Supplement: Tables

Supplement Table 1: List of Companion Publications

Supplement Table 2: Description of Studies and Baseline Characteristics of Patients at Risk for Diabetes

Supplement Table 3: Description of Studies and Baseline Characteristics of Patients With Type 2 Diabetes
# Supplement Table 1. List of Companion Publications

## Main Publication

### Patients at risk for diabetes

<table>
<thead>
<tr>
<th>Main Publication</th>
<th>Companion Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kubaszek A, Pihlajamaki J, Komarovsky V, et al. Promoter polymorphisms of the TNF-alpha (G-308A) and IL-6 (C-174G) genes predict the conversion from impaired glucose tolerance to type 2 diabetes: The Finnish Diabetes Prevention study. Diabetes 2003;52(7):1872-6</td>
</tr>
</tbody>
</table>


Li G, Hu Y, Yang W, et al. Effects of insulin resistance and insulin secretion on the efficacy of interventions to retard development of
Patients with type 2 diabetes


### Supplement Table 2. Description of Studies and Baseline Characteristics of Patients at Risk for Diabetes

<table>
<thead>
<tr>
<th>Author, Year, Study Name (Reference)</th>
<th>Randomized (N); Withdrawals (N)</th>
<th>Age (mean ± SD); Males: N (%)</th>
<th>Weight (kg); BMI (kg/m²)</th>
<th>HbA1c (%)</th>
<th>Plasma Fasting Glucose (mmol/l); Insulin Resistance (HOMA-IR); Blood Pressure (mm Hg)</th>
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</thead>
<tbody>
<tr>
<td><strong>Studies with post-intervention follow-up</strong></td>
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<tr>
<td>Bo et al, 2007 (21)</td>
<td>I: 187; 18 C: 188; 22</td>
<td>I: 55.7±5.7; 77 (41.4); 100 White C: 55.7±5.6; 79 (42.2); 100 White</td>
<td>I: 81.7±14.9; 29.7±4.1 C: 81.3±13.5; 29.8±4.6</td>
<td>I: NR; 5.8±0.8; 0.81±1.11; 142.6±14.1/88.2±9.8</td>
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<tr>
<td>Knowler et al, 2002, DPP (22)</td>
<td>I: 1079; 20 C: 1082; 16</td>
<td>I: 50.6±11.3; 345 (32.0); 53.8 White, N: 51.2±1 8.8 Other C: 50.3±20.2; 34.2±6.7</td>
<td>I: 94.1±20.8; 33.9±6.8 C: 94.3±20.2; 34.2±6.7</td>
<td>I: 5.9±0.5; 106.3±8.1 (mg/dl); 7.4±4.3; 123.7±14.8/78.6±9.2</td>
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<tr>
<td>FDPS (23)</td>
<td>I: 265; 34 C: 257; 54</td>
<td>I: 55.0±7.0; 91.0 (34.4);100 White C: 55.0±7.1; 81.0 (31.5); 100 White</td>
<td>I: 86.7±14.0; 31.4±4.5 C: 85.5±14.4; 31.1±4.5</td>
<td>I: NR; 5.7±0.6; 6.1±0.08; NR; 140.0±18/86±9</td>
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<tr>
<td>Oh et al, 2010 (25)</td>
<td>I: 31; 4 C: 21; 0</td>
<td>I: 59.8±7.9; 0 (0);100 Korean C: 66.9±9.0; 0 (0); 100 Korean</td>
<td>I: 62.4±9.7; 26.3±3.7 C: 59.9±10.2; 26.2±3.7</td>
<td>I: NR; 5.92±7.79; NR; 135.8±7.79/82.8±5.57</td>
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<tr>
<td>Pan et al, 1997, Da Qing Study (24)</td>
<td>I: 438; 133</td>
<td>I: 44.4±9.2; 70.0 (55.6); 100 Chinese</td>
<td>I: NR; 26.2±3.9 C: NR; 26.2±3.9</td>
<td>I: NR; 5.67±0.8; 1.7±0.08; all 3 interventions combined mean (SE): 132.2±1.1/87.2±0.7</td>
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<tr>
<td>SLIM Trial (26)</td>
<td>I: 138; 43 C: 73; 19</td>
<td>I: 48.2±5.0; 31.6 (34.4); 100 Chinese</td>
<td>I: 87.5±13.7; 29.6±3.8 C: 83.0±11.7; 29.2±3.3</td>
<td>I: NR; 5.6±0.5; 6.0±0.87; 4.82±2.04 (HOMA); 142±16/90±9</td>
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<tr>
<td>Lu et al, 2011 (29)</td>
<td>I: 106; 11 C: 104; 18</td>
<td>I: 62.4±9.16; 50 (52.6); 100 Chinese</td>
<td>I: 72.2±11.2; 27.0±3.3 C: 71.4±12.4; 26.9±3.6</td>
<td>I: 5.91±0.34; 5.8+9±0.43; 2.17±1.10 (HOMA); 129.65±16.86/78.95±9.49</td>
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<tr>
<td>Oldroyd et al, 2001 (27)</td>
<td>I: 39; 4 C: 39; 7</td>
<td>I: 58.2 (range 41-75); 17.0 (46.0); 100 White</td>
<td>I: 83.3±16.1; 30.4±5.6 C: 85.5±14.2; 29.9±4.9</td>
<td>I: 5.8±0.7; 6.0±0.9; 3.6±1.9; 137.2±19.9/77±12.6</td>
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<tr>
<td>Pinkston et al, 2006 (28)</td>
<td>I: 21; NR C: 18; NR</td>
<td>I: 44.9±9.2; 0 (0);100 Hispanic</td>
<td>I: 95.9±8.3; 37.9±5.1 C: 97.6±21.2; 38.3±5.9</td>
<td>I: NR; NR; NR; 126.4±17/80.3±11</td>
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</tbody>
</table>

