

## SUPPLEMENTARY DATA

### Look AHEAD research group at 1-year

#### Clinical Sites

The Johns Hopkins Medical Institutions Frederick L. Brancati, MD, MHS<sup>1</sup>; Jeff Honas, MS<sup>2</sup>; Lawrence Cheskin, MD<sup>3</sup>; Jeanne M. Clark, MD, MPH<sup>3</sup>; Kerry Stewart, EdD<sup>3</sup>; Richard Rubin, PhD<sup>3</sup>; Jeanne Charleston, RN; Kathy Horak, RD

Pennington Biomedical Research Center George A. Bray, MD<sup>1</sup>; Kristi Rau<sup>2</sup>; Allison Strate, RN<sup>2</sup>; Brandi Armand, LPN<sup>2</sup>; Frank L. Greenway, MD<sup>3</sup>; Donna H. Ryan, MD<sup>3</sup>; Donald Williamson, PhD<sup>3</sup>; Amy Bachand; Michelle Begnaud; Betsy Bernhard; Elizabeth Caderette; Barbara Cerniauskas; David Creel; Diane Crow; Helen Guay; Nancy Kora; Kelly LaFleur; Kim Landry; Missy Lingle; Jennifer Perault; Mandy Shipp, RD; Marisa Smith; Elizabeth Tucker

The University of Alabama at Birmingham Cora E. Lewis, MD, MSPH<sup>1</sup>; Sheikilya Thomas MPH<sup>2</sup>; Monika Safford, MD<sup>3</sup>; Vicki DiLillo, PhD; Charlotte Bragg, MS, RD, LD; Amy Dobelstein; Stacey Gilbert, MPH; Stephen Glasser, MD; Sara Hannum, MA; Anne Hubbell, MS; Jennifer Jones, MA; DeLavallade Lee; Ruth Luketic, MA, MBA, MPH; Karen Marshall; L. Christie Oden; Janet Raines, MS; Cathy Roche, RN, BSN; Janet Truman; Nita Webb, MA; Audrey Wrenn, MAEd

#### Harvard Center

*Massachusetts General Hospital:* David M. Nathan, MD<sup>1</sup>; Heather Turgeon, RN, BS, CDE<sup>2</sup>; Kristina Schumann, BA<sup>2</sup>; Enrico Cagliero, MD<sup>3</sup>; Linda Delahanty, MS, RD<sup>3</sup>; Kathryn Hayward, MD<sup>3</sup>; Ellen Anderson, MS, RD<sup>3</sup>; Laurie Bissett, MS, RD; Richard Ginsburg, PhD; Valerie Goldman, MS, RD; Virginia Harlan, MSW; Charles McKittrick, RN, BSN, CDE; Alan McNamara, BS; Theresa Michel, DPT, DSc CCS; Alexi Poulos, BA; Barbara Steiner, EdM; Joclyn Tosch, BA

*Joslin Diabetes Center:* Edward S. Horton, MD<sup>1</sup>; Sharon D. Jackson, MS, RD, CDE<sup>2</sup>; Osama Hamdy, MD, PhD<sup>3</sup>; A. Enrique Caballero, MD<sup>3</sup>; Sarah Bain, BS; Elizabeth Bovaird, BSN, RN; Ann Goebel-Fabbri, PhD; Lori Lambert, MS, RD; Sarah Ledbury, MEd, RD; Maureen Malloy, BS; Kerry Ovalle, MS, RCEP, CDE

*Beth Israel Deaconess Medical Center:* George Blackburn, MD, PhD<sup>1</sup>; Christos Mantzoros, MD, DSc<sup>3</sup>; Kristinia Day, RD; Ann McNamara, RN

University of Colorado Health Sciences Center James O. Hill, PhD<sup>1</sup>; Marsha Miller, MS, RD<sup>2</sup>; JoAnn Phillipp, MS<sup>2</sup>; Robert Schwartz, MD<sup>3</sup>; Brent Van Dorsten, PhD<sup>3</sup>; Judith Regensteiner, PhD<sup>3</sup>; Salma Benchekroun MS; Ligia Coelho, BS; Paulette Cohrs, RN, BSN; Elizabeth Daeninck, MS, RD; Amy Fields, MPH; Susan Green; April Hamilton, BS, CCRC; Jere Hamilton, BA; Eugene Leshchinskiy; Michael McDermott, MD; Lindsey Munkwitz, BS; Loretta Rome, TRS; Kristin Wallace, MPH; Terra Worley, BA

