

Supplementary Online Content

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eAppendix. Look AHEAD Research Group at Year 4

eTable 1. Baseline Characteristics of Study Sample According to Inclusion Status

eTable 2. Odds Ratios and Probability of Any Remission in Years 2 Through 4 Associated With Key Demographic and Health Status Predictors for the Overall Sample and by Intervention Group

This supplementary material has been provided by the authors to give readers additional information about their work.

eAppendix. Look AHEAD Research Group at Year 4

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eTable 1. Baseline Characteristics of Study Sample According to Inclusion Status

Characteristics	Primary Analytic Sample			Excluded Participants			P value*	Subset Used in Complete Case Analysis for Figure 3		
	DSE	ILI	Overall	DSE	ILI	Overall		DSE	ILI	Overall
Number	2262	2241	4503	313	329	642		1861	1852	3713
Age, mean (SD), y	59.1 (6.9)	58.6 (6.7)	58.9 (6.8)	57.5 (6.8)	58.1 (7.2)	57.8 (7.0)	0.01	59.1 (6.9)	58.7 (6.7)	58.88, (6.8)
Male, No. (%)	936 (41.4)	940 (41.9)	1876 (41.7)	102 (32.6)	104 (31.6)	206 (32.1)	<0.01	789 (42.4)	765 (41.3)	1554 (41.8)
Race / ethnicity No. (%)										
White	364 (16.1)	353 (15.8)	717 (15.9)	40 (12.8)	47 (14.3)	87 (13.6)	0.027	306 (16.4)	293 (15.82)	599 (16.1)
African American	120 (5.3)	113 (5.0)	233 (5.2)	8 (2.6)	17 (5.2)	25 (3.9)		110 (5.9)	104 (5.62)	214 (5.8)
American Indian	64 (2.8)	68 (3.0)	132 (2.9)	8 (2.6)	10 (3.04)	18 (2.8)		55 (3.0)	59 (3.19)	114 (3.1)
Asian/Pacific Islander/Other	307 (13.6)	305 (13.6)	612 (13.6)	33 (10.5)	35 (10.6)	68 (10.6)		218 (11.7)	219 (11.83)	437 (11.8)
Hispanic	1407 (62.2)	1401 (62.5)	2808 (62.4)	224 (71.6)	220 (66.9)	444 (69.2)		1172 (63.0)	1177 (63.55)	2349 (63.2)
Education No. (%)										
< 13 years	463 (20.5)	458 (20.5)	921 (20.5)	52 (16.6)	51 (15.5)	103 (16.0)	0.32	362 (19.5)	360 (19.47)	722 (19.5)
13 to < 16 years	851 (37.6)	828 (37.0)	1679 (37.3)	117 (37.3)	119 (36.2)	236 (36.8)		711 (38.2)	675 (36.51)	1386 (37.4)
≥ 16 years	894 (39.5)	912 (40.8)	1806 (40.1)	133 (42.5)	155 (47.1)	288 (44.9)		743 (39.9)	780 (42.18)	1523 (41.1)
CVD History No. (%)	313 (13.8)	326 (14.6)	639 (14.2)	35 (11.2)	40 (12.2)	75 (11.7)	0.09	252 (13.5)	271 (14.6)	523 (14.1)
Hypertension Medications No. (%)	1690 (74.8)	1708 (76.2)	3398 (75.5)	212 (67.7)	231 (70.2)	443 (69)	<0.01	1377 (74.0)	1417 (76.5)	2794 (75.3)
Diabetes Medications: No. (%)										
None	161 (7.2)	153 (6.9)	314 (7.0)	171 (55.0)	196 (60.1)	367 (57.6)	<0.01	130 (7.0)	110 (6.0)	240 (6.5)
Orals alone	1650 (73.3)	1654 (74.1)	3304 (73.7)	98 (31.5)	95 (29.1)	193 (30.3)		1372 (74.2)	1358 (73.7)	2730 (73.9)
Any insulin	439 (19.5)	425 (19.0)	864 (19.3)	42 (13.5)	35 (10.7)	77 (12.1)		348 (18.8)	375 (20.4)	723 (19.6)
Diabetes Duration, median (IQR), y	5 (7)	5 (8)	5 (8)	3 (4)	2 (5)	2 (4)	<0.01	5 (7)	5 (8)	5 (8)
Height, mean (SD), CM	167.3 (9.9)	167.3 (9.7)	167.3 (9.8)	167.2 (9.4)	166.5 (8.94)	166.8 (9.2)	0.25	167.5 (10.0)	167.4 (9.7)	167.4 (9.8)
Weight, mean (SD), kg	100.6 (18.7)	100.4 (19.5)	100.5 (19.1)	103.0 (19.6)	101.9 (20.8)	102.4 (20.2)	0.015	100.5 (18.5)	100.0 (19.1)	100.3 (18.8)

eTable 1. Baseline Characteristics of Study Sample According to Inclusion Status (continued)

