

Effects of Intensive Lifestyle Intervention on All-Cause Mortality in Older Adults with Type 2
Diabetes and Overweight/Obesity: Results from The Look AHEAD Study

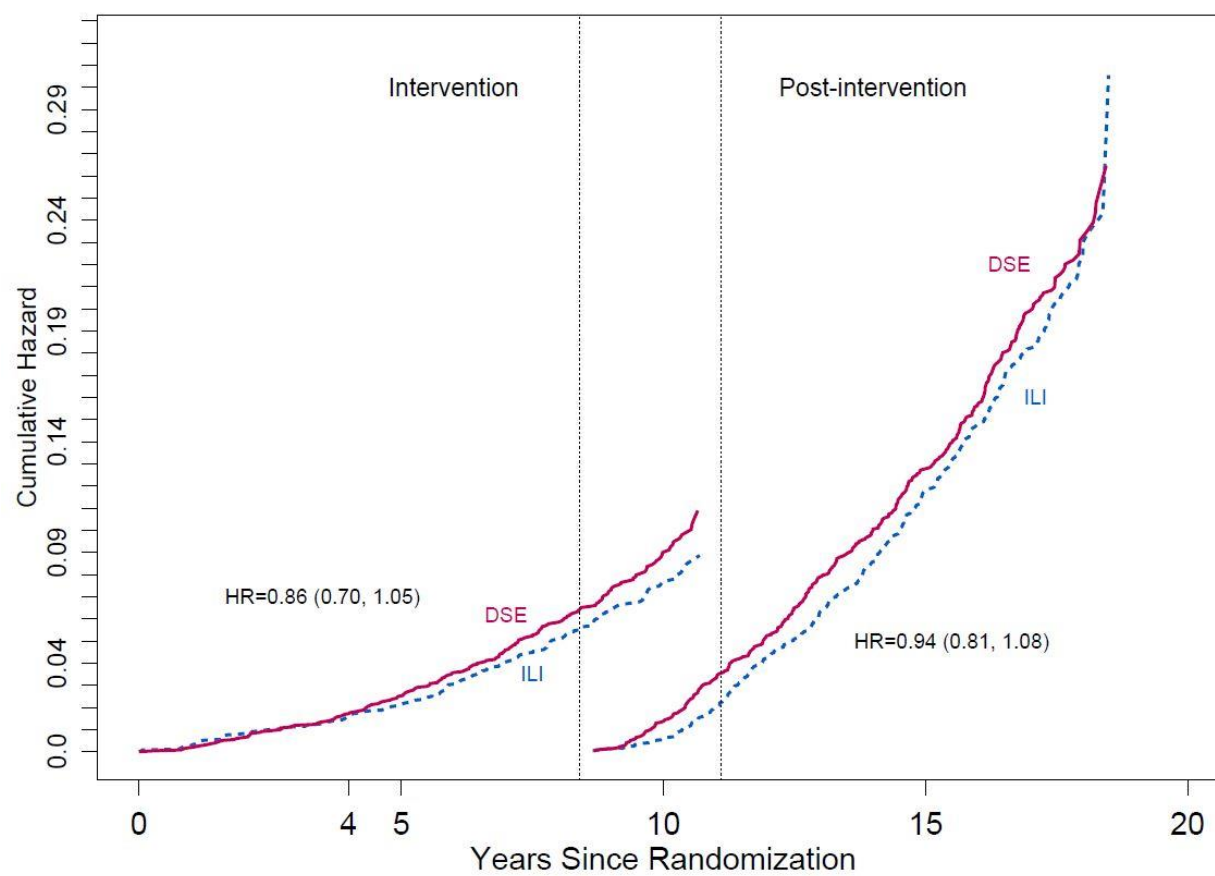
Supplemental Data

Supplementary Table 1: Baseline characteristics of participants in the ILI and DSE groups.

Characteristic	ILI (N = 2,570)	DSE (N = 2,575)
Female Sex – N (%)	1526 (59.3)	1537 (59.6)
Ethnicity – N (%)		
African American	399 (15.5)	404 (15.7)
American Indian/Alaskan Native	130 (5.1)	128 (5.0)
Asian/Pacific Islander	29 (1.1)	21 (0.8)
Hispanic/Latino	339 (13.2)	338 (13.2)
Non-Hispanic White	1618 (63.1)	1628 (63.3)
Other/multiple	48 (1.9)	50 (1.9)
Use of insulin – N (%)	381 (14.8)	408 (15.8)
Age (yr.)	58.6 ± 6.8	58.9 ± 6.9
Weight (kg)		
Females	94.8 ± 17.9	95.4 ± 17.3
Males	108.9 ± 19.0	109.0 ± 18.0
Body mass index (kg/m ²)		
Females	36.3 ± 6.2	36.6 ± 6.0
Males	35.3 ± 5.7	35.1 ± 5.2
History of Cardiovascular Disease – N (%)	366 (14.2)	348 (13.5)

Values shown are means ± SDs or frequency counts (with percentages).

Supplementary Figure 1. Cumulative Hazards for Total Mortality During the Period of Active Intervention and the Post Intervention Follow-up



Appendix

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