Supplement: Tables

Supplement Table 1: List of Companion Publications

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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


Companion Studies


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


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...
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 C: NR; 5.8±0.7; 0.84±1.33; 141.5±15.2/87.8±9.5</td>
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<tr>
<td>Knowler et al, 2002, DPP (22)</td>
<td>C: 1082; 16 Grp3: 1073; 16</td>
<td>I: 50.6±11.3; 345 (32.0); 53.8 White, 18.8 Black, 27.4 Other C: 50.3±10.4; 335.0(31.0); 54.2 White, 20.3 Black, 25.5 Other Grp3: 50.9±10.3; 363 (33.8); 56.1 White, 20.6 Black, 23.3 Other</td>
<td>I: 94.1±20.8; 33.9±6.8 C: 94.3±20.2; 34.2±6.7 Grp3: 94.3±19.9; 33.9±6.6</td>
<td>I: 5.9±0.5; 106.7±8.4 (mg/dl); 7.1±4.2; 123.5±14.4/78.0±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 Grp3: 5.9±0.5; 106.5±8.5 (mg/dl); 7.2±4.1; 124.0±14.9/78.2±9.5</td>
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<tr>
<td>Eriksson et al, 1999, 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±7.0; 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: 5.7±0.6; 6.1±0.08; NR; 140.0±18.86±9 C: 5.6±0.6; 6.2±0.7; NR; 136±17/86±10</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±5.5 C: NR; 5.75±6.42; NR; 136.8±5.96/84.6±4.12</td>
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<tr>
<td>Pan et al, 1997, Da Qing Study (24)</td>
<td>I: 438; 133 C: 138; 43</td>
<td>I: 44.4±9.2; 70.0 (55.6); 100 Chinese C: 46.5±9.3; 73 (54.9); 100 Chinese</td>
<td>I: NR; 26.3±3.9 C: NR; 26.2±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 C: NR; 5.52±0.82; 1.72±0.07; 134.3±2/88.5±1.5</td>
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<td><strong>Studies with no post-intervention follow-up</strong></td>
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<td>Mensink et al, 2003, SLIM Trial (26)</td>
<td>I: 74; 22 C: 73; 19</td>
<td>I: 54.2±5.8; 28 (53.8); 100 White C: 58.4±6.8; 30 (55.6); 100 White</td>
<td>I: 87.5±13.7; 29.6±3.8 C: 83.0±11.7; 29.2±3.3</td>
<td>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</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 C: 64.7±7.93;45 (52.3); 100 Chinese</td>
<td>I: 72.2±11.2; 27.0±3.3 C: 71.4±12.4; 26.9±3.65</td>
<td>I: 5.91±0.34; 5.89±0.43; 2.17±1.10 (HOMA); 129.65±16.86/78.95±9.49 C: 5.98±0.43; 5.96±0.51; 2.09±1.37 (HOMA); 130.06±19.54/78.83±10.79</td>
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<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 C: 57.5 (range 41-73); 22.0 (69.0); 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 C: 5.9±0.5; 6.2±0.9; 3.8±2.3 (HOMA); 132.8±16.4/75.5±9.8</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 C: 45.8±8.2; 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±17.7/80.3±11 C: NR; NR; NR; 124.3±14.1/ 80.1±10.4</td>