Characteristics	Primary Analytic Sample			Excluded Participants			P value*	Subset Used in Complete Case Analysis for Figure 3		
	DSE	ILI	Overall	DSE	ILI	Overall		DSE	ILI	Overall
Fitness, mean (SD), METS	7.2 (2.0)	7.2 (1.9)	7.2 (2.0)	7.3 (1.9)	7.2 (2.0)	7.3 (1.0)	0.44	7.2 (2.0)	7.2 (1.9)	7.2 (2.0)
HbA1c, mean (SD), %	7.37, 1.17	7.34, 1.14	7.4 (1.2)	6.87 (1.3)	6.7 (1.0)	6.8 (1.2)	<0.01	7.4 (1.2)	7.4 (1.1)	7.4 (1.2)
FPG, mean (SD), mg/dl)	155.6 (46.1)	154.4 (44.9)	155.0 (45.5)	142.7 (48.1)	138.2 (41.1)	140.4 (44.7)	<0.01	155.5 (45.9)	154.9 (45.3)	155.2 (45.6)
BMI, mean (SD), kg/m2	35.9 (5.7)	35.8, (5.9)	35.8 (5.8)	36.8 (6.3)	36.7 (6.9)	36.8 (6.6)	<0.01	35.8 (5.7)	35.7 (5.8)	35.7 (5.7)

*BMI: Body mass index ; CVD: Cardiovascular disease; FPG: fasting plasma glucose. Cardiovascular disease history was defined by self-reported history of stroke or heart attack. . p value: test for difference between primary analytic sample and excluded participants.)

eTable 2. Odds Ratios and Probability of Any Remission in Years 2 Through 4 Associated With Key Demographic and Health Status Predictors for the Overall Sample and by Intervention Group

	N (%)	2nd to 4th Year Univariate Odds Ratio (Overall Sample)	2nd to 4th Year Multivariate Odds Ratio (Overall Sample)	Unadjusted Probability of 2nd through 4th Year Remission		
				Overall	DSE (%)	ILI (%)
Men	1876 (41.7)	1.0	1.0	1.5 (1.3-1.9)	1.1(0.8–1.5)	2.0 (1.5–2.7)
Women	2627 (58.3)	0.99 (0.80-1.22)	0.87 (0.67-1.13)	1.5 (1.3-1.8)	1.1 (0.8–1.4)	2.0 (1.5–2.5)
Age (y)						
Low (44 to < 56)	1383 (30.7)	1.0	1.0	1.4 (1.1-1.8)	1.2 (0.8–1.7)	1.7 (1.2–2.4)
Middle (56 to < 61)	1596 (35.4)	1.20 (0.92-1.56)	1.33 (0.97-1.83)	1.7 (1.4-2.0)	1.1 (0.8–1.6)	2.4 (1.8–3.2)
High (> 61 to 76)	1524 (33.8)	1.06 (0.82-1.38)	1.28 (0.93-1.77)	1.5 (1.2-1.8)	0.9 (0.6–1.3)	1.8 (1.3–2.6)
Race/Ethnicity						
White	2808 (62.3)	1.0	1.0	1.5 (1.3-1.8)	1.0 (0.6-1.7)	1.4 (0.8-2.4)
African-American	717 (15.9)	0.84 (0.62-1.14)	1.05 (0.72-1.54)	1.3 (0.9-1.7)	2.0 (1.0-3.8)	2.8 (1.5-5.2)
American Indian	233 (5.2)	1.23 (0.79-1.92)	2.00 (1.18-3.40)	1.9 (1.2-2.8)	0.7 (0.1-4.5)	1.6 (0.5-4.3)
Asian-Pacific Islander	132 (2.9)	0.83 (0.35-1.87)	0.83 (0.25-2.73)	1.2 (0.5-2.8)	1.3 (0.7-2.1)	3.1 (2.1-4.6)
Hispanic	612 (13.6)	1.19 (0.87-1.62)	1.54 (1.07-2.23)	1.8 (1.3-2.4)	1.0 (0.7-1.3)	1.9 (1.5-2.4)
Diabetes Duration (y)						
Low (0 to < 2)	1168 (26.1)	1.0	1.0	2.3 (2.0-2.9)	1.9 (1.4–2.6)	3.6 (2.8–4.7)
Middle (2 to < 7)	1707 (38.2)	0.69 (0.54-0.88)	0.70 (0.53-0.93)	1.6 (1.2-1.8)	1.2 (0.8–1.7)	2.0 (1.5–2.7)
High (\geq 7)	1597 (35.7)	0.40 (0.30-0.55)	0.48 (0.33-0.69)	0.9 (0.7-1.2)	0.4 (0.2–0.7)	0.9 (0.6–1.4)
BMI Tertile (kg/m ²)						
Low (< 32.5)	1501 (33.3)	1.0	1.0	1.5 (1.2-1.8)	0.8 (0.5–1.2)	2.2 (1.6–2.9)
Middle (32.5 - 37.7)	1501 (33.3)	0.98 (0.76-1.26)	0.95 (0.72-1.27)	1.5 (1.3-1.8)	1.0 (0.7–1.5)	1.8 (1.3–2.5)
High (> 37.7)	1501 (33.3)	1.06 (0.82-1.37)	1.10 (0.81-1.48)	1.6 (1.3-2.0)	1.4 (1.0–2.0)	2.0 (1.5–2.7)
HbA1c Tertile (%)						
Low (< 6.7)	1300 (28.9)	1.0	1.0	2.4 (0.02-0.3)	1.5 (1.1–2.1)	3.5 (2.7–4.5)
Middle (6.7 to 7.6)	1634 (38.2)	0.62 (0.49-0.79)	0.64 (0.49-0.83)	1.5 (0.01-0.2)	1.2 (0.8–1.7)	1.9 (1.4–2.6)
High (> 7.6)	1569 (35.7)	0.37 (0.27-0.50)	0.46 (0.32-0.64)	0.9 (0.01-0.1)	0.6 (0.4–1.0)	1.0 (0.6–1.5)

