta Palencia, RN; Jennifer Schmidt; Carolyn White.

The University of Tennessee Health Science Center

*University of Tennessee East:* Karen C. Johnson, MD, MPH (principal investigator); Carolyn Gresham, RN (program coordinator); Stephanie Connelly, MD, MPH (coinvestigator); Amy Brewer, RD, MS; Mace Coday, PhD; Lisa Jones, RN; Lynne Lichtermann, RN, BSN; Shirley Vosburg, RD, MPH; and J. Lee Taylor, MEd, MBA; *University of Tennessee Downtown:* Abbas E. Kitabchi, PhD, MD (principal investigator); Ebenezer Nyenwe, MD (coinvestigator); Helen Lambeth, RN, BSN (program coordinator); Amy Brewer, MS, RD, LDN; Debra Clark, LPN; Andrea Crisler, MT; Debra Force, MS, RD, LDN; Donna Green, RN; Robert Kores, PhD.

*University of Minnesota:* Robert W. Jeffery, PhD (principal investigator); Carolyn Thorson, CCRP (program coordinator); John P. Bantle, MD (coinvestigator); J. Bruce Redmon, MD (coinvestigator); Richard S. Crow, MD (coinvestigator); Scott Crow, MD (coinvestigator); Susan K. Raatz, PhD, RD (coinvestigator); Kerrin Brelje, MPH, RD; Carolyn Campbell; Jeanne Carls, MEd; Tara Carmean-Mihm, BA; Julia Devonish, MS; Emily Finch, MA; Anna Fox, MA; Elizabeth Hoelscher, MPH, RD, CHES; La Donna James; Vicki A. Maddy, BS, RD; Therese Ockenden, RN; Birgitta I. Rice, MS, RPH, CHES; Tricia Skarphol, BS; Ann D. Tucker, BA; Mary Susan Voeller, BA; Cara Walcheck, BS, RD.

*St. Luke's Roosevelt Hospital Center:* Xavier Pi-Sunyer, MD (principal investigator); Jennifer Patricio, MS (program coordinator); Stanley Heshka, PhD (coinvestigator); Carmen Pal, MD (coinvestigator); Lynn Allen, MD; Lolline Chong, BS, RD; Marci Gluck, PhD; Diane Hirsch, RNC, MS, CDE; Mary Anne Holowaty, MS, CN; Michelle Horowitz, MS, RD; Nancy Rau, MS, RD, CDE; Dori Brill Steinberg, BS.

*University of Pennsylvania:* Thomas A. Wadden, PhD (principal investigator); Barbara J. Maschak-Carey, MSN, CDE (program coordinator); Robert I. Berkowitz, MD (coinvestigator); Seth Braunstein, MD, PhD (coinvestigator); Gary Foster, PhD (coinvestigator); Henry Glick, PhD (coinvestigator); Shiriki Kumanyika, PhD, RD, MPH (coinvestigator); Stanley S. Schwartz, MD (coinvestigator); Michael Allen, RN; Yuliis Bell; Johanna Brock; Susan Brozena, MD; Ray Carvajal, MA; Helen Chomentowski; Canice Crerand, PhD; Renee Davenport; Andrea Diamond, MS, RD; Anthony Fabricatore, PhD; Lee Goldberg, MD; Louise Hesson, MSN, CRNP; Thomas Hudak, MS; Nayyar Iqbal, MD; LaShanda Jones-Corneille, PhD; Andrew Kao, MD; Robert Kuehnel, PhD; Patricia Lipschutz, MSN; Monica Mullen, RD, MPH.

