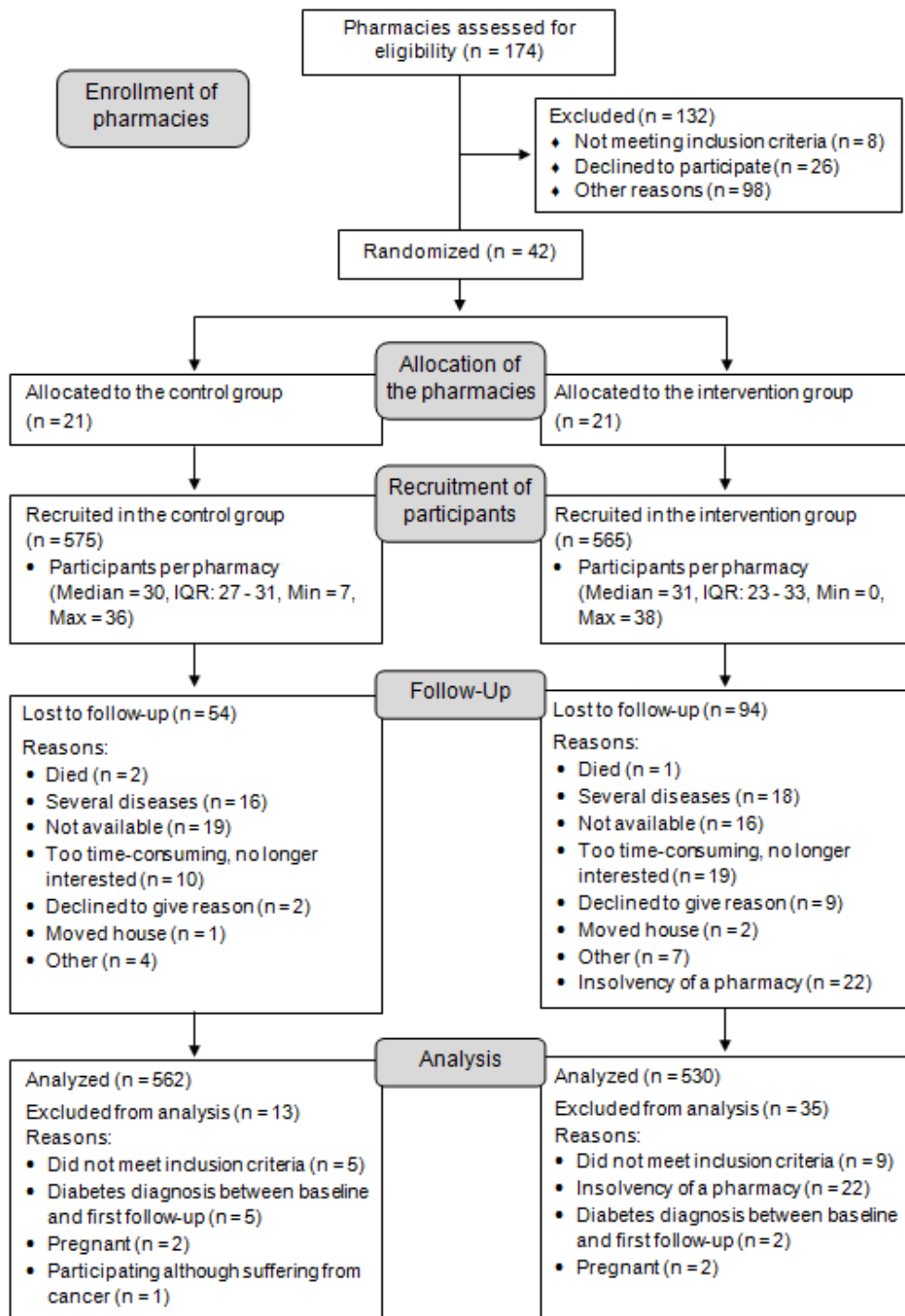


SUPPLEMENTARY DATA

**Supplementary Figure 1.** Flow diagram of the participants throughout the trial



SUPPLEMENTARY DATA

**Supplementary Table 1.** Baseline characteristics of the subjects in the intervention and control group

Characteristic	Control Group		Intervention Group		P value
	(n = 562)		(n = 530)		
<b>Age (years)</b>	58.8	± 11.6	56.2	± 16.5	< 0.001*
<b>Gender</b>					
Male	193	(34.3)	150	(28.3)	0.032*
Female	369	(65.7)	380	(71.7)	
<b>Smoking status</b>					
Smoker	65	(11.6)	72	(13.6)	0.090
Occasional smoker	31	(5.5)	14	(2.6)	
Former smoker	208	(37.0)	203	(38.3)	
Never smoker	258	(45.9)	241	(45.5)	
<b>Physical activity (h/week)</b>	2.1	± 1.9	1.7	± 1.7	< 0.001*
at least 2.5 h/week	178	(31.7)	120	(22.6)	0.001*
less than 2.5 h/week	384	(68.3)	410	(77.4)	
<b>Digital media consumption (h/week)</b>	17.0	± 8.8†	18.0	± 10.1	0.284
<b>Family status</b>					
married or cohabited	449	(79.9)	382	(72.1)	0.004*
living alone	111	(19.8)	141	(26.6)	
refused to answer	2	(0.4)	7	(1.3)	
<b>Employment</b>					
employed	242	(43.1)	260	(49.1)	0.003*
self-employed	50	(8.9)	57	(10.8)	
homemaker	49	(8.7)	43	(8.1)	
retired	207	(36.8)	159	(30.0)	
unemployed	14	(2.5)	11	(2.1)	
<b>Basic education</b>					
primary education	244	(43.4)	210	(39.6)	0.056
middle education	165	(29.4)	168	(31.7)	
high education	151	(26.9)	142	(26.8)	
no educational qualification	2	(0.4)	2	(0.4)	
other	0	(0.0)	6	(1.1)	
refused to answer	0	(0.0)	2	(0.4)	
<b>FINDRISC score</b>	12.7	± 3.5	13.3	± 3.5	0.003*
7 - 11 points	231	(41.1)	179	(33.8)	0.009*
12 - 14 points	169	(30.1)	169	(31.9)	
15 - 20 points	151	(26.9)	166	(31.3)	
> 20 points	11	(2.0)	16	(3.0)	
<b>BMI (kg/m<sup>2</sup>)</b>	29.1	± 5.0†	30.3	± 5.4	< 0.001*
<b>Waist circumference (cm)</b>					
Men (n = 149 vs. 193)	106.8	± 11.5‡	109.3	± 12.1‡	0.027*

