

Supplemental materials

S1: Linear regression analyses for primary outcomes (weight change and HbA1c change) at 12 months for participants with complete case data

		Weight change (N=1,534)				HbA1c change (N=1,502)			
		Coefficient	95% CI lower	95% CI upper	P value	Coefficient	95% CI lower	95% CI upper	P value
Baseline weight/HbA1c		-0.05	-0.08	-0.03	<0.001	-0.38	-0.44	-0.32	<0.001
Peer support	No								
	Yes	-4.47	-6.30	-2.64	<0.001	-1.51	-2.40	-0.62	0.001
Wearables provided	No								
	Yes	-3.36	-4.72	-2.01	<0.001	-0.49	-1.16	0.18	0.153
Telephone service	No								
	Yes	-3.69	-5.67	-1.71	<0.001	-1.04	-2.00	-0.08	0.034
Text service	No								
	Yes	0.74	-0.35	1.82	0.182	0.67	0.15	1.19	0.011
Age group	18-44								
	45-54	-0.39	-1.57	0.78	0.515	0.19	-0.40	0.77	0.534
	55-64	-1.75	-2.90	-0.61	0.003	0.12	-0.45	0.70	0.669
	65-74	-1.74	-2.96	-0.53	0.005	-0.03	-0.63	0.58	0.934
	75+	-1.83	-3.34	-0.32	0.017	0.35	-0.40	1.09	0.361

		Weight change (N=1,534)				HbA1c change (N=1,502)			
		Coefficient	95% CI lower	95% CI upper	P value	Coefficient	95% CI lower	95% CI upper	P value
Sex	Male								
	Female	-0.22	-0.82	0.38	0.468	-0.01	-0.30	0.28	0.936
	Indeterminate	-0.77	-12.43	10.88	0.897	-0.87	-6.47	4.74	0.761
Ethnicity	White								
	Mixed	0.83	-0.96	2.62	0.363	-0.05	-0.93	0.83	0.918
	Asian	0.36	-0.73	1.44	0.519	-0.22	-0.72	0.28	0.398
	black	0.10	-1.59	1.79	0.910	0.40	-0.45	1.25	0.359
	other	0.57	-3.87	5.02	0.800	1.48	-0.82	3.78	0.207
Highest education level	No Qualifications								
	School leaver	-0.60	-1.59	0.39	0.232	-0.33	-0.80	0.15	0.181
	Degree level	-1.03	-2.06	-0.01	0.048	-0.28	-0.78	0.22	0.268
Deprivation quintile	IMD 1 (most deprived)								
	IMD 2	0.22	-0.86	1.29	0.693	0.26	-0.26	0.79	0.321
	IMD 3	0.37	-0.73	1.46	0.509	0.13	-0.40	0.66	0.632
	IMD 4	-1.08	-2.16	-0.01	0.048	0.11	-0.41	0.64	0.670
	IMD 5 (least deprived)	0.62	-0.53	1.77	0.289	-0.13	-0.70	0.43	0.637

		Weight change (N=1,534)				HbA1c change (N=1,502)			
		Coefficient	95% CI lower	95% CI upper	P value	Coefficient	95% CI lower	95% CI upper	P value
Rural/urban	Mainly rural								
	Largely rural	-0.17	-1.24	0.89	0.753	1.59	1.09	2.09	<0.001
	Urban with significant rural	-0.62	-1.87	0.64	0.335	1.00	0.41	1.59	0.001
	Urban with city and town	0.45	-0.88	1.79	0.506	0.71	0.08	1.33	0.028
	Urban with major and conurbation	0.87	-0.28	2.03	0.136	0.66	0.11	1.20	0.019
BMI grouping	Healthy								
	Overweight	-0.80	-1.83	0.24	0.130	0.17	-0.31	0.65	0.485
	Obese	-0.77	-1.99	0.45	0.217	0.41	-0.06	0.89	0.086
	constant	3.19	0.52	5.87	0.019	-1.92	-3.22	-0.61	0.004

*Provider and Location not included due to multicollinearity

S2: Secondary outcomes (weight change and HbA1c change) at 6 months for participants with complete case data

