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
### Main Publication

**Patients at risk for diabetes**


---

### Companion Studies


**Laukkanen O.** Common polymorphisms in the genes regulating the early insulin signalling pathway: effects on weight change and the conversion from impaired glucose tolerance to Type 2 diabetes. The Finnish Diabetes Prevention Study. Diabetologia 2004;47(5):871-7.


**Diabetes Prevention Program Research Group, Knowler WC, Fowler SE, et al.** 10-year follow-up of diabetes incidence and weight loss...
Li G, Hu Y, Yang W, et al. Effects of insulin resistance and insulin secretion on the efficacy of interventions to retard development of

Downloaded From: http://annals.org/pd/
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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Studies with post-intervention follow-up</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<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</td>
<td>C: 55.7±5.6; 79 (42.2); 100 White</td>
<td>I: 81.7±14.9; 29.7±4.1</td>
<td>I: NR; 5.8±0.8; 0.81±1.11; 142.6±14.1/88.2±9.8</td>
</tr>
<tr>
<td>Knowler et al, 2002, DPP (22)</td>
<td>Grp3: 1073; 16</td>
<td>I: 50.6±1.3; 345 (32.0); 53.8 White, 75; 17.0 (46.0); 100 White</td>
<td>C: 55.7±5.6; 79 (42.2); 100 White</td>
<td>I: 94.1±20.8; 33.9±6.8</td>
<td>I: 5.9±0.5; 106.3±8.1 (mg/dl); 7±4.3; 123.7±14.8/78.6±9.2</td>
</tr>
<tr>
<td>Eriksson et al, 1999, FDPS (23)</td>
<td>I: 265; 34</td>
<td>I: 55.0±7.0; 91.0 (34.4); 100 White</td>
<td>Grp3: 50.0±7.0; 81.0 (31.5); 100 White</td>
<td>I: 86.7±14.0; 31.4±4.5</td>
<td>I: 5.7±0.6; 6.1±0.08; NR; 140.0±18.8/6±9</td>
</tr>
<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</td>
<td>C: 66.9±9.0; 0 (0); 100 Korean</td>
<td>I: 62.4±9.7; 26.3±3.7</td>
<td>I: NR; 5.92±7.79; NR; 135.8±7.79/82.8±5.57</td>
</tr>
<tr>
<td>Pan et al, 1997, Da Qing Study (24)</td>
<td>I: 438; 133</td>
<td>I: 4.4±4.9; 70.0 (55.6); 100 Chinese</td>
<td>C: 59.9±10.3; 363 (33.8); 75; 20.6 (46.0); 100 Chinese</td>
<td>I: 26.3±3.9</td>
<td>I: NR; 5.67±0.8; 1.71±0.08; all 3 interventions combined mean (SE): 132.2±1.1/87.2±0.7</td>
</tr>
<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>C: 57.4±7.93; 45 (52.3); 100 Chinese</td>
<td>I: 72.2±11.2; 27.0±3.3</td>
<td>I: NR; 5.91±0.34; 5.89±0.43; 2.17±1.10 (HOMA); 7.79±0.79/82.8±5.5</td>
</tr>
<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>C: 57.5 (range 41-73); 22.0 (69.0); 100 White</td>
<td>I: 83.3±16.1; 30.4±5.6</td>
<td>I: 5.8±0.7; 6.0±0.9; 3.6±1.9; 137.2±19.9/77±12.6</td>
</tr>
<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>C: 45.8±8.2; 0 (0); 100 Hispanic</td>
<td>I: 95.9±8.3; 37.9±5.1</td>
<td>I: NR; NR; NR; 126.4±17.7/80.3±11</td>
</tr>
</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>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gaede et al, 1999, Steno- 2 (30)</td>
<td>I: 80; 13</td>
<td>C: 80; 17</td>
<td>I: 54.9 ± 7.2; 63.0 (79.0); NR</td>
<td>I: 91.4 ± 13.6; 29.7 ± 3.8</td>
</tr>
<tr>
<td>Keyserling et al, 2002, New Leaf Program (32)</td>
<td>I: 67; 13</td>
<td>C: 67; 9</td>
<td>Grp3: 66; 7</td>
<td>I: 58.5; 0; 100 Black</td>
</tr>
<tr>
<td>Wing and Look Ahead Research Group, 2009, Look AHEAD (31)</td>
<td>C: 2575; 112</td>
<td>I: 2570; 74</td>
<td>I: 58.6 ± 6.8; 1046.0 (40.7); 63.1 White, 15.5 Black, 21.3 Other</td>
<td>C: 58.9 ± 6.9; 1040.0 (40.4); 63.3 White, 15.7 Black, 20.9 Other</td>
</tr>
<tr>
<td>Ménard et al, 2005 (33)</td>
<td>I: 36; 4</td>
<td>C: 36; 7</td>
<td>I: 53.7 ± 7.5; 27 (75); NR</td>
<td></td>
</tr>
<tr>
<td>Toobert et al, 2003, Mediterranean Lifestyle Program (34)</td>
<td>C: 116; 8</td>
<td>I: 163; 26</td>
<td>C: 60.7 ± 7.8; 0; 94.8 White</td>
<td>I: 59.7 ± 23.8; 34.87 ± 8.2</td>
</tr>
<tr>
<td><strong>Studies with no postintervention follow-up</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aubert et al, 1998 (35)</td>
<td>I: 71</td>
<td>C: 67</td>
<td>I: 53 (median); 26 (37); 83 White</td>
<td>I: 32 (median)</td>
</tr>
<tr>
<td>Christian et al, 2008 (36)</td>
<td>I: 155; 14</td>
<td>C: 155; 23</td>
<td>I: 53 ± 11.25; 55 (35); 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>I: 99.5 ± 17.1; 37.6 ± 6.5</td>
<td></td>
</tr>
<tr>
<td>Samuel-Hodge et al., 2009, DAWN (38)</td>
<td>I: 117; 16</td>
<td>C: 84; 15</td>
<td>I: 57 ± 0.9; 42 (35.9); 100 Black</td>
<td>I: 96.8 ± 9.0; 34.6 ± 0.7</td>
</tr>
<tr>
<td>Toobert et al, 2011, Viva Bien! Program (40)</td>
<td>I: 142; 16</td>
<td>C: 138; 15</td>
<td>I: 55 ± 9.9; 0 (0); 100 Latina</td>
<td>I: 95 ± 3.7; 0</td>
</tr>
<tr>
<td>Vanninen et al, 1992 (39)</td>
<td>Total: 90 total; 12 total</td>
<td>I: 58.7 ± 10.3; 0 (0); 100 Latina</td>
<td>Total: 53.7 ± 7 for males (n=45); 54 ± 6 for females (n=33)</td>
<td>I: 32.13 ± 5.3</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