

Type 2 diabetes subgroups, risk for complications, and differential effects due to an intensive lifestyle intervention

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Supplemental Material

Supplemental table 1. Incidence of death and the individual cardiovascular outcomes in the Look AHEAD trial according to intervention arm and diabetes subgroup

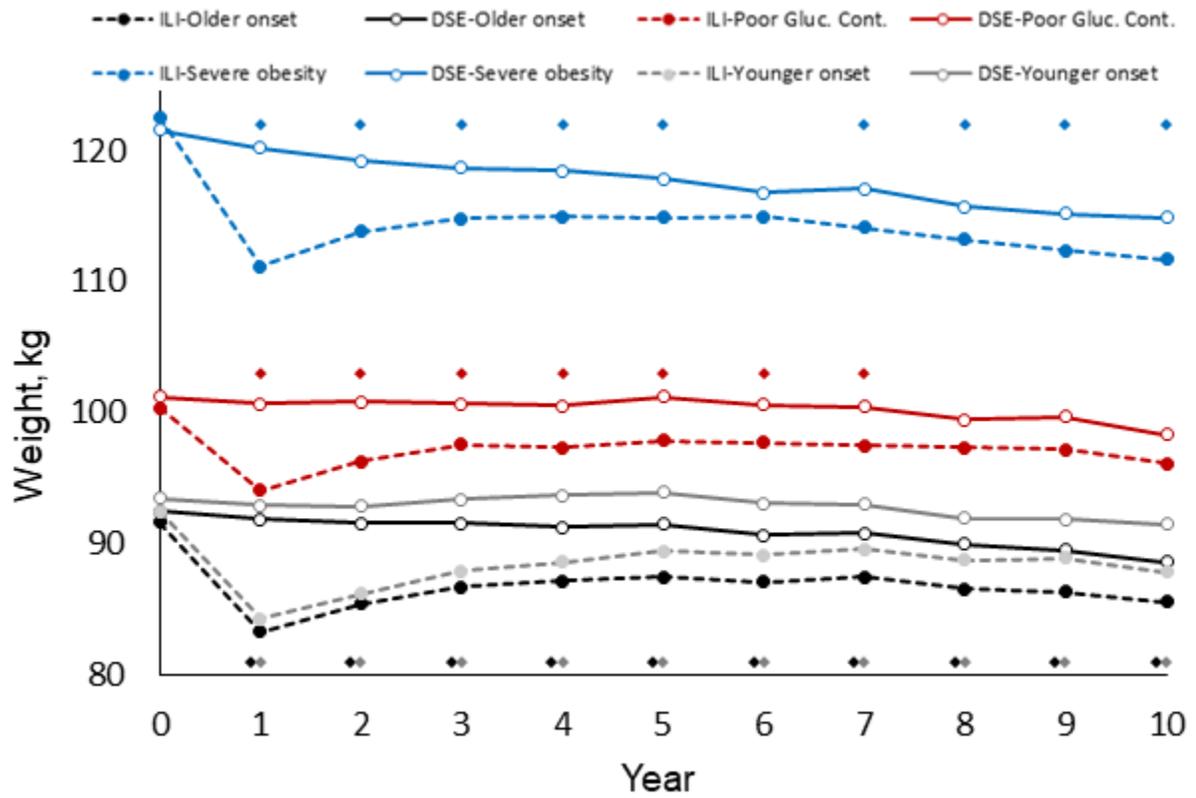
	Older onset		Poor glucose control		Severe obesity		Younger onset	
	ILI	DSE	ILI	DSE	ILI	DSE	ILI	DSE
Individuals, n	1082	1096	342	374	618	604	528	501
Death, events / person-years	72 /9841	84 /9962	29 /3145	39 /3326	48 /5695	54 /5509	25 /5021	25 /4754
Incidence rate per 1000 person-years	7.3	8.4	9.2	11.7	8.4	9.8	5.0	5.3
Cumulative incidence	6.7%	7.7%	8.5%	10.4%	7.8%	8.9%	4.7%	5.0%
Myocardial infarction, events / person-years	73 /9504	87 /9620	32 /3017	29 /3205	32 /5574	41 /5351	26 /4926	34 /4626
Incidence rate per 1000 person-years	7.7	9.0	10.6	9.0	5.7	7.7	5.3	7.4
Cumulative incidence	6.7%	7.9%	9.4%	7.8%	5.2%	6.8%	4.9%	6.8%
Hospitalization for angina, events / person-years	77 /9495	82 /9550	41 /2946	25 /3216	45 /5483	51 /5271	31 /4872	38 /4552
Incidence rate per 1000 person-years	8.1	8.6	13.9	7.8	8.2	9.7	6.4	8.3