		Weight change (N=1,811)						HbA1c change (N=1,696)					
		Mean						Mean					
		Mean	weight	95%	95%	P		Mean	HbA1c	95%	95%	P	
		N	baseline	change	CI	CI	value*	N	baseline	change	CI	CI	value*
			weight	at 6	lower	upper		HbA1c	at 6	lower	upper		
			months	months				months	months				
	Overall	1,811	87.2	-3.5	-3.7	-3.3	n/a	1,696	43.2	-1.8	-2.0	-1.7	n/a
Age	18-44	210	89.1	-2.7	-3.6	-1.9	0.0777	204	43.2	-1.9	-2.4	-1.4	0.4563
	45-54	338	92.2	-3.2	-3.7	-2.6		335	43.3	-1.7	-2.0	-1.4	
	55-64	591	87.3	-3.8	-4.2	-3.4		543	43.1	-1.9	-2.1	-1.6	
	65-74	522	85.0	-3.6	-4.0	-3.1		487	43.3	-2.0	-2.2	-1.7	
	75+	150	80.3	-3.9	-4.6	-3.2		127	43.4	-1.4	-2.0	-0.9	
Sex	Male	895	87.6	-3.4	-3.8	-3.0	0.6741	841	43.2	-1.9	-2.1	-1.7	0.7690
	Female	915	86.8	-3.6	-3.9	-3.3		854	43.3	-1.8	-2.0	-1.6	
	Indeterminate	1	73.0	-6.0				1	46.0	-1.0			
Ethnicity	White	1,413	89.1	-4.0	-4.3	-3.7	<0.0001	1,289	43.2	-1.9	-2.1	-1.8	0.0202
	Mixed	51	84.6	-3.0	-4.2	-1.8		53	42.9	-2.1	-2.9	-1.3	
	Asian	267	76.7	-1.5	-1.9	-1.1		265	43.3	-1.6	-2.0	-1.2	

		Weight change (N=1,811)					HbA1c change (N=1,696)						
		Mean					Mean						
		Mean	weight	95%	95%	P	Mean	HbA1c	95%	95%	P		
N	baseline	weight	change	CI	CI		N	baseline	change	CI		CI	
		weight	at 6	lower	upper	value*	HbA1c	at 6	lower	upper	value*		
		months	months	months	months		months	months	months	months			
	black	71	89.7	-1.2	-2.3	0.0	80	43.7	-1.0	-1.6	-0.3		
	other	9	85.4	-1.7	-5.6	2.3	9	42.7	-0.4	-3.2	2.4		
Deprivation	IMD 1 (most deprived)	294	88.8	-3.1	-3.8	-2.5	0.0002	311	43.5	-1.9	-2.2	-1.6	0.1912
	IMD 2	355	88.4	-2.7	-3.3	-2.2		337	43.3	-1.8	-2.1	-1.5	
	IMD 3	435	86.9	-3.2	-3.7	-2.7		386	43.3	-1.7	-2.0	-1.4	
	IMD 4	390	86.6	-4.2	-4.7	-3.7		358	43.1	-1.7	-2.0	-1.4	
	IMD 5 (least deprived)	337	85.4	-4.2	-4.7	-3.6		304	42.9	-2.2	-2.6	-1.8	
Highest education	No Qualifications	207	86.7	-2.8	-3.5	-2.1	0.0261	193	43.4	-1.5	-1.9	-1.1	0.2783
	School leaver	910	87.5	-3.4	-3.7	-3.0		875	43.3	-1.9	-2.1	-1.7	
	Degree level	694	86.9	-3.9	-4.2	-3.5		628	43.1	-1.9	-2.2	-1.7	
BMI	Healthy	204	65.7	-2.3	-2.8	-1.8	0.0002	198	43.0	-2.2	-2.6	-1.8	0.1857
	Obese	953	98.1	-3.9	-4.3	-3.5		897	43.4	-1.8	-2.0	-1.6	
	Overweight	654	77.9	-3.3	-3.6	-3.0		601	43.1	-1.8	-2.1	-1.6	