Baylor College of Medicine John P. Foreyt, PhD<sup>1</sup>; Rebecca S. Reeves, DrPH, RD<sup>2</sup>; Henry Pownall, PhD<sup>3</sup>; Ashok Balasubramanyam, MBBS<sup>3</sup>; Peter Jones, MD<sup>3</sup>; Michele Burrington, RD; Chu-Huang Chen, MD, PhD; Allyson Clark, RD; Molly Gee, MEd, RD; Sharon Griggs; Michelle Hamilton; Veronica Holley; Jayne Joseph, RD; Patricia Pace, RD; Julieta Palencia, RN; Olga Satterwhite, RD; Jennifer Schmidt; Devin Volding, LMSW; Carolyn White

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University of California at Los Angeles School of Medicine Mohammed F. Saad, MD<sup>1</sup>; Siran Ghazarian Sengardi, MD<sup>2</sup>; Ken C. Chiu, MD<sup>3</sup>; Medhat Botrous; Michelle Chan, BS; Kati Konersman, MA, RD, CDE; Magpuri Perpetua, RD

### The University of Tennessee Health Science Center

*University of Tennessee East.* Karen C. Johnson, MD, MPH<sup>1</sup>; Carolyn Gresham, RN<sup>2</sup>; Stephanie Connelly, MD, MPH<sup>3</sup>; Amy Brewer, RD, MS; Mace Coday, PhD; Lisa Jones, RN; Lynne Lichtermann, RN, BSN; Shirley Vosburg, RD, MPH; and J. Lee Taylor, MEd, MBA

*University of Tennessee Downtown.* Abbas E. Kitabchi, PhD, MD<sup>1</sup>; Helen Lambeth, RN, BSN<sup>2</sup>; Debra Clark, LPN; Andrea Crisler, MT; Gracie Cunningham; Donna Green, RN; Debra Force, MS, RD, LDN; Robert Kores, PhD; Renate Rosenthal PhD; Elizabeth Smith, MS, RD, LDN; and Maria Sun, MS, RD, LDN; and Judith Soberman, MD<sup>3</sup>

University of Minnesota Robert W. Jeffery, PhD<sup>1</sup>; Carolyn Thorson, CCRP<sup>2</sup>; John P. Bantle, MD<sup>3</sup>; J. Bruce Redmon, MD<sup>3</sup>; Richard S. Crow, MD<sup>3</sup>; Scott Crow, MD<sup>3</sup>; Susan K Raatz, PhD, RD<sup>3</sup>; Kerrin Brelje, MPH, RD; Carolynne Campbell; Jeanne Carls, MEd; Tara Carmean-Mihm, BA; Emily Finch, MA; Anna Fox, MA; Elizabeth Hoelscher, MPH, RD, CHES; La Donna James; Vicki A. Maddy, BS, RD; Therese Ockenden, RN; Birgitta I. Rice, MS, RPh CHES; Tricia Skarphol, BS; Ann D. Tucker, BA; Mary Susan Voeller, BA; Cara Walcheck, BS, RD

St. Luke's Roosevelt Hospital Center Xavier Pi-Sunyer, MD<sup>1</sup>; Jennifer Patricio, MS<sup>2</sup>; Stanley Heshka, PhD<sup>3</sup>; Carmen Pal, MD<sup>3</sup>; Lynn Allen, MD; Diane Hirsch, RNC, MS, CDE; Mary Anne Holowaty, MS, CN

University of Pennsylvania Thomas A. Wadden, PhD<sup>1</sup>; Barbara J. Maschak-Carey, MSN, CDE<sup>2</sup>; Stanley Schwartz, MD<sup>3</sup>; Gary D. Foster, PhD<sup>3</sup>; Robert I. Berkowitz, MD<sup>3</sup>; Henry Glick, PhD<sup>3</sup>; Shiriki K. Kumanyika, PhD, RD, MPH<sup>3</sup>; Johanna Brock; Helen Chomentowski; Vicki Clark; Canice Crerand, PhD; Renee Davenport; Andrea Diamond, MS, RD; Anthony Fabricatore, PhD; Louise Hesson, MSN; Stephanie Krauthamer-Ewing, MPH; Robert Kuehnel, PhD; Patricia Lipschutz, MSN; Monica Mullen, MS, RD; Leslie Womble, PhD, MS; Nayyar Iqbal, MD

