ESM Table 1. Demographic and clinical characteristics of study participants at baseline

Characteristic	Intervention (n = 70)	Control (n = 73)	All patients (n = 143)
Age (years)			
Mean	61.9	62.3	62.1
Range	47.6 – 78.4	43.2 – 78.4	43.2 – 78.4
Gender (%)			
Male	36 (51.4)	27 (37.0)	63 (44.1)
Female	34 (48.6)	46 (63.0)	80 (55.9)
Ethnicity (%)			
South Asian	56 (80.0)	54 (74.0)	110 (76.9)
Other	14 (20.0)	19 (26.0)	33 (23.1)
Currently married (%)	50 (71.4)	44 (60.3)	94 (65.7)
At least secondary education (%)	33 (47.1)	37 (50.7)	70 (49.0)
Employed (%)	34 (48.6)	32 (43.8)	66 (46.2)
Monthly household income ≥ $2,000 (%) *	15 (26.3)	14 (26.4)	29 (26.4)
Housing type (%)			
1–2 room	33 (54.1)	32 (50.8)	65 (52.4)
3-4 room	28 (45.9)	29 (46.0)	57 (46.0)
5-room or above	0 (0.0)	1 (1.6)	1 (0.8)
Diabetes duration (years)	13.8 (10.3)	16.8 (11.1)	15.3 (10.7)
Other comorbidities			
Hypertension	46 (65.7)	54 (74.0)	100 (69.9)
Hypercholesterolemia	45 (64.3)	52 (71.2)	97 (67.8)
Heart disease	19 (27.1)	14 (19.2)	33 (23.1)
Kidney disease	1 (1.4)	2 (2.7)	3 (2.1)
Stroke	2 (2.9)	5 (6.8)	7 (4.9)
Peripheral arterial disease	4 (5.7)	6 (8.2)	10 (7.0)
Retinopathy	20 (28.6)	26 (35.6)	46 (32.2)
Arthritis	8 (11.4)	8 (11.0)	16 (11.2)
Michigan Neuropathy Screening Instrument history score			
>=7	2 (2.9)	2 (2.7)	4 (2.8)
>=4	23 (32.9)	31 (42.5)	54 (37.8)
On DPN medication, n (%)	2 (2.9)	3 (4.1)	5 (3.5)
Falls in the past 4 weeks , n (%)	1 (1.4)	3 (4.1)	4 (2.8)
Mean BMI, kg/m^2 (SD)	28.4 (5.6)	28.4 (5.9)	28.4 (5.7)
Baseline HbA1c (mmol/mol) [%]	67 (19.7) [8.3 (1.8)]	70 (19.7) [8.6 (1.8)]	69 (19.7) [8.5 (1.8)]
HbA1c at 2-month (mmol/mol) [%]	64 (17.5) 8.0 (1.6)	68 (18.6) [8.4 (1.7)]	66 (18.6) [8.2 (1.7)]
HbA1c at 6-month (mmol/mol) [%]	66 (17.5)[8.2 (1.6)]	70 (23.0) [8.6 (2.1)]	68 (19.7) [8.4 (1.8)]

* Thirty-three observations with missing monthly household income.

ESM Table 2. Association between HRQoL and functional status among intervention group

Characteristic	Effect estimate	95% CI	p-value
Timed up and go (seconds)			
Model 1	-0.017	(-0.025, -0.009)	<0.001
Model 2	-0.015	(-0.023, -0.006)	0.001
Five times Sit-to-stand (seconds)			
Model 1	-0.011	(-0.019, -0.003)	0.010
Model 2	-0.006	(-0.015, 0.003)	0.170
Functional reach (cm)			
Model 1	-0.003	(-0.007, 0.002)	0.260
Model 2	-0.002	(-0.006, 0.003)	0.397
Total ABC score (%)			
Model 1	0.004	(0.003, 0.006)	<0.001
Model 2	0.003	(0.002, 0.005)	<0.001
Body sway velocity, eyes closed (mm/s)			
Model 1	-0.027	(-0.066, 0.012)	0.174
Model 2	-0.007	(-0.045, 0.031)	0.720
Muscle strength, right ankle (N)			
Model 1	0.001	(-0.0004, 0.003)	0.140
Model 2	0.0002	(-0.002, 0.002)	0.921
Range of motion, right ankle (degrees)			
Model 1	-0.002	(-0.004, 0.001)	0.208
Model 2	-0.001	(-0.004, 0.001)	0.360
Range of motion, right knee (degrees)			
Model 1	0.002	(0.001, 0.004)	0.014
Model 2	0.001	(0, 0.003)	0.143

ABC: activities-based balance confidence
Dependent variable: EQ-5D-5L index score
Note: Model 1 – GEE with gaussian distribution and unstructured correlation, adjusted with baseline measurement of functional status.

Model 2 – GEE with gaussian distribution and unstructured correlation, adjusted for time, baseline measurement of functional status and gender.

ESM Fig. 1. CONSORT diagram of participant flow