

## SUPPLEMENTARY DATA

**Supplementary Table 1.** Baseline characteristics of the completers and non-completers for the annual assessments.

Characteristics	1 <sup>st</sup> Annual Assessment			2 <sup>nd</sup> Annual Assessment			3 <sup>rd</sup> Annual Assessment		
	Yes (N=1503)	No (N=1015)*		Yes (N=1079)	No (N=1368)*		Yes (N=834)	No (N=1559)*	
	N(%)	N(%)	P value	N(%)	N(%)	P value	N(%)	N(%)	P value
Gender			0.05			0.21			0.58
female	1141(75.9%)	736(72.5%)		816(75.6%)	1004(73.4%)		626(75.1%)	1154(74.0%)	
male	362(24.1%)	279(27.5%)		263(24.4%)	364(26.6%)		208(24.9%)	405(26.0%)	
Age group			<0.001			<0.001			<0.001
18 to < 40	360(24.0%)	356(35.1%)		259(24.0%)	436(31.9%)		190(22.8%)	498(31.9%)	
40 to < 50	478(31.8%)	285(28.1%)		330(30.6%)	411(30.0%)		261(31.3%)	463(29.7%)	
50 to < 60	397(26.4%)	242(23.9%)		289(26.8%)	335(24.5%)		219(26.3%)	388(24.9%)	
≥ 60	268(17.8%)	132(13.0%)		201(18.6%)	186(13.6%)		164(19.7%)	210(13.5%)	
Education status			<0.001			0.21			0.49
<HS	172(12.3%)	141(16.9%)		126(12.5%)	175(15.2%)		100(13.0%)	198(14.8%)	
HS grad	285(20.4%)	182(21.9%)		212(21.0%)	241(20.9%)		167(21.7%)	276(20.6%)	
some college	634(45.5%)	377(45.3%)		463(45.8%)	525(45.6%)		347(45.0%)	618(46.1%)	
≥ college grad	303(21.7%)	132(15.9%)		209(20.7%)	210(18.2%)		157(20.4%)	248(18.5%)	
Annual household income			<0.001			0.001			0.14
0-\$14,999	198(16.6%)	167(24.2%)		138(16.3%)	214(21.9%)		111(16.9%)	233(20.8%)	
\$15,000-\$29,999	252(21.1%)	150(21.7%)		167(19.7%)	222(22.7%)		136(20.7%)	245(21.9%)	
\$30,000-\$49,999	366(30.7%)	196(28.4%)		267(31.5%)	277(28.4%)		205(31.2%)	324(28.9%)	
≥ \$50,000	376(31.5%)	178(25.8%)		276(32.5%)	264(27.0%)		206(31.3%)	319(28.5%)	
Employment status			<0.001			<0.001			<0.001
employed	1054(76.4%)	589(70.2%)		757(75.7%)	839(72.5%)		573(74.8%)	986(73.6%)	
unemployed	176(12.8%)	171(20.4%)		127(12.7%)	211(18.2%)		96(12.5%)	234(17.5%)	
retired	120(8.7%)	47(5.6%)		97(9.7%)	65(5.6%)		77(10.1%)	80(6.0%)	
student	30(2.2%)	32(3.8%)		19(1.9%)	42(3.6%)		20(2.6%)	40(3.0%)	