Cumulative incidence	7.1%	7.5%	12.0%	6.7%	7.3%	8.4%	5.9%	7.6%
Stroke, events / person-years	28 /9737	35 /9831	19 /3089	12 /3279	18 /5619	19 /5436	20 /4968	14 /4699
Incidence rate per 1000 person-years	2.9	3.6	6.2	3.7	3.2	3.5	4.0	3.0
Cumulative incidence	2.6%	3.2%	5.6%	3.2%	2.9%	3.1%	3.8%	2.8%
Heart failure, events / person-years	37 /9707	46 /9808	22 /3062	26 /3222	31 /5576	32 /5384	9 /4993	15 /4697
Incidence rate per 1000 person-years	3.8	4.7	7.2	8.1	5.6	5.9	1.8	3.2
Cumulative incidence	3.4%	4.2%	6.4%	7.0%	5.0%	5.3%	1.7%	3.0%
CABG, events / person-years	118 /9252	115 /9401	46 /2903	39 /3179	52 /5436	67 /5181	40 /4824	48 /4525
Incidence rate per 1000 person-years	12.8	12.2	15.8	12.3	9.6	12.9	8.3	10.6
Cumulative incidence	10.9%	10.5%	13.5%	10.4%	8.4%	11.1%	7.6%	9.6%
Carotid endarterectomy, events / person-years	16 /9756	12 /9904	5 /3127	2 /3320	3 /5677	7 /5476	5 /5012	4 /4726
Incidence rate per 1000 person-years	1.6	1.2	1.6	0.6	0.5	1.3	1.0	0.8
Cumulative incidence	1.5%	1.1%	1.5%	0.5%	0.5%	1.2%	0.9%	0.8%
PVD, events / person-years	25 /9742	16 /9906	6 /3121	10 /3297	7 /5663	5 /5499	5 /5000	7 /4723
Incidence rate per 1000 person-years	2.6	1.6	1.9	3.0	1.2	0.9	1.0	1.5
Cumulative incidence	2.3%	1.5%	1.8%	2.7%	1.1%	0.8%	0.9%	1.4%