C = Comparison group; DPP = Diabetes Prevention Program; FDPS = Finnish Diabetes Prevention Study; I: Intervention group; NR = not reported; SLIM = Study on Lifestyle Intervention and Impaired Glucose Tolerance Maastricht.
### Supplement Table 3. Description of Studies and Baseline Characteristics of Patients With Type 2 Diabetes

<table>
<thead>
<tr>
<th>Author, Year (Reference)</th>
<th>Randomized (N); Withdrawals (N)</th>
<th>Age (mean ± SD) Males: N (%); Ethnicity</th>
<th>Weight (kg); BMI (kg/m²)</th>
<th>HbA1c (%); Plasma Fasting Glucose (mmol/L); Insulin Resistance (HOMA: IR); Blood Pressure (mm Hg)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Studies with postintervention follow-up</strong></td>
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<tr>
<td>Gaede et al, 1999, Steno-2 (30)</td>
<td>I: 80; 13 C: 80; 17</td>
<td>I: 54.9±7.2; 63.0(79.0); NR</td>
<td>I: 91.4±13.6; 97.1±3.8</td>
<td>I: 8.4±1.6; 10.1±3.1; NR; 146±20/85±10</td>
</tr>
<tr>
<td>Keyserling et al, 2002, New Leaf Program (32)</td>
<td>I: 67; 13 C: 67; 9</td>
<td>I: 55.2±7.2; 56.0(70.0); NR</td>
<td>I: 89.9±17.3; 99.9±4.9</td>
<td>C: 8.8±1.7; 10.5±3.0; NR; 149±19/86±11</td>
</tr>
<tr>
<td>Wing and Look Ahead Research Group, 2009, Look AHEAD (31)</td>
<td>C:2575; 112</td>
<td>C: 58.8±6.6; 104.6(40.7); 63.1 White, 15.5 Black, 21.3 Other</td>
<td>C: 100.54±19.65; 35.89±6.01</td>
<td>I: 7.25±0.02; 151.9±0.9 (mg/dl); NR; 128.2±0.4; 69.9±0.2</td>
</tr>
<tr>
<td>Ménard et al, 2005 (33)</td>
<td>I: 36; 7 C: 36; 9</td>
<td>I: 53.7±7.5; 27 (75); NR</td>
<td>I: 93.5±20.1; 32.8±5.5</td>
<td>I: 9.1±1.0; 10.8±3.5; NR; 144±21/85±11</td>
</tr>
<tr>
<td>Toobert et al, 2003, Mediterranean Lifestyle Program (34)</td>
<td>C: 116; 8</td>
<td>C: 60.7±7.8; 0; 94.8 White</td>
<td>C: 93.9±23.8; 34.8±7.2</td>
<td>C: 7.4±1.48; NR; 134.01±14.17/77.38±9.2</td>
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<tr>
<td><strong>Studies with no postintervention follow-up</strong></td>
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<tr>
<td>Aubert et al, 1998 (35)</td>
<td>I: 71; 7 C: 67</td>
<td>I: 53 (median); 26 (37); 83 White</td>
<td>C: 32 (median); NR; 93.9±23.8</td>
<td>I: 8.8 (median) (24% had T1D); NR; NR</td>
</tr>
<tr>
<td>Christian et al, 2008 (36)</td>
<td>I: 155; 14 C: 155; 23</td>
<td>I: 53.1±11.25; 55 (35); 100 Hispanic/Latino</td>
<td>C: 53.4±10.7; 50 (32); 100 Hispanic/Latino</td>
<td>I: 207±47.3 lbs; 35.4±6.62</td>
</tr>
<tr>
<td>Mayer-Davis et al, 2004, POWER (37)</td>
<td>Total: 189; 37</td>
<td>I: 59.7±8.6; 11 (22); 14.3 White, 83.7 Black, 2 Other</td>
<td>C: 59.7±8.5; 12 (21); 26.8 White, 73.2 Black</td>
<td>I: 99.5±17.1; 37.6±6.5</td>
</tr>
<tr>
<td>Samuel-Hodge et al, 2009, DAWN (38)</td>
<td>I: 117; 16 C: 84; 15</td>
<td>I: 57±0.9; 42 (35.9); 100 Black</td>
<td>Grp 3: 58.9±7.8; 7 (15); 10.6 White, 89.4 Black</td>
<td>C: 93±20.3; 35.2±7.5</td>
</tr>
<tr>
<td>Toobert et al, 2011, Viva Bien! Program (40)</td>
<td>I: 142; 16 C: 138; 15</td>
<td>I: 55.6±9.7; 0 (0); 100 Latina</td>
<td>C: 58.7±10.3; 0 (0); 100 Latina</td>
<td>Grp 3: 100±19.8; 37.5±6.7</td>
</tr>
<tr>
<td>Vanninen et al, 1992 (39)</td>
<td>Total: 90 total; 12 total</td>
<td>Total: 53.7±7 for males (n=45); 54±6 for females (n=33)</td>
<td>I: 21 (55.3) C: 17 (44.7)</td>
<td>I: 7.1±14.8; NR; NR</td>
</tr>
</tbody>
</table>

AHEAD = Action for Health in Diabetes; BP = blood pressure; C = comparison group; DAWN = Diabetes Awareness and Wellness Network; I = intervention group; NR = not reported; OHA = oral hypoglycemic agent; POWER = Pounds Off With Empowerment; T1D = type 1 diabetes; T2D = type 2 diabetes