*University of Pittsburgh:* John M. Jakicic, PhD (principal investigator), David E. Kelley, MD (principal investigator); Jacqueline Wesche-Thobaben, RN, BSN, CDE (program coordinator); Lewis H. Kuller, MD, DrPH (coinvestigator); Andrea Kriska, PhD (coinvestigator); Amy D. Otto, PhD, RD, LDN (coinvestigator); Lin Ewing, PhD, RN (coinvestigator); Mary Korytkowski, MD (coinvestigator); Daniel Edmundowicz, MD (coinvestigator); Monica E. Yamamoto, DrPH, RD, FADA (coinvestigator); Rebecca Danchenko, BS; Barbara Elnyczky; David O. Garcia, MS; George A. Grove, MS; Patricia H. Harper, MS,

RD, LDN; Susan Harrier, BS; Nicole L. Helbling, MS, RN; Diane Ives, MPH; Juliet Mancino, MS, RD, CDE, LDN; Anne Mathews, PhD, RD, LDN; Tracey Y. Murray, BS; Joan R. Ritchea; Susan Urda, BS, CTR; Donna L. Wolf, PhD.

*The Miriam Hospital/Brown Medical School:* Rena R. Wing, PhD (principal investigator); Renee Bright, MS (program coordinator); Vincent Pera, MD (coinvestigator); John Jakicic, PhD (coinvestigator); PhD (coinvestigator); Kara Gallagher, PhD (coinvestigator); Amy Bach, PhD; Barbara Bancroft, RN, MS; Anna Bertorelli, MBA, RD; Richard Carey, BS; Tatum Charron, BS; Heather Chenot, MS; Kimberley Chula-Maguire, MS; Pamela Coward, MS, RD; Lisa Cronkite, BS; Julie Currin, MD; Maureen Daly, RN; Caitlin Egan, MS; Erica Ferguson, BS, RD; Linda Foss, MPH; Jennifer Gauvin, BS; Don Kieffer, PhD; Lauren Lessard, BS; Deborah Maier, MS; J.P. Massaro, BS; Tammy Monk, MS; Rob Nicholson, PhD; Erin Patterson, BS; Suzanne Phelan, PhD; Hollie Raynor, PhD, RD; Douglas Raynor, PhD; Natalie Robinson, MS, RD; Deborah Robles; Jane Tavares, BS.

*The University of Texas Health Science Center at San Antonio:* Steven M. Haffner, MD (principal investigator); Helen P. Hazuda, PhD (principal investigator); Maria G. Montez, RN, MSHP, CDE (program coordinator); Carlos Lorenzo, MD (coinvestigator); Charles F. Coleman, MS, RD; Domingo Granado, RN; Kathy Hathaway, MS, RD; Juan Carlos Isaac, RC, BSN; Nora Ramirez, RN, BSN; Ronda Saenz, MS, RD.

*VA Puget Sound Health Care System/University of Washington:* Steven Kahn, MB, ChB (principal investigator); Brenda Montgomery, RN, MS, CDE (program coordinator); Robert Knopp, MD (coinvestigator); Edward Lipkin, MD (coinvestigator); Dace Trence, MD (coinvestigator); Terry Barrett, BS; Joli Bartell, BA; Diane Greenberg, PhD; Anne Murillo, BS; Betty Ann Richmond, MEd; Jolanta Socha, BS; April Thomas, MPH, RD; Alan Wesley, BA.

*Southwestern American Indian Center, Phoenix, Arizona and Shiprock, New Mexico:* William C. Knowler, MD, DrPH (principal investigator); Paula Bolin, RN, MC (program coordinator); Tina Killean, BS (program coordinator); Cathy Manus, LPN (coinvestigator); Jonathan Krakoff, MD (coinvestigator); Jeffrey M. Curtis, MD, MPH (coinvestigator); Justin Glass, MD (coinvestigator); Sara Michaels, MD (coinvestigator); Peter H. Bennett, MB, FRCP (coinvestigator); Tina Morgan (coinvestigator); Shandiin Begay, MPH; Paul Bloomquist, MD; Teddy Costa, BS; Bernadita Fallis, RN, RHIT, CCS; Jeanette Hermes, MS, RD; Diane F. Hollowbreast; Ruby Johnson; Maria Meacham, BSN, RN, CDE; Julie Nelson, RD; Carol Percy, RN; Patricia Poorthunder; Sandra Sangster; Nancy Scurlock, MSN, ANP-C, CDE; Leigh A. Shovestull, RD, CDE; Janelia Smiley; Katie Toledo, MS, LPC; Christina Tomchee, BA; Darryl Tonemah, PhD.