*Abbreviations: CABG, coronary-artery bypass grafting; DSE, Diabetes support and education; ILI, Intensive lifestyle intervention; PVD, peripheral vascular disease

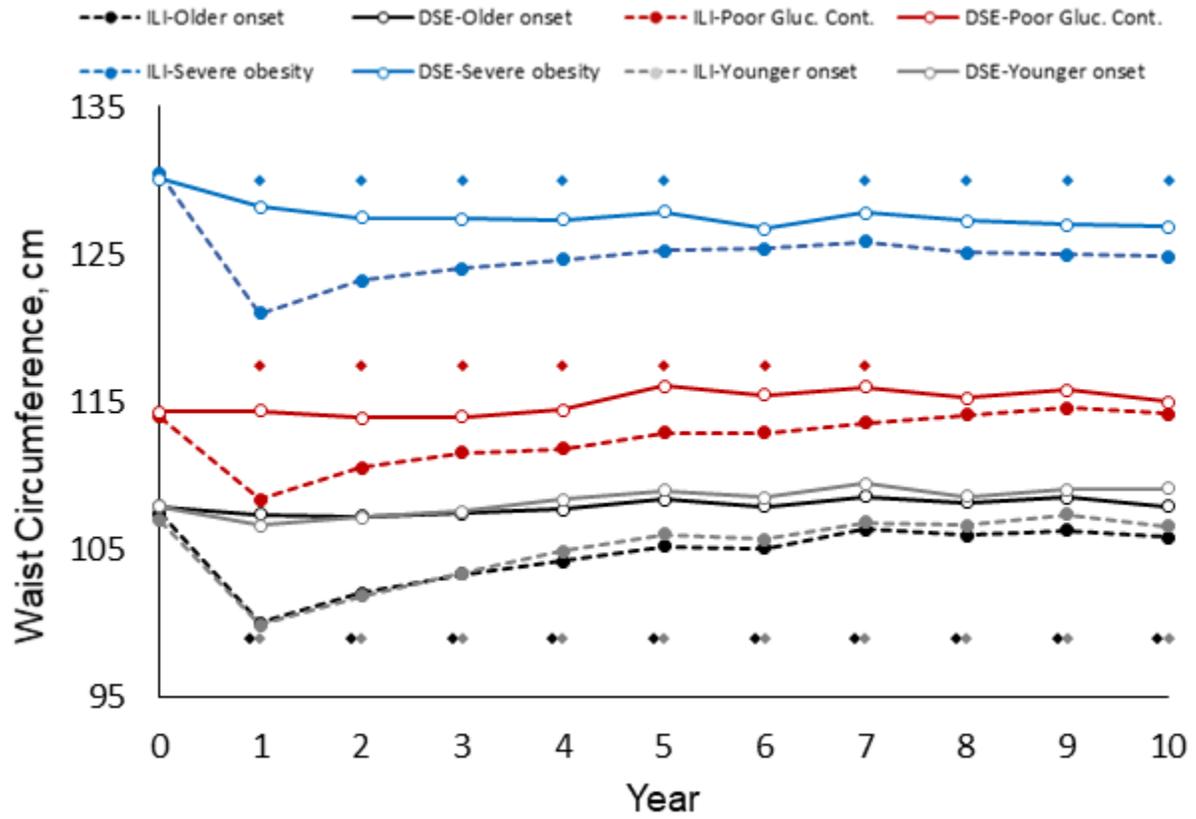
Supplemental table 2. Hazard ratios and 95% confidence intervals for the intensive lifestyle intervention on the Look AHEAD trial individual cardiovascular outcomes and death according to diabetes subgroup

	Older onset	Poor glucose control	Severe obesity	Younger onset
Death	0.85 (0.62, 1.17)	0.82 (0.50, 1.32)	0.81 (0.54, 1.19)	0.93 (0.54, 1.63)
Myocardial infarction	0.84 (0.62, 1.15)	1.21 (0.73, 2.02)	0.70 (0.44, 1.12)	0.76 (0.45, 1.26)
Hospitalization for angina	0.94 (0.69, 1.28)	1.95 (1.18, 3.23)	0.81 (0.54, 1.21)	0.80 (0.50, 1.29)
Stroke	0.78 (0.47, 1.29)	1.84 (0.89, 3.80)	0.88 (0.46, 1.69)	1.31 (0.66, 2.60)
Heart failure	0.78 (0.50, 1.20)	0.98 (0.55, 1.75)	0.89 (0.54, 1.46)	0.59 (0.26, 1.38)
Coronary-artery bypass grafting	1.04 (0.80, 1.34)	1.36 (0.88, 2.09)	0.69 (0.48, 0.99)	0.80 (0.52, 1.22)
Carotid endarterectomy	1.34 (0.63, 2.83)	3.27 (0.61, 17.4)	0.29 (0.07, 1.16)	1.05 (0.28, 3.94)
Peripheral vascular disease	1.60 (0.86, 3.01)	0.64 (0.23, 1.77)	1.32 (0.41, 4.24)	0.75 (0.24, 2.39)