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	Yes (N=1503)	No (N=1015)*		Yes (N=1079)	No (N=1368)*		Yes (N=834)	No (N=1559)*	
	N(%)	N(%)	P value	N(%)	N(%)	P value	N(%)	N(%)	P value
Family history of type 2 diabetes			0.44			0.56			0.48
no	294(19.7%)	211(20.9%)		213(19.8%)	281(20.7%)		178(21.4%)	311(20.1%)	
yes	1201(80.3%)	797(79.1%)		864(80.2%)	1074(79.3%)		655(78.6%)	1234(79.9%)	
Physical activity (minutes/week)			0.31			0.62			0.81
< 150 minutes	1136(76.7%)	787(78.4%)		432(40.7%)	545(40.2%)		630(76.7%)	1193(77.2%)	
>= 150 minutes	346(23.3%)	217(21.6%)		237(22.3%)	320(23.6%)		191(23.3%)	353(22.8%)	
	Mean(SD)	Mean(SD)	P value	Mean(SD)	Mean(SD)	P value	Mean(SD)	Mean(SD)	P value
FBG (mg/dL)	104.4(9.1)	104.5(9.2)	0.77	103.8(8.8)	104.6(9.3)	0.04	103.6(8.7)	104.4(9.2)	0.04
OGTT 2-hour Glucose (mg/dL)	122(34.8)	123.5(35.6)	0.29	120.6(32.7)	123(36.4)	0.08	120.2(33.5)	122.4(35.4)	0.15
Weight (lbs)	215.5(51.5)	219.5(50)	0.05	213.6(49.7)	219.6(51.9)	0.004	212.6(50.7)	219(51.0)	0.003
BMI	35.6(7.4)	36.0(7.2)	0.14	35.4(7.3)	36(7.3)	0.04	35.2(7.4)	36(7.2)	0.008
Systolic BP (mm Hg)	126.9(14.7)	126.1(15.2)	0.22	126.8(14.6)	126.4(15.2)	0.48	126.6(14.2)	126.5(15.3)	0.92
Diastolic BP (mm Hg)	79.0(9.8)	78.4(10.6)	0.22	79(9.7)	78.6(10.4)	0.25	78.5(9.7)	78.9(10.2)	0.39
HDL-C (mg/dL)	45.2(11.9)	44.9(12.4)	0.53	45.6(11.9)	44.8(12.3)	0.08	45.6(12.4)	45(12.1)	0.21
LDL-C (mg/dL)	112(31.9)	111.3(30.6)	0.61	112.4(31.2)	111.1(31.2)	0.32	112(31.2)	111.3(31.2)	0.63
Triglycerides(mg/dL)	166.7(103.2)	158.8(90.7)	0.04	165.7(103.1)	161.1(95.5)	0.26	165.1(105.0)	161.3(95.3)	0.39

\* Excluding those who converted to diabetes before the 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> annual assessment because all data collection were discontinued for those participants after diabetes conversion.

## SUPPLEMENTARY DATA

**Supplementary Table 2.** SDPI-DP Intervention Outcomes and DPP Class Attendance

	Hazard Ratio or Regression Coefficient of DPP Class Attendance (16 class vs 15 or less)		
	HR <sup>a</sup>	95% CI	P value
Diabetes Incidence Rate	0.46	(0.32 , 0.66)	<0.001
<b>Change from baseline to Post-Curriculum Assessment (Post-curriculum value – baseline value)</b>			
Change in Weight(lbs)	β <sup>b</sup>	95% CI	P value
Change in Physical Activity (Minutes/week)	-1.89	(-3.19, -0.58)	0.005
Change in FBG (mg/dL)	20.8	(-3.7, 45.3)	0.10
Change in Systolic BP (mm Hg)	-1.73	(-2.98, -0.47)	0.007
Change in Diastolic BP (mm Hg)	-2.68	(-4.39, -0.96)	0.002
Change in LDL-C (mg/dl)	-0.58	(-1.73, 0.56)	0.32
Change in HDL-C (mg/dl)	-1.27	(-4.20, 1.66)	0.39
Change in Triglycerides (mg/dl)	0.13	(-0.86 , 1.11)	0.80
	-3.67	(-12.27, 4.94)	0.40

<sup>a</sup> Hazard ratio of proportional hazard regression model adjusted by age, gender, and baseline clinical diabetes risk factors.

<sup>b</sup> Regression coefficient of multiple linear regression model adjusted by age, gender, and baseline level of each outcome measure.