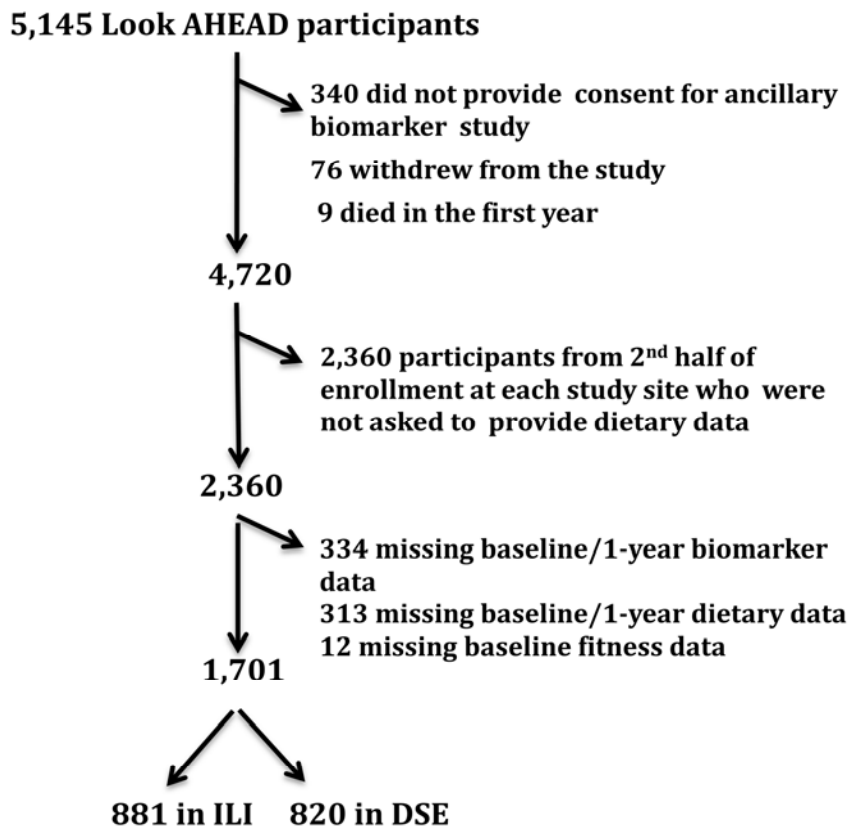


Online Supplemental Material

Figure 1. Look AHEAD participants eligible for fiber and PAI-1 baseline and year 1 study



PAI-1: plasminogen activator inhibitor-1; ILI: intensive lifestyle Intervention; DSE: Diabetes Support and Education

Table 1. Characteristics of Look AHEAD participants in fiber and PAI-1 baseline and year 1 sub-study and in remainder of the Look AHEAD cohort

VARIABLE	Fiber and PAI-1 Sub-Study (n=1701)	Remainder of Look AHEAD (N=3444)	T-test P-value
Age (years)	57.3 (7.3)	59.4 (6.5)	<.0001
Females (%)	59%	60%	0.59
White (%)	68%	61%	<.0001
Diabetes Duration (years)	6.5 (6.1)	6.9 (6.7)	0.02
History of CVD (%)	12%	15%	0.004
Current Tobacco use (%)	4%	5%	0.14
Statin Therapy (%)	40%	47%	<.0001
Thiazolidinedione Therapy (%)	27%	26%	0.68
Insulin Therapy (%)	15%	16%	0.20
Estrogen replacement in women (%)	57%	58%	0.71
Weight (kg)	101.7 (19.7)	100.2 (19.0)	0.02
BMI (kg/m ²)	36.2 (6.2)	35.8 (5.7)	0.03
Waist Circumference (cm)	114.5 (14.8)	113.6 (13.5)	0.05
Fitness (submaximal, MET)	5.2 (1.5)	5.1 (1.5)	0.39
HbA1c (%)	7.3 (1.2)	7.2 (1.2)	0.01
LDL cholesterol (mg/dL)	112.9 (31.9)	111.6 (32.4)	0.12
HDL cholesterol (mg/dL)	42.6 (11.4)	43.9 (12.0)	<.0001
Triglycerides (mg/dL) [†]	154 (109, 223)	154 (109, 218)	0.31

[†]P-value based on log-transformed values. PAI-1: plasminogen activator inhibitor-1; ILI: Intensive Lifestyle Intervention; DSE: Diabetes Support and Education

Online Author Supplement: Look AHEAD Research Group at Year 1

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