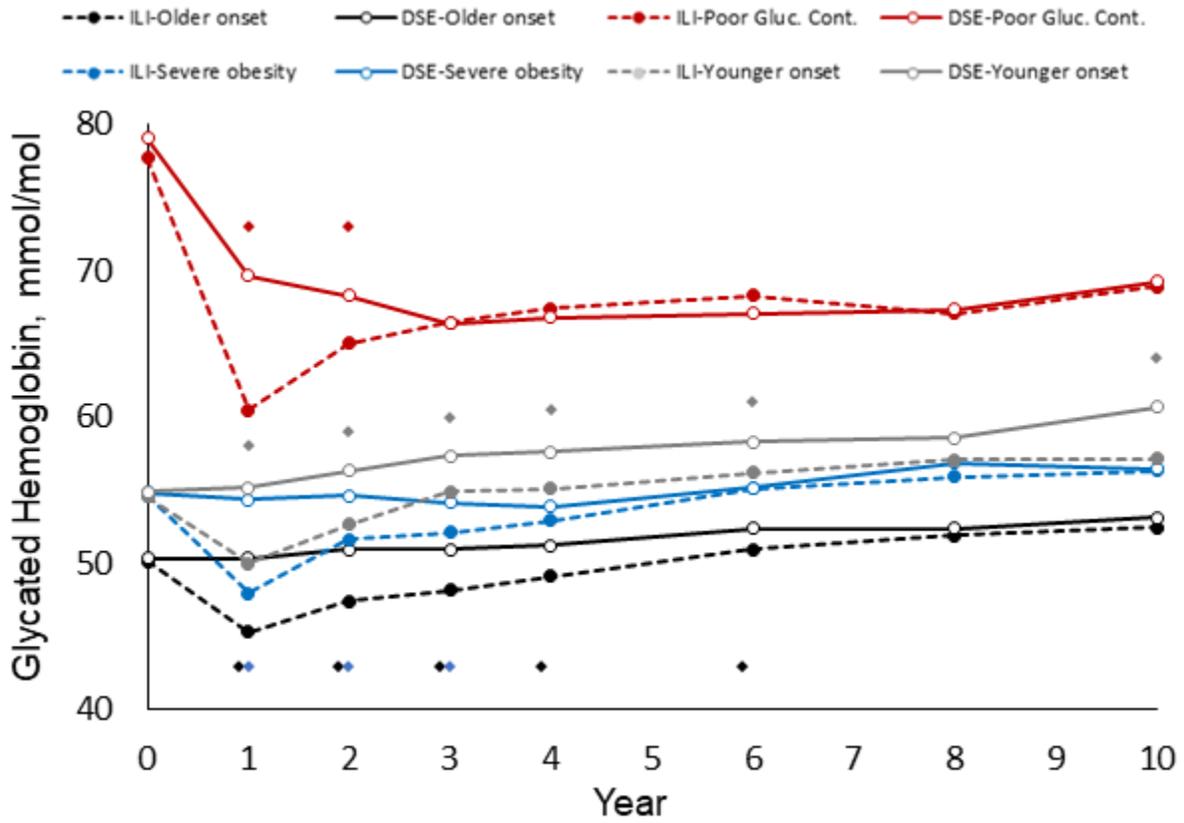
Supplemental Figure 1. Change in weight during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