Table 2. Odds Ratios and Probability of Any Remission in Years 2 Through 4 Associated With Key Demographic and Health Status Predictors for the Overall Sample and by Intervention Group (continued)

	N (%)	2nd to 4th Year Univariate Odds Ratio (Overall Sample)	2nd to 4th Year Multivariate Odds Ratio (Overall Sample)	Unadjusted Probability of 2nd through 4th Year Remission		
				Overall	DSE (%)	ILI (%)
No insulin use	2251 (80.7)	1.0	1.0	1.7 (1.4-2.0)	1.2 (1.0-1.5)	2.3 (1.9-2.8)
Insulin use	864 (19.3)	0.50 (0.34-0.75)	0.61 (0.37-1.01)	0.8 (0.6-1.2)	0.5 (0.3-1.0)	0.7 (0.4-1.4)
HTN meds	3398 (75.5)	1.04 (0.86-1.32)	1.05 (0.79-1.38)	1.5 (1.3-1.8)	1.1 (0.9-1.4)	2.0 (1.6-2.5)
No HTN meds	571, 25.25	1.0	1.0	1.5 (1.2-1.9)	1.0 (0.6-1.5)	2.0 (1.4-2.9)
CVD history	639 (14.2)	0.72 (0.50-1.05)	0.72 (0.45-1.13)	1.2 (0.8-1.6)	0.5 (0.2-1.2)	1.1 (0.6-2.1)
No CVD history	1949 (86.2)	1.0	1.0	1.6 (1.3-1.9)	1.2 (0.9-1.5)	2.2 (1.8-2.6)
1-y weight change (%)						
Low (≥ 1)	1464 (33.3)	1.0	1.0	2.7 (2.2-3.2)	1.6 (1.0-2.7)	3.1 (2.6-3.9)
Middle (1 to < -6.5)	1465 (33.4)	0.41 (0.30-0.54)	0.36 (0.26-0.50)	1.1 (0.8-1.4)	1.3 (0.9-1.8)	0.9 (0.6-1.3)
High (< -6.5)	1464 (33.3)	0.34 (0.24-0.47)	0.32 (0.20-0.52)	0.9 (0.7-1.2)	0.7 (0.5-1.1)	0.6 (0.3-1.5)
1-y fitness change (%)						
Low (< -2.3)	925 (24.4)	1.0	1.0	1.2 (0.9-1.6)	0.8 (0.5-1.3)	1.4 (0.8-2.3)
Middle (2.3 to < 17.9)	1593 (42.0)	1.14 (0.80-1.60)	1.04 (0.71-1.54)	1.3 (1.1-1.7)	0.9 (0.6-1.4)	1.4 (1.0-2.0)
High (≥ 17.9)	1274 (33.6)	1.75 (1.25-2.46)	1.28 (0.87-1.89)	2.1 (1.7-2.6)	1.5 (1.0-2.2)	3.0 (2.3-3.8)
1-y PA change (kcal/wk)						
Low (< -4)	657 (33.0)	1.0	1.0	1.0 (0.7-1.5)	0.8 (0.5-1.4)	1.6 (0.9-3.1)
Middle (-4 to < 729)	672 (33.7)	2.12 (1.25-3.61)	0.87 (0.31-1.49)	1.1 (0.8-1.6)	0.4 (0.2-0.9)	1.2 (0.6-2.2)
High (≥ 729)	665 (33.4)	4.38 (2.68-7.16)	0.98 (0.58-1.66)	1.5 (1.1-2.1)	0.9 (0.4-2.1)	2.2 (1.5-3.3)

Category thresholds for diabetes duration, BMI, HbA1c, weight change, fitness change, and physical activity change based on tertiles of the overall sample.