*University of Southern California:* Anne Peters, MD (principal investigator); Valerie Ruelas, MSW, LCSW (program coordinator); Siran Ghazarian Sengardi, MD (program coordinator); Kathryn (Mandy) Graves Hillstrom, EdD, RD, CDE; Kati Konersman, MA, RD, CDE; Sara Serafin-Dokhan.

#### Coordinating Center

*Wake Forest University:* Mark A. Espeland, PhD (principal investigator); Judy L. Bahnson, BA, CCRP (coinvestigator); Lynne E. Wagenknecht, DrPH (coinvestigator); David Reboussin, PhD (coinvestigator); W. Jack Rejeski, PhD (coinvestigator); Alain G. Bertoni, MD, MPH (coinvestigator); Wei Lang, PhD (coinvestigator); Michael S. Lawlor, PhD (coinvestigator); David Lefkowitz, MD

(coinvestigator); Gary D. Miller, PhD (coinvestigator); Patrick S. Reynolds, MD (coinvestigator); Paul M. Ribisl, PhD (coinvestigator); Mara Vitolins, DrPH (coinvestigator); Haiying Chen, PhD (coinvestigator); Delia S. West, PhD (coinvestigator); Lawrence M. Friedman, MD (coinvestigator); Brenda L. Craven, MS, CCRP (program coordinator); Kathy M. Dotson, BA (program coordinator); Amelia Hodges, BS, CCRP (program coordinator); Carrie C. Williams, BS, CCRP (program coordinator); Andrea Anderson, MS; Jerry M. Barnes, MA, Mary Barr; Daniel P. Beavers, PhD; Tara Beckner; Cralen Davis, MS; Thania Del Valle-Fagan, MD; Patricia A. Feeney, MS; Candace Goode; Jason Griffin, BS; Lea Harvin, BS; Patricia Hogan, MS; Sarah A. Gaussoin, MS; Mark King, BS; Kathy Lane, BS; Rebecca H. Neiberg, MS; Michael P. Walkup, MS; Karen Wall, AAS; Terri Windham.

#### Central Resources Centers

*DXA Reading Center, University of California at San Francisco:* Michael Nevitt, PhD (principal investigator); Ann Schwartz, PhD (program coordinator); John Shepherd, PhD (coinvestigator); Michaela Rahorst; Lisa Palermo, MS, MA; Susan Ewing, MS; Cynthia Hayashi; Jason Maeda, MPH.

*Central Laboratory, Northwest Lipid Metabolism and Diabetes Research Laboratories:* Santica M. Marcovina, PhD, ScD (principal investigator); Jessica Chmielewski (program coordinator); Vinod Gaur, PhD (coinvestigator).

*ECG Reading Center, EPICARE, Wake Forest University School of Medicine:* Elsayed Z. Soliman, MD, MSc, MS (principal investigator); Ronald J. Prineas, MD, PhD (principal investigator); Charles Campbell (program coordinator); Zhu-Ming Zhang, MD (coinvestigator); Teresa Alexander; Lisa Keasler; Susan Hensley; Yabing Li, MD.

*Diet Assessment Center, University of South Carolina, Arnold School of Public Health, Center for Research in Nutrition and Health Disparities:* Robert Moran, PhD (principal investigator).

*Hall-Foushee Communications, Inc.:* Richard Foushee, PhD; Nancy J. Hall, MA.

#### *Federal sponsors*

*National Institute of Diabetes and Digestive and Kidney Diseases:* Mary Evans, PhD; Barbara Harrison, MS; Van S. Hubbard, MD, PhD; Susan Z. Yanovski, MD; Robert Kuczmarski, PhD.

*National Heart, Lung, and Blood Institute:* Lawton S. Cooper, MD, MPH; Peter Kaufman, PhD, FABMR.

*Centers for Disease Control and Prevention:* Edward W. Gregg, PhD; David F. Williamson, PhD; Ping Zhang, PhD.

All other Look AHEAD staffs are listed alphabetically by site.