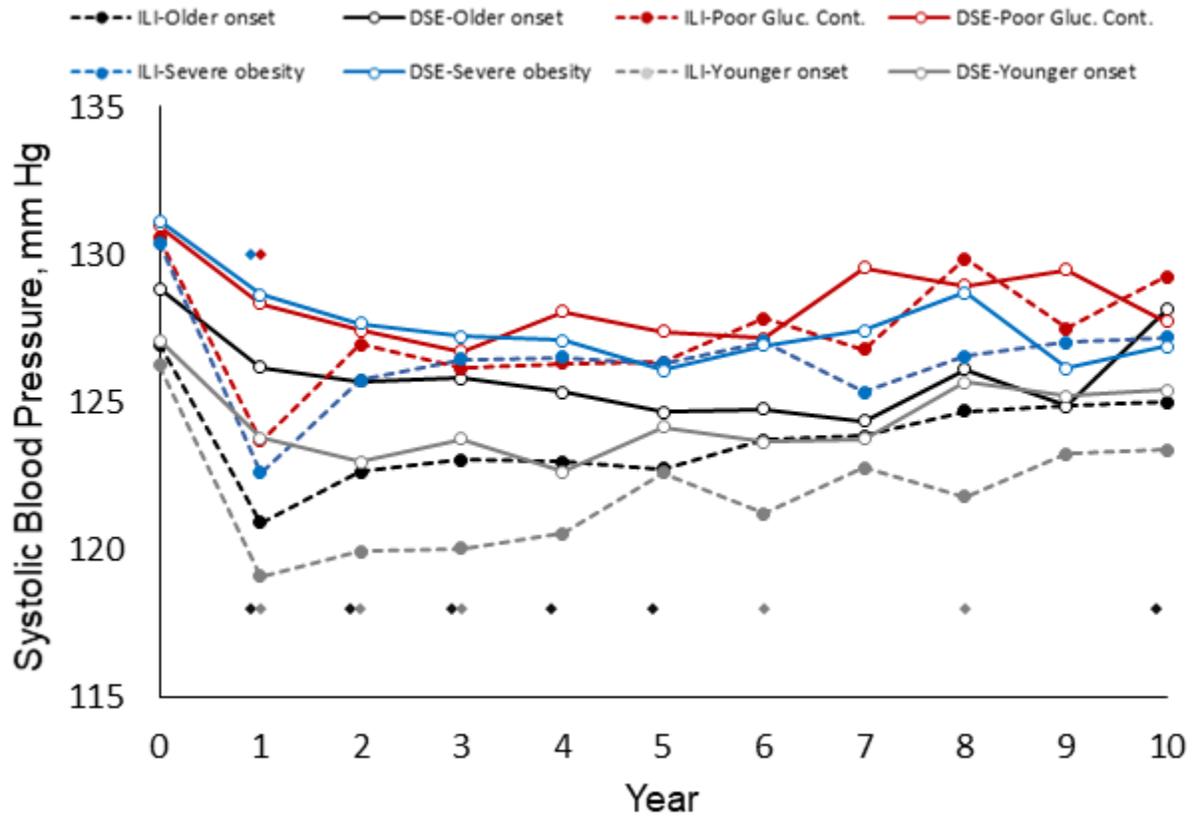
Supplemental Figure 2. Change in waist circumference during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



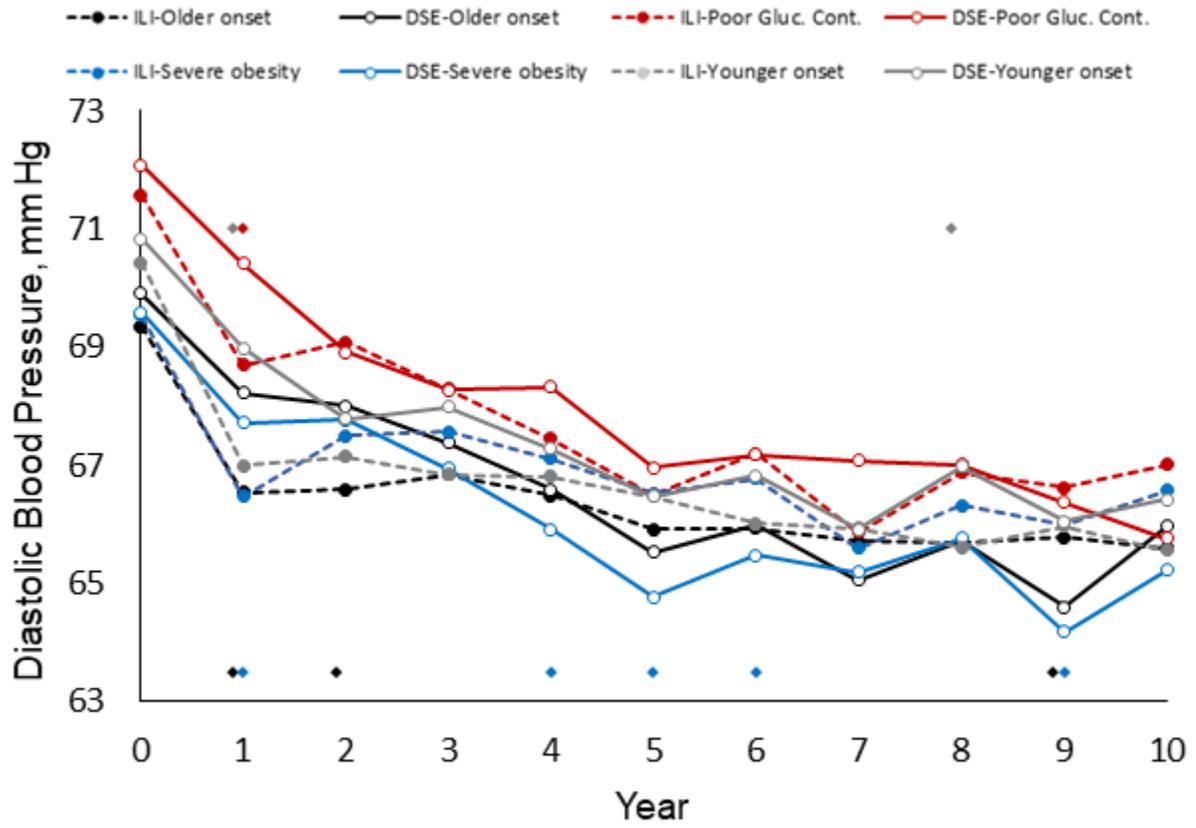
Supplemental Figure 3. Change in glycated hemoglobin (HbA1c) during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