University of Pittsburgh David E. Kelley, MD<sup>1</sup>; Jacqueline Wesche-Thobaben, RN, BSN, CDE<sup>2</sup>; Lewis Kuller, MD, DrPH<sup>3</sup>; Andrea Kriska, PhD<sup>3</sup>; Janet Bonk, RN, MPH; Rebecca Danchenko, BS; Daniel Edmundowicz, MD<sup>3</sup>; Mary L. Klem, PhD, MLIS<sup>3</sup>; Monica E. Yamamoto, DrPH, RD, FADA<sup>3</sup>; Barb Elnyczky, MA; George A. Grove, MS; Pat Harper, MS, RD, LDN; Janet Krulia, RN, BSN, CDE; Juliet Mancino, MS, RD, CDE, LDN; Anne Mathews, MS, RD, LDN; Tracey Y. Murray, BS; Joan R. Ritchea; Jennifer Rush, MPH; Karen Vujevich, RN-BC, MSN, CRNP; Donna Wolf, MS

The Miriam Hospital/Brown Medical School Rena R. Wing, PhD<sup>1</sup>; Renee Bright, MS<sup>2</sup>; Vincent Pera, MD<sup>3</sup>; John Jakicic, PhD<sup>3</sup>; Deborah Tate, PhD<sup>3</sup>; Amy Gorin, PhD<sup>3</sup>; Kara Gallagher, PhD<sup>3</sup>; Amy Bach, PhD; Barbara Bancroft, RN, MS; Anna Bertorelli, MBA, RD; Richard Carey, BS; Tatum Charron, BS; Heather Chenot, MS; Kimberley Chula-Maguire, MS; Pamela Coward, MS, RD; Lisa Cronkite, BS; Julie Currin, MD; Maureen Daly, RN; Caitlin Egan, MS; Erica Ferguson, BS, RD; Linda Foss, MPH; Jennifer Gauvin, BS; Don Kieffer, PhD; Lauren Lessard, BS; Deborah Maier, MS; JP Massaro, BS; Tammy Monk, MS; Rob Nicholson, PhD; Erin

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Patterson, BS; Suzanne Phelan, PhD; Hollie Raynor, PhD, RD; Douglas Raynor, PhD; Natalie Robinson, MS, RD; Deborah Robles; Jane Tavares, BS

The University of Texas Health Science Center at San Antonio Steven M. Haffner, MD<sup>1</sup>; Maria G. Montez, RN, MSHP, CDE<sup>2</sup>; Carlos Lorenzo, MD<sup>3</sup>

University of Washington / VA Puget Sound Health Care System Steven Kahn MB, ChB<sup>1</sup>; Brenda Montgomery, RN, MS, CDE<sup>2</sup>; Robert Knopp, MD<sup>3</sup>; Edward Lipkin, MD<sup>3</sup>; Matthew L. Maciejewski, PhD<sup>3</sup>; Dace Trence, MD<sup>3</sup>; Terry Barrett, BS; Joli Bartell, BA; Diane Greenberg, PhD; Anne Murillo, BS; Betty Ann Richmond, MEd; April Thomas, MPH, RD

Southwestern American Indian Center, Phoenix, Arizona and Shiprock, New Mexico William C. Knowler, MD, DrPH<sup>1</sup>; Paula Bolin, RN, MC<sup>2</sup>; Tina Killean, BS<sup>2</sup>; Cathy Manus, LPN<sup>3</sup>; Jonathan Krakoff, MD<sup>3</sup>; Jeffrey M. Curtis, MD, MPH<sup>3</sup>; Justin Glass, MD<sup>3</sup>; Sara Michaels, MD<sup>3</sup>; Peter H. Bennett, MB, FRCP<sup>3</sup>; Tina Morgan<sup>3</sup>; Shandiin Begay, MPH; Bernadita Fallis RN, RHIT, CCS; Jeanette Hermes, MS,RD; Diane F. Hollowbreast; Ruby Johnson; Maria Meacham, BSN, RN, CDE; Julie Nelson, RD; Carol Percy, RN; Patricia Poorthunder; Sandra Sangster; Nancy Scurlock, MSN, ANP-C, CDE; Leigh A. Shovestull, RD, CDE; Janelia Smiley; Katie Toledo, MS, LPC; Christina Tomchee, BA; Darryl Tonemah PhD

