

Table S1: Characteristics for the Intervention and the Control centers

	Intervention (n=120)		Control (n=123)		P-value
	Mean	SD	Mean	SD	
Age (years)	56.15	10.17	53.84	11.59	0.10
BMI	32.60	8.57	32.18	8.49	0.71
	n	%	n	%	
Gender	120		123		0.87
Females	68	56.7	71	57.7	
Race	117		121		<.0001
White	40	34.2	51	42.2	
Black	60	51.3	31	25.6	
Asian	3	2.6	28	23.1	
Hispanic	12	10.3	8	6.6	
Others	2	1.7	3	2.5	
Smokers	119		123		0.16
Smokers	47	39.5	38	30.9	
Non smokers	72	60.5	85	69.1	
Immigrant	111		120		<.0001
Non-immigrant	102	91.9	70	58.3	
Immigrant	9	8.1	50	41.7	
Insurance(multiple-choice)	117		121		
Medicaid	40	34.2	58	47.9	0.031
Medicare	36	30.8	24	19.8	0.052
Ingham Health Plan	50	42.7	45	37.2	0.38
Others	10	8.6	25	20.7	0.0078
Medical History	120		123		
Hypertension	95	79.2	87	70.7	0.13
High Cholesterol	74	61.7	66	53.7	0.21
Depression	58	48.3	37	30.1	0.0036
Asthma	15	12.5	12	9.8	0.51
Stroke	8	6.7	9	7.3	0.84
Congestive Heart Failure	8	6.7	7	5.7	0.75
Cancer	14	11.7	10	8.1	0.36
PVD	7	5.8	10	8.1	0.48
CAD	24	20.0	15	12.2	0.10
Charlson Index	120		122		0.11
Mildly ill(1<=CCI<=2)	25	20.8	39	32.0	
Moderately ill (3<=CCI<=4)	64	53.3	60	49.2	
Severely ill(5<=CCI)	31	25.8	23	18.9	
Diabetes	119		122		0.17
With Diabetes	109	91.6	105	86.1	
Blood Pressure – at baseline	92		84		0.46
Controlled	27	29.4	29	34.5	
Blood Pressure – at 3 months	84		75		0.36

Controlled		28	33.3		20	26.7	
Blood Pressure – at 6 months	77			69			0.38
Controlled		24	31.2		17	24.6	
Blood Pressure – at 12 months	70			40			0.49
Controlled		20	28.6		9	22.5	
Medication Use (eligible)	119			122			
Aspirin/Plavix		84	70.6		80	65.6	0.40
Beta-blockers		45	37.8		44	36.1	0.78
ACEI/ARB		114	95.8		111	91.0	0.13
statins		84	70.6		78	63.9	0.27

BMI, body mass index; PVD; peripheral vascular disease; CAD, coronary artery disease; CCI, charlson comorbidity index; ACEI/ARB, angiotensin-converting enzyme inhibitors/ angiotensin receptor blockers