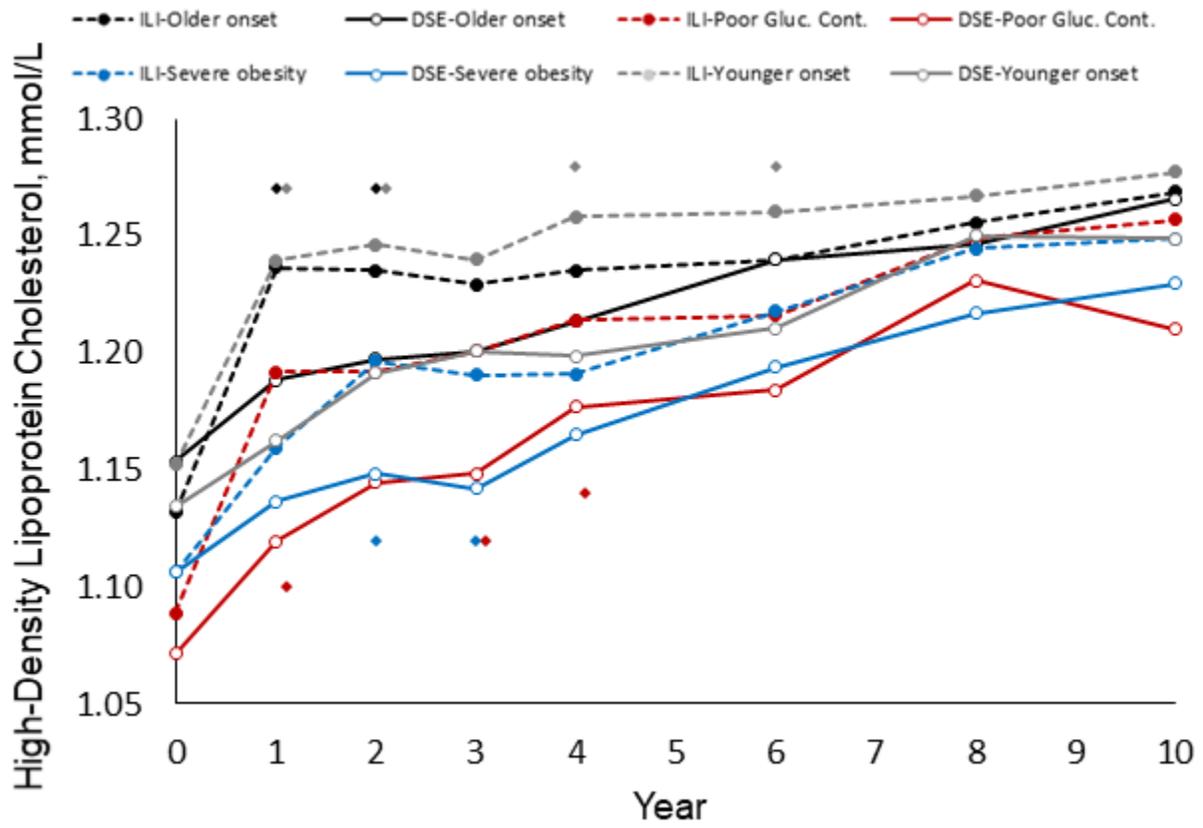
Supplemental Figure 4. Change in systolic blood pressure during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