University of Southern California Anne Peters, MD<sup>1</sup>; Valerie Ruelas, MSW, LCSW<sup>2</sup>; Siran Ghazarian Sengardi, MD<sup>2</sup>; Kathryn Graves, MPH, RD, CDE; Kati Konersman, MA, RD, CDE; Sara Serafin-Dokhan

### Coordinating Center

Wake Forest University Mark A. Espeland, PhD<sup>1</sup>; Judy L. Bahnson, BA<sup>2</sup>; Lynne Wagenknecht, DrPH<sup>3</sup>; David Reboussin, PhD<sup>3</sup>; W. Jack Rejeski, PhD<sup>3</sup>; Alain Bertoni, MD, MPH<sup>3</sup>; Wei Lang, PhD<sup>3</sup>; Gary Miller, PhD<sup>3</sup>; David Lefkowitz, MD<sup>3</sup>; Patrick S. Reynolds, MD<sup>3</sup>; Paul Ribisl, PhD<sup>3</sup>; Mara Vitolins, DrPH<sup>3</sup>; Michael Booth, MBA<sup>2</sup>; Kathy M. Dotson, BA<sup>2</sup>; Amelia Hodges, BS<sup>2</sup>; Carrie C. Williams, BS<sup>2</sup>; Jerry M. Barnes, MA; Patricia A. Feeney, MS; Jason Griffin, BS; Lea Harvin, BS; William Herman, MD, MPH; Patricia Hogan, MS; Sarah Jaramillo, MS; Mark King, BS; Kathy Lane, BS; Rebecca Neiberg, MS; Andrea Ruggiero, MS; Christian Speas, BS; Michael P. Walkup, MS; Karen Wall, AAS; Michelle Ward; Delia S. West, PhD; Terri Windham

### Central Resources Centers

DXA Reading Center, University of California at San Francisco Michael Nevitt, PhD<sup>1</sup>; Susan Ewing, MS; Cynthia Hayashi; Jason Maeda, MPH; Lisa Palermo, MS, MA; Michaela Rahorst; Ann Schwartz, PhD; John Shepherd, PhD

Central Laboratory, Northwest Lipid Research Laboratories Santica M. Marcovina, PhD, ScD<sup>1</sup>; Greg Strylewicz, MS

### ECG Reading Center, EPICARE, Wake Forest University School of Medicine

RonaldJ. Prineas, MD, PhD<sup>1</sup>; Teresa Alexander; Lisa Billings; Charles Campbell, AAS, BS; Sharon Hall; Susan Hensley; Yabing Li, MD; Zhu-Ming Zhang, MD

Diet Assessment Center, University of South Carolina, Arnold School of Public Health, Center for Research in Nutrition and Health Disparities Elizabeth J Mayer-Davis, PhD<sup>1</sup>; Robert Moran, PhD

SUPPLEMENTARY DATA

Hall-Foushee Communications, Inc.

Richard Foushee, PhD; Nancy J. Hall, MA

Federal Sponsors

National Institute of Diabetes and Digestive and Kidney Diseases: Barbara Harrison, MS; Van S. Hubbard, MD PhD; Susan Z. Yanovski, MD

National Heart, Lung, and Blood Institute: Lawton S. Cooper, MD, MPH; Jeffrey Cutler, MD, MPH; Eva Obarzanek, PhD, MPH, RD

Centers for Disease Control and Prevention: Edward W. Gregg, PhD; David F. Williamson, PhD; Ping Zhang, PhD

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<sup>1</sup> Principal Investigator

<sup>2</sup> Program Coordinator

<sup>3</sup> Co-Investigator

All other Look AHEAD staffs are listed alphabetically by site

SUPPLEMENTARY DATA

**Supplementary Table 1. Proportion of participants that initiated or discontinued use of insulin, hypertension, or lipid lowering medication**