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</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>
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</tr>
</tbody>
</table>
C: 80; 17 | I: 54.9±7.2; 63.0(79.0); NR  
C: 55.2±7.2; 56.0(70.0); NR | I: 91.4±13.6; 29.7±3.8  
C: 89.9±17.3; 29.9±4.9 | I: 8.4±1.6; 10.1±3.1; NR; 146±20/85±10  
C: 8.8±1.7; 10.5±3.0; NR; 149±19/86±11 |
| Keyserling et al, 2002, New Leaf Program (32) | I: 67; 13  
Grp3: 66; 7 | I: 58.5; 0; 100 Black  
Grp3: 58.8; 0; 100 Black | I: 95.0; 36.2  
Grp3: 91.9; 34.6 | I: 10.7±0.3; NR; NR  
Grp3: 11.1±0.4; NR; NR |
| Wing and Look Ahead  
Research Group, 2009, Look AHEAD (31) | C: 2570; 112  
Total: 38 |
| | C: 58.9±6.9; 1040.0 (40.4); 63.3 White, 15.5 Black, 21.3 Other | C: 93.5±20.1; 32.8±5.5 | C: 3.9±1.0; 10.7±3.0; NR; 143±17/86±10 |
| Ménard et al, 2005 (33) | I: 36; 4  
C: 36; 7 | I: 53.7±7.5; 30 (75); NR  
C: 55.9±6.6; 22 (61) NR | C: 88.5±18.5; 32.7±5.7 | C: 9.7±1.3; NR; NR; 136.06±3.9/79.29±9.49 |
| Toobert et al, 2003, Mediterranean Lifestyle Program (34) | C: 163; 26  
Total: 38 |
| | C: 60.7±7.8; 0; 94.8 White | C: 93.9±23.8; 38.47±8.2 | C: 7.4±14.8; NR; NR; 134.01±14.17/77.38±9.2 |
| **Studies with no postintervention follow-up** |
| Aubert et al, 1998 (35) | I: 71  
C: 67  
Total: 38 |
| | I: 53 (median); 26 (37); 83 White  
C: 54 (median); 29 (43); 70 White | I: NR; 32 (median)  
C: NR; 34 (median) | I: 8.8 (median) (24% had T1D); NR; NR  
C: 8.4 (median) (12% had T2D); NR; NR |
| Christian et al, 2008 (36) | I: 155; 14  
C: 155; 23  
Total: 38 |
| | I: 53±11.25; 55(35); 100 Hispanic/Latino  
C: 53±10.7; 50(32); 100 Hispanic/Latino | I: 207±47.3 lbs; 35.4±6.62  
C: 200±44.7 lbs; 34.8±7.11 | I: 8.08±2.02; NR; NR  
C: 8.09±2.0; 100 Hispanic/Latino |
| Mayer-Davis et al, 2004, POWER (37) | Total: 189; 37  
Grp3: 100 Hispanic/Latino  
Total: 189; 37 |
| | I: 59.7±8.6; 11 (22); 14.3 White, 83.7 Black, 2 Other  
C: 62.4±5.5; 12 (21); 26.8 White, 73.2 Black | I: 99.5±17.1; 37.6±6.5  
Grp3: 100 Hispanic/Latino  
Grp3: 93±20.3; 35.2±7.5  
Grp3: 100 Hispanic/Latino  
Grp3: 93±20.3; 35.2±7.5 | I: 10.2±2.5; NR; NR  
C: 9.6±2.9; NR; NR  
Grp3: 9.7±3.1; NR; NR  
Grp3: 9.7±3.1; NR; NR |
| Samuel-Hodge et al, 2009, DAWN (38) | I: 117; 16  
C: 84; 15  
Total: 38 |
| | I: 57±0.9; 42 (35.9); 100 Black | I: 96.8±4; 34.6±0.7 | I: 7.7±0.2; NR; NR  
Grp3: 9.7±3.1; NR; NR |
| Toobert et al, 2011, Viva Bien! Program (40) | I: 142; 16  
C: 138; 15  
Total: 90 total; 12 total |
| | I: 56.6±9.7; 0(0); 100 Latina  
C: 58.7±10.3; 0(0); 100 Latina | I: NR; 33.2±6.7  
C: NR; | C: 8.2±1.7; NR; NR  
C: 8.2±1.7; NR; NR |
| Vanninen et al, 1992 (39) | Total: 90 total; 12 total  
Total: 90 total; 12 total  
I: 56.6±9.7; 0(0); 100 Latina  
C: 58.7±10.3; 0(0); 100 Latina | I: NR; 33.2±6.7  
C: NR; | C: 7.6±2.02; NR; NR  
C: 7.6±2.02; NR; NR |

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