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**

<table>
<thead>
<tr>
<th>Main Publication</th>
<th>Companion Studies</th>
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</thead>
<tbody>
<tr>
<td>Kubaszek A, Pihlajamaki J, Komarovski V, et al. Promoter polymorphisms of the TNFalpha (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>
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</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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<tbody>
<tr>
<td><strong>Studies with post-intervention follow-up</strong></td>
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</tbody>
</table>
| Bo et al, 2007 (21)  
I: 187; 18  
C: 188; 22 | I: 55.7±5.7; 77 (41.4); 100 White  
C: 55.7±5.6; 79 (42.2); 100 White | I: 81.7±14.9; 29.7±4.1  
C: 81.3±13.5; 29.8±4.6 | I: NR; 5.8±0.8; 0.81±1.11; 142.6±14.1/88.2±9.8  
C: NR; 5.8±0.7; 0.84±1.33; 141.5±15.2/87.8±9.5 | |
| Knowler et al, 2002, DPP (22)  
Grp3: 1073; 16  
Grp3: 1073; 16  
Grp3: 1073; 16 | I: 50.6±11.3; 345 (32.0); 53.8 White, White, White  
C: 18.8 Black, 27.4 Other  
I: 94.1±20.8; 33.9±6.8  
C: 94.3±20.2; 34.2±6.7 | I: 94.3±19.9; 33.9±6.6  
Grp3: 94.3±19.9; 33.9±6.6 | I: NR; 5.9±0.5; 106.3±8.1 (mg/dl); 74.4±3.3; 123.7±14.8/78.6±9.2  
C: 5.9±0.5; 106.7±8.4 (mg/dl); 7.1±4.2; 123.5±14.4/78.0±9.2 | |
| Eriksson et al, 1997, FDPS (23)  
I: 265; 34  
C: 257; 54 | I: 55.0±7.0; 91.0 (34.4); 100 White  
C: 55.0±7.0; 81.0 (31.5); 100 White | I: 86.7±14.0; 31.4±4.5  
C: 85.5±14.4; 31.1±4.5 | I: NR; 5.7±0.6; 6.1±0.08; NR; 140.0±18.8/69  
C: 5.6±0.6; 6.2±0.7; NR; 136±17/86±10 | |
| Oh et al, 2010 (25)  
I: 31; 4  
C: 21; 0 | I: 59.8±7.9; 0 (0); 100 Korean  
C: 66.9±9.0; 0 (0); 100 Korean | I: 62.4±9.7; 26.3±3.7  
C: 59.9±10.2; 26.2±3.7 | I: NR; 5.9±0.7; 79.9; NR; 135.8±7.79/82.8±5.57  
C: NR; 5.7±6.4; NR; 136.8±5.96/84.6±4.12 | |
| Pan et al, 1997, Da Qing Study (24)  
I: 438; 133  
C: 138; 43 | I: 44.4±9.2; 70.0 (55.6); 100 Chinese  
C: 46.5±9.3; 73 (54.9); 100 Chinese | I: NR; 26.3±3.9  
C: NR; 26.2±3.9 | I: NR; 5.6±0.8; 1.71±0.08; all 3 interventions combined mean (SE); 132.2±1/87.2±0.7  
C: NR; 5.5±0.8; 1.72±0.07; 134.3±2/88.5±1.5 | |
| **Studies with no post-intervention follow-up** |
| Mensink et al, 2003, SLIM Trial (26)  
I: 74; 22  
C: 73; 19 | I: 54.2±5.5; 8; 28 (53.8); 100 White  
C: 58.4±6.8; 30 (55.6); 100 White | I: 87.5±13.7; 29.6±3.8  
C: 83.0±11.7; 29.2±3.3 | I: 5.6±0.5; 6.0±0.87; 4.82±2.04 (HOMA); 142±16/90±9  
C: 5.8±0.5; 5.9±0.7; 4.55±2.05 (HOMA); 145±14/88±7 | |
| Lu et al, 2011 (29)  
I: 106; 11  
C: 104; 18 | I: 62.44±9.16; 50 (52.6); 100 Chinese  
C: 64.72±7.93; 45 (52.3); 100 Chinese | I: 72.2±11.2; 27.0±3.3  
C: 71.45±12.44; 26.9±3.65 | I: 5.9±0.34; 5.89±0.43; 2.17±1.10 (HOMA); 129.65±16.86/78.95±9.49  
C: 5.9±0.43; 5.96±0.51; 2.09±1.37 (HOMA); 130.06±19.54/78.83±10.79 | |
| Oldroyd et al, 2001 (27)  
I: 39; 4  
C: 39; 7 | I: 58.2 (range 41-75); 17.0 (46.0); 100 White  
C: 57.5 (range 41-73); 22.0 (69.0); 100 White | I: 83.3±16.1; 30.4±5.6  
C: 85.5±14.2; 29.9±4.9 | I: 5.8±0.7; 6.0±0.9; 3.6±1.9; 137.2±19.9/77±12.6  
C: 5.9±0.5; 6.2±0.9; 3.8±2.3 (HOMA); 132.8±16.4/75.5±9.8 | |
| Pinkston et al, 2006 (28)  
I: 21; NR  
C: 18; NR | I: 44.9±9.2; 0 (0); 100 Hispanic  
C: 45.8±8.2; 0 (0); 100 Hispanic | I: 95.9±8.3; 37.9±5.1  
C: 97.64±212.3; 38.3±5.9 | I: NR; NR; NR; 126.4±17.7/80.3±11  
C: NR; NR; NR; 124.3±14.1/80.1±0.4 | |

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
**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>
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<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>
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<tr>
<td>Wing and Look Ahead Research Group, 2009, Look AHEAD (31)</td>
<td>C: 2570; 112</td>
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<tr>
<td>Ménard et al, 2005 (33)</td>
<td>I: 36; 4 C: 36; 7</td>
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<tr>
<td>Toobert et al, 2003, Mediterranean Lifestyle Program (34)</td>
<td>C: 116; 8</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 C: 67 Total 38</td>
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<tr>
<td>Christian et al, 2008 (36)</td>
<td>I: 155; 14 C: 155; 23 Total 308</td>
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<tr>
<td>Mayer-Davis et al, 2004, POWER (37)</td>
<td>Total: 189; 37</td>
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<tr>
<td>Samuel-Hodge et al, 2009, DAWN (38)</td>
<td>I: 117; 16 C: 84; 15 Total 201</td>
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<tr>
<td>Toobert et al, 2011, Viva Bien! Program (40)</td>
<td>C: 138; 15 Total: 90 total; 12 total</td>
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<tr>
<td>Vanninen et al, 1992 (39)</td>
<td>I: 21 (55.3) C: 17 (44.7) Total: 53.7±4.96, 58.1±5.24, 61 ±0.64 for males (n=45); 54±6 for females (n=33); 52±5.24 for males (n=44); 55±6 for females</td>
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</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