

Supplementary Table. Baseline characteristics of men who completed urinary history assessment at baseline and after one-year of follow-up by intervention group.

	Total (N=1910)	ILI (N=968)	DSE (N=942)	p-value**
	Mean (SD) or number (%)	Mean (SD) or number (%)	Mean (SD) or number (%)	
Age (years)	59.9 (6.7)	59.9 (6.6)	60.0 (6.7)	0.74
Race/ethnicity				0.65 ***
Non-Hispanic White	1456 (76.2)	733 (75.7)	723 (76.8)	
African-American	172 (9.0)	88 (9.1)	84 (8.9)	
Hispanic	174 (9.1)	89 (9.2)	85 (9.0)	
Native American	53 (2.8)	30 (3.1)	23 (2.4)	
Asian	15 (0.8)	10 (1.0)	5 (0.5)	
Other/mixed	40 (2.1)	18 (1.9)	22 (2.3)	
Education				0.64
< high school	66 (3.5)	37 (3.9)	29 (3.2)	
High school graduate or equivalent	221 (11.8)	116 (12.1)	105 (11.4)	
College graduate	1592 (84.7)	808 (84.1)	784 (85.4)	
BMI (kg/m ²)				0.47
< 30	315 (16.5)	154 (15.9)	161 (17.1)	
30-34	764 (40.0)	395 (40.8)	369 (39.2)	
35-39	487 (25.5)	236 (24.4)	251 (26.7)	
40+	344 (18.0)	183 (18.9)	161 (17.1)	
Waist circumference (cm)	118.5 (13.5)	118.6 (14.0)	118.3 (13.0)	0.65
Systolic blood pressure (mmHg)	128.4 (16.5)	127.8 (16.5)	129.1 (16.5)	0.09
Diastolic blood pressure (mmHg)	73.2 (9.2)	72.9 (9.07)	73.5 (9.3)	0.13
Maximal fitness (METS)*	8.0(2.1)	7.9 (2.1)	8.0 (2.1)	0.59
Beck Depression Inventory				0.41
0-2	689 (36.1)	353 (36.5)	336 (35.7)	
3-5	578 (30.3)	286 (29.6)	292 (31.1)	
6-9	397 (20.8)	194 (20.0)	203 (21.6)	
10+	243 (12.7)	134 (13.9)	109 (11.6)	
Diabetes duration (years)				0.39
0-<2	300 (15.8)	163 (17.0)	137 (14.6)	
2-<6	683 (36.0)	342 (35.6)	341 (36.3)	
6-<10	373 (19.6)	178 (18.5)	195 (20.8)	
10+	544 (28.6)	278 (28.9)	266 (28.3)	
Retinopathy	181 (9.5)	94 (9.7)	87 (9.2)	0.72
Peripheral neuropathy	22 (1.2)	10 (1.0)	12 (1.3)	0.62
A1C (%)	7.3 (1.2)	7.2 (1.2)	7.3 (1.2)	0.05
Sleep apnea	353 (18.5)	186 (9.8)	167 (17.8)	0.40
Smoking status				0.37
Never	729 (38.3)	357 (37.0)	372 (39.7)	
Past	1096 (57.6)	565 (58.5)	531 (56.6)	
Current	79 (4.2)	44 (4.6)	35 (3.7)	
Any alcohol in past year	1358 (71.1)	681 (70.4)	677 (71.9)	0.46
Weakly or greater UI	200 (10.5)	109 (11.3)	91 (9.7)	0.25
Nocturia (≥2/night)	725 (40.0)	365 (37.7)	360 (38.2)	0.82

Increased Daytime Voiding(≥ 8/day)	352 (18.4)	167 (17.3)	185 (19.6)	0.18
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* METS = metabolic equivalents

** Based on chi-square tests for categorical data and t tests for continuous.

** *Collapsed to four groups (non-Hispanic White, African-American, Hispanic, and Other/mixed).