

ONLINE APPENDIX

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Online Appendix Table 1. Baseline characteristics of the patients enrolled.

	Group Care	Controls	Significance
n	421	394	
Gender (M/F)	202/219	211/183	n.s.
Age	69.0 ± 8.4	69.6 ± 8.4	n.s.
Known duration of diabetes	15.7 ± 6.9	16.6 ± 7.2	n.s.
^a Schooling (N/P/M/H/U)	28/221/101/65/6	13/220/99/59/3	n.s.
^b Occupation (U/H/R/B/W/C/T)	4/123/207/24/27/27/9	1/85/206/48/30/21/3	p<0.01
Attendance in clinic before study (years)	5.8 ± 4.9	6.0 ± 4.6	n.s.
^c Family history of diabetes (Yes/No/Unknown)	220/193/8	232/158/4	n.s.
Owns glucose meter (Yes/No)	152/269	162/232	n.s.
Self-monitoring blood glucose (Yes/No)	138/283	148/246	n.s.
Smoking (Current/Never/Stopped)	79/247/95	67/222/105	n.s.

^aN = No formal education, P = Primary school, M = Middle school, H = High school, U = University degree

^bU = Unemployed, H = Housewife, R = Retired, B = Blue collar worker, W = White collar worker, C = Craftsman, T = Teacher

^cFirst degree relative.

Online Appendix Table 2. Biochemical and clinical variables, health behaviours, quality of life, and knowledge of diabetes at baseline and year 4.

	Group Care			Controls			Difference (95% CI) at year 4 between Group Care and Controls*
	Baseline (Mean±SD)	4 years (Mean±SD)	Mean Difference between baseline and year 4	Baseline (Mean±SD)	4 years (Mean±SD)	Mean Difference between baseline and year 4	
Body weight (kg)	81.44 ± 14.87	80.4 ± 14.6	-1.57±0.3 p<0,001	78.22 ± 15.02	82.1±15.4	+1.96±0.44 p<0,001	-3.50 (-4.22/-2.08) p<0,001
Body Mass Index (kg/m ²)	30.62 ± 4.99	30.1 ± 5.0	-0.59±0.11 p<0,001	29.34 ± 5.11	30.4±5.8	+0.65±0.2 p<0,01	-1.09 (-1.56/-0.62) p<0,001
Fasting blood glucose (mmol/l)	9.33 ± 2.64	8.78 ± 2.27	-0.71±0,16 p<0,001	9.35 ± 2.69	9.44±2.89	+0.31±0.20 n.s.	-1.06 (-1.51/-0.62) p<0,001
HbA _{1c} (percent of total Hb)	7.75 ± 1.57	7.30 ± 0.9	-0.53±0.07 p<0,001	7.81 ± 1.43	8.80±1.2	+0.93±0.06 p<0,001	-1.49 (-1.63/-1.34) p<0,001
Total cholesterol (mmol/l)	5,44 ± 1.04	4.88 ± 0.96	-0.67±0,07 p<0,001	5.43 ± 1.08	5.47 ± 0,94	+0.05±0.07 n.s.	-0.66 (-0.82/-0.50) p<0,001
HDL cholesterol (mmol/l)	1.27 ± 0.34	1.42 ± 0,29	+0.13±0.01 p<0,001	1.30 ± 0.35	1.29 ± 0,33	-0.01±0.02 n.s.	+0.13 (+0.09/+0.18) p<0,001
LDL cholesterol,	3.37± 0.90	2.79 ± 0.94	-0.64±0.06 p<0,001	3.31±0.95	3.31 ± 0,97	-0.01±0.07 n.s.	-0.63 (-0.79/-0.47) p<0,001
Triglyceride (mmol/l)	1.84 ± 1.21	1,46 ± 0,59	-0.37±0.06 p<0,001	1.84 ± 1.08	1,94 ± 1.17	+0.12±0.04 p<0,01	-0.51 (-0.63/-0.38) p<0,001
Systolic blood pressure (mmHg)	143.83 ± 16.93	138.01 ± 16.1	-6.56±1.2 p<0,001	143.86 ± 16.47	143.6±18.5	-0.16±1.3 n.s.	-4.42 (-7.35/-1.48) p=0,003
Diastolic blood pressure (mmHg)	83.40 ± 9.27	79.1 ± 9.4	-4.6±0.6 p<0,001	82.12 ± 9.31	80.6±8.4	-1.9±0.7 p<0,01	-3.29 (-5.24/-1.33) p<0,001
Creatinine (mmol/l)	76.0 ± 19.4	76,0 ± 23.0	+0.9±0.9 n.s.	76,9±19.4	85.7 ± 26.5	+8.84±1.41 p<0,001	-8.84(-12.38/-5.30) p<0,001
Health behaviors (CdR score)	10.99 ± 3.17	15.24 ± 2.62	+4.11 ± 0.16 p<0,001	11.08 ± 3.28	11.07 ± 3.00	-0.15 ± 0.15 n.s.	+4.16 (3.77/4.55) p<0,001
Quality of life (DQOL/ Mod score)	71.86 ± 13.20	63.22 ± 10.27	- 9.08 ± 0.55 p<0,001	71.01 ± 14.53	77.88 ± 13.14	+9.14 ± 0.54 p<0,001	-16.77 (-18.29/15.25) p<0,001
Knowledge of diabetes (GISED score)	38.49 ± 15.54	48.37 ± 13.42	+8.46 ± 0.67 p<0,001	38.42 ± 16.08	38.69 ± 14.07	-2.11 ± 0.63 p<0,01	+10.60 (8.91/12.28) p<0,001

The difference is adjusted for participating centre, gender, family history for diabetes, schooling, occupation, years of attendance in clinic and baseline values of the dependent variable.

Online Appendix Fig. 1. CONSORT diagram of ROMEO patients flow.