		Weight change (N=1,811)						HbA1c change (N=1,696)					
		Mean						Mean					
		Mean	weight	95%	95%	P		Mean	HbA1c	95%	95%	P	
		N	baseline	change	CI	CI	value*	N	baseline	change	CI	CI	value*
		weight	at 6	lower	upper	HbA1c		at 6	lower	upper			
		months						months					
Rural/urban	Mainly rural	233	88.5	-3.9	-4.7	-3.2	<0.0001	210	43.7	-2.3	-2.7	-1.9	0.0003
	Largely rural	379	88.9	-3.4	-3.9	-2.9		320	43.3	-1.5	-1.8	-1.2	
	Urban with significant rural	180	87.2	-4.1	-4.9	-3.3		160	42.3	-1.4	-1.9	-0.9	
	Urban with city and town	473	86.9	-4.9	-5.4	-4.4		387	43.2	-2.3	-2.6	-2.0	
	Urban with major and conurbation	546	85.6	-2.0	-2.4	-1.6		619	43.3	-1.7	-2.0	-1.5	
Peer support	No	1,171	86.9	-3.0	-3.2	-2.7	<0.0001	1,134	43.1	-1.8	-1.9	-1.6	0.1556
	Yes	640	87.7	-4.4	-4.9	-4.0		562	43.5	-2.0	-2.3	-1.7	
Wearables provided	No	1,362	86.5	-2.7	-3.0	-2.5	<0.0001	1,363	43.2	-1.7	-1.9	-1.5	0.0002
	Yes	449	89.2	-5.8	-6.4	-5.3		333	43.3	-2.4	-2.8	-2.0	
Telephone service	No	759	88.5	-4.3	-4.8	-3.9	<0.0001	681	43.6	-2.0	-2.2	-1.7	0.2335
	Yes	1,052	86.2	-2.9	-3.2	-2.6		1,015	43.0	-1.8	-2.0	-1.6	

		Weight change (N=1,811)						HbA1c change (N=1,696)					
		Mean						Mean					
		Mean	weight	95%	95%	P		Mean	HbA1c	95%	95%	P	
		N	baseline	change	CI	CI	value*	N	baseline	change	CI	CI	value*
		weight	at 6	lower	upper	HbA1c		at 6	lower	upper			
		months						months					
Text service	No	330	86.3	-2.9	-3.4	-2.4	0.0294	379	43.7	-2.3	-2.6	-2.0	0.0013
	Yes	1,481	87.4	-3.6	-3.9	-3.3		1,317	43.1	-1.7	-1.9	-1.5	
Provider	Provider 1	119	92.6	-3.8	-4.8	-2.9	<0.0001	119	44.1	-1.8	-2.3	-1.2	<0.0001
	Provider 2	330	86.3	-2.9	-3.4	-2.4		379	43.7	-2.3	-2.6	-2.0	
	Provider 3	310	87.5	-2.2	-2.8	-1.6		348	43.9	-1.5	-1.8	-1.2	
	Provider 4	330	87.9	-6.6	-7.2	-5.9		214	42.8	-2.8	-3.3	-2.3	
	Provider 5	722	86.2	-2.9	-3.2	-2.5		636	42.6	-1.5	-1.7	-1.2	
Location	Location 1	204	85.5	-6.4	-7.2	-5.7	<0.0001	153	43.2	-3.1	-3.7	-2.4	<0.0001
	Location 2	158	89.3	-3.3	-4.1	-2.4		159	41.4	-1.3	-1.8	-0.9	
	Location 3	189	82.6	-1.4	-1.9	-0.8		184	41.7	-1.1	-1.7	-0.5	
	Location 4	168	88.7	-3.8	-4.7	-3.0		141	43.4	-1.8	-2.3	-1.4	
	Location 5	159	85.7	-3.0	-3.6	-2.3		159	43.5	-2.0	-2.4	-1.6	
	Location 6	189	87.8	-1.8	-2.6	-1.1		220	44.1	-1.5	-1.9	-1.1	

	Weight change (N=1,811)					HbA1c change (N=1,696)				
	Mean					Mean				
	Mean	weight	95%	95%	P	Mean	HbA1c	95%	95%	P
	N	baseline	change	CI	CI	N	baseline	change	CI	CI
		weight	at 6	lower	upper		HbA1c	at 6	lower	upper
			months					months		
					value*					value*
Location 7	494	88.1	-3.5	-4.0	-3.1	412	43.9	-1.8	-2.0	-1.5
Location 8	171	86.8	-2.9	-3.6	-2.2	220	43.8	-2.5	-2.9	-2.2
Location 9	79	91.1	-7.0	-8.3	-5.6	48	41.3	-1.5	-2.2	-0.7