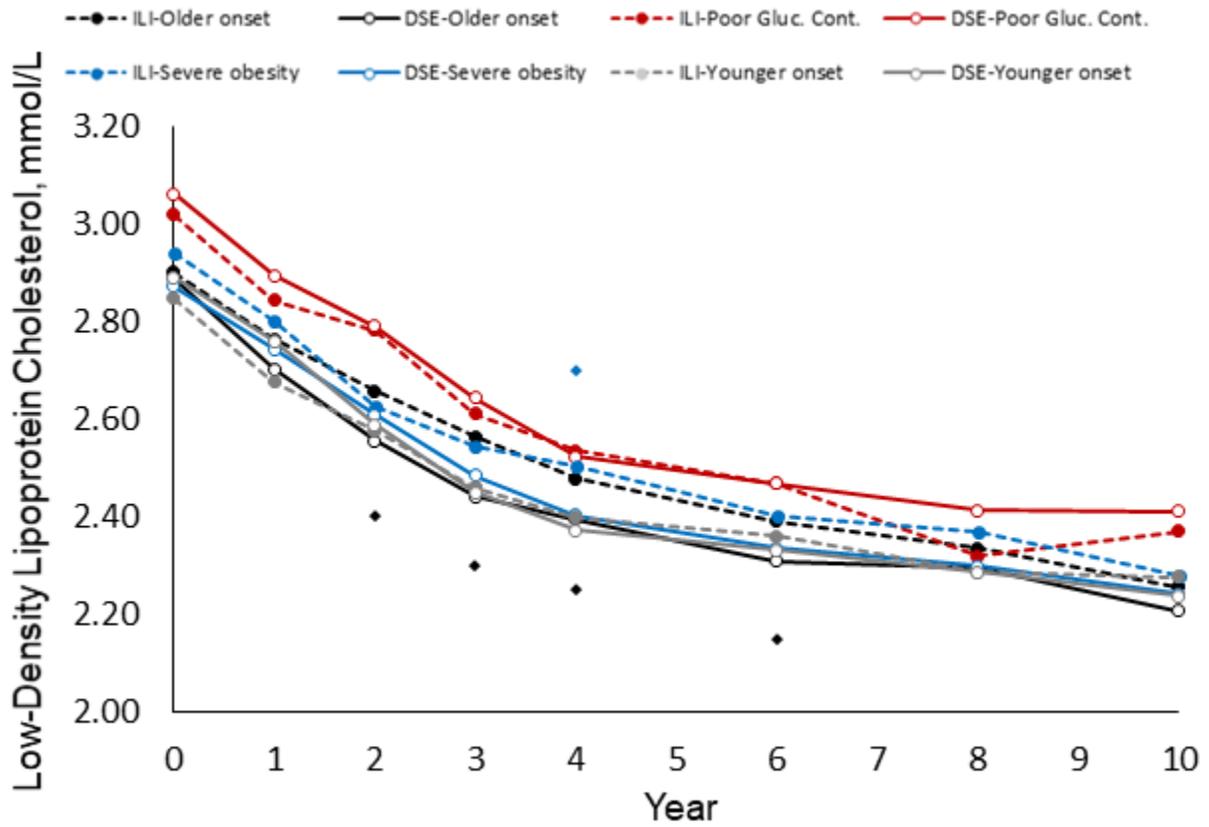
Supplemental Figure 5. Change in diastolic blood pressure during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



Supplemental Figure 6. Change in high-density lipoprotein cholesterol during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



Supplemental Figure 7. Change in low-density lipoprotein cholesterol during 10 years of follow-up according to intervention arm and diabetes subgroup (singular overset and underset diamonds indicate $p < 0.05$ for intervention arm comparison within subgroup)



Supplemental Figure 8. Forest plot of hazard ratios and 95% confidence intervals for the intensive lifestyle intervention on the Look AHEAD trial primary cardiovascular outcome, secondary cardiovascular composite outcomes, and the individual cardiovascular outcomes and death among 4429 participants pooled from the older age at onset, severe obesity, and younger age at onset diabetes subgroup (excluding the poor glucose control subgroup)