	Overall	Overweight	Class I	Class II	Severely obese	p-value means for across groups
<b>Insulin</b>						
Not using at baseline	1985 (85.5)	348 (92.6) <sup>a</sup>	716 (86.9) <sup>b</sup>	501 (82.3) <sup>c</sup>	420 (81.7) <sup>c</sup>	<0.01
Not using at baseline but initiated usage by 1-year	36 (1.8)	4 (1.2)	8 (1.1)	13 (2.6)	11 (2.6)	0.11
Using at baseline	338 (14.6)	28 (7.4) <sup>a</sup>	108 (13.1) <sup>b</sup>	108 (17.7) <sup>c</sup>	94 (18.3) <sup>c</sup>	<0.01
Using at baseline but discontinued usage by 1-year	69 (20.4)	7 (25.0)	23 (21.3)	23 (21.3)	16 (17.0)	0.77
<b>Hypertension medication</b>						
Not using at baseline	559 (24.0)	130 (34.6) <sup>a</sup>	199 (24.2) <sup>b</sup>	138 (22.7) <sup>b,c</sup>	92 (17.9) <sup>c</sup>	<0.01
Not using at baseline but initiated usage by 1-year	65 (11.6)	12 (9.2)	24 (12.1)	15 (10.9)	14 (15.2)	0.57
Using at baseline	1764 (75.9)	246 (65.4) <sup>a</sup>	625 (75.9) <sup>b</sup>	471 (77.3) <sup>b,c</sup>	422 (82.1) <sup>c</sup>	<0.01
Using at baseline but discontinued usage by 1-year	101 (5.7)	13 (5.3)	43 (6.9)	24 (5.1)	21 (5.0)	0.49
<b>Lipid lowering medication</b>						
Not using at baseline	1139 (49.1)	194 (51.6) <sup>a</sup>	364 (44.2) <sup>b</sup>	313 (51.4) <sup>a</sup>	268 (52.2) <sup>a</sup>	<0.01
Not using at baseline but initiated usage by 1-year	177 (15.5)	26 (13.4)	53 (14.6)	55 (17.6)	43 (16.0)	0.58
Using at baseline	1183 (51.0)	182 (48.4) <sup>a</sup>	460 (55.8) <sup>b</sup>	296 (48.6) <sup>a</sup>	245 (47.8) <sup>a</sup>	<0.01
Using at baseline but discontinued usage by 1-year	135 (11.4)	27 (14.8)	45 (9.8)	38 (12.8)	25 (10.2)	0.23

All values expressed as: N (Percentage)

BMI categories with dissimilar superscripts indicates that groups are significantly different from one another (p<0.05)

SUPPLEMENTARY DATA

**Supplementary Table 2. Proportion of participants meeting ADA treatment goals at baseline and 1-year**

	<b>N</b>	<b>Overall</b>	<b>Overweight</b>	<b>Class I</b>	<b>Class II</b>	<b>Severely obese</b>	<b>p-value for means across groups</b>
<b>LDL-cholesterol &lt;100 mg/dL</b>							
Baseline	2429	894 (36.8)	133 (34.7) <sup>a</sup>	338 (39.0) <sup>a</sup>	237 (37.4) <sup>a</sup>	186 (34.1) <sup>a</sup>	0.22
1-year	2379	1048 (44.1)	172 (45.5) <sup>a</sup>	375 (45.2) <sup>a</sup>	272 (43.6) <sup>a</sup>	229 (41.9) <sup>a</sup>	0.6
<b>Blood Pressure &lt; 130/80</b>							
Baseline	2472	1145 (53.7)	248 (63.6) <sup>a</sup>	503 (57.3) <sup>b</sup>	328 (50.7) <sup>c</sup>	248 (44.5) <sup>d</sup>	<0.01
1-year	2476	1699 (68.6)	283 (72.0) <sup>a</sup>	621 (70.3) <sup>a</sup>	431 (66.7) <sup>a</sup>	364 (65.7) <sup>a</sup>	0.09
<b>HbA1c &lt; 7%</b>							
Baseline	2503	1167 (46.6)	194 (49.1) <sup>a,b</sup>	449 (50.3) <sup>a</sup>	271 (41.4) <sup>c</sup>	253 (45.0) <sup>b,c</sup>	<0.01
1-year	2378	1730 (72.8)	285 (75.4) <sup>a</sup>	618 (74.5) <sup>a</sup>	437 (70.1) <sup>a</sup>	390 (71.3) <sup>a</sup>	0.15

All values expressed as: N (percentage)

BMI categories with dissimilar superscripts indicates that groups are significantly different from one another (p<0.05)