*Analysis of Variance

S3: Linear regression analyses for secondary outcomes (weight change and HbA1c change) at 6 months for participants with complete case data

		Weight change (N=1,811)				HbA1c change (N=1,696)			
		Coefficient	95% CI lower	95% CI upper	P value	Coefficient	95% CI lower	95% CI upper	P value
Baseline weight/HbA1c		-0.05	-0.07	-0.03	<0.001	-0.35	-0.40	-0.29	<0.001
Peer support	No								
	Yes	-3.58	-4.84	-2.33	<0.001	-1.41	-2.22	-0.61	<0.001
Wearables provided	No								
	Yes	-3.92	-4.85	-2.99	<0.001	-1.55	-2.15	-0.95	<0.001
Telephone service	No								
	Yes	-3.48	-4.84	-2.13	<0.001	-1.79	-2.65	-0.93	<0.001
Text service	No								
	Yes	0.55	-0.27	1.37	0.191	0.35	-0.15	0.85	0.172
Age group	18-44								
	45-54	-0.03	-0.90	0.84	0.952	0.33	-0.20	0.86	0.220
	55-64	-0.75	-1.58	0.08	0.077	0.25	-0.25	0.76	0.327
	65-74	-0.62	-1.51	0.27	0.173	0.29	-0.25	0.83	0.291
	75+	-1.04	-2.17	0.09	0.070	0.94	0.23	1.64	0.010
Sex	Male								

		Weight change (N=1,811)				HbA1c change (N=1,696)			
		Coefficient	95% CI lower	95% CI upper	P value	Coefficient	95% CI lower	95% CI upper	P value
	Female	-0.42	-0.87	0.04	0.072	0.05	-0.23	0.34	0.706
	Indeterminate	-4.67	-14.26	4.93	0.340	1.58	-4.21	7.37	0.593
Ethnicity	White								
	Mixed	0.50	-0.91	1.91	0.488	-0.19	-1.02	0.64	0.654
	Asian	0.83	0.00	1.65	0.050	0.29	-0.18	0.77	0.229
	black	1.81	0.55	3.07	0.005	1.04	0.32	1.77	0.005
	other	1.36	-1.87	4.58	0.410	1.34	-0.61	3.28	0.179
Highest education level	No Qualifications								
	School leaver	-0.41	-1.15	0.34	0.282	-0.35	-0.81	0.12	0.142
	Degree level	-0.83	-1.61	-0.05	0.036	-0.45	-0.94	0.03	0.068
Deprivation quintile	IMD 1 (most deprived)								
	IMD 2	0.52	-0.27	1.30	0.195	0.04	-0.43	0.52	0.853
	IMD 3	0.39	-0.41	1.19	0.342	0.17	-0.32	0.66	0.497
	IMD 4	-0.33	-1.13	0.46	0.415	0.15	-0.33	0.63	0.544
	IMD 5 (least deprived)	0.42	-0.43	1.27	0.331	-0.25	-0.77	0.27	0.345
Rural/urban	Mainly rural								

		Weight change (N=1,811)				HbA1c change (N=1,696)			
		Coefficient	95% CI lower	95% CI upper	P value	Coefficient	95% CI lower	95% CI upper	P value
	Largely rural	0.82	0.01	1.63	0.048	0.67	0.15	1.19	0.012
	Urban with significant rural	0.15	-0.83	1.13	0.764	0.66	0.03	1.29	0.039
	Urban with city and town	1.18	0.19	2.17	0.020	0.55	-0.07	1.18	0.080
	Urban with major and conurbation	1.22	0.32	2.12	0.008	0.32	-0.24	0.88	0.266
BMI grouping	Healthy								
	Overweight	-0.62	-1.42	0.18	0.129	0.27	-0.20	0.75	0.259
	Obese	-0.59	-1.52	0.34	0.214	0.41	-0.06	0.87	0.086
	constant	0.83	-1.11	2.77	0.402	-1.13	-2.35	0.09	0.069

*Provider and Location not included due to multicollinearity