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Women (n = 379 vs. 367)	96.0	± 12.4‡	99.4	± 13.3‡	0.001*
<b>Hip circumference (cm)</b>					
Men (n = 149 vs. 184)	108.0	± 8.3‡	109.4	± 9.6‡	0.076
Women (n = 376 vs. 349)	110.7	± 11.5‡	113.4	± 12.2‡	0.002*
<b>Systolic blood pressure (mmHg)</b>	136	± 19†	138	± 18	0.060
<b>Diastolic blood pressure (mmHg)</b>	85	± 11†	84	± 11	0.105
<b>Plasma glucose (mmol/l)</b>					
fasting (n = 61 vs. 39)	5.7	± 0.7§	5.6	± 1.1§	0.211
postprandial (n = 469 vs. 523)	6.0	± 1.1§	6.2	± 1.1§	0.071
<b>Quality of life</b>					
SF-12 physical component summary (n = 527 vs. 560)	47.4	± 8.9‡	45.7	± 9.7‡	0.002*
SF-12 mental component summary (n = 527 vs. 560)	52.0	± 9.4‡	50.9	± 10.2‡	0.087

Data are numbers (%) or mean ± SD. \*p value statistically significant according to Chi-squared-test, Fisher's exact test or Mann-Whitney-U-test; † one missing value; ‡ missing values, number n is specified in the left column; § some participants attended fasting; absolute number of fasting or postprandial measurement is specified in the left column

**Supplementary Table 2.** Change of the outcome parameters from baseline to the end of the study period according to the treatment group (analysis of the completer sample)

	Control Group	Intervention Group	Adjusted effect size* (95% CI)
	(n = 515)	(n = 462)	
<b>Primary outcome</b>			
Change of FINDRISC score	0.17 (± 1.69)	-0.63 (± 1.93)	-0.78 (-1.12 to -0.43)
<b>Secondary outcomes</b>			
1. Mean weight change (kg)	0.09 (± 3.68)	-1.68 (± 4.03)	-1.72 (-2.49 to -0.96)
2. Change of the systolic blood pressure (mmHg)	-3.63 (± 15.06)	-3.59 (± 13.72)	-0.25 (-2.87 to 2.37)
3. Change of the diastolic blood pressure (mmHg)	-1.51 (± 9.50)	-1.02 (± 8.93)	0.17 (-1.40 to 1.72)
4. Change of the physical activity (h/week)	-0.24 (± 1.76)	0.35 (± 1.70)	0.61 (0.37 to 0.85)
5. Change of the SF-12 physical component summary (QOL)	-0.85 (± 7.34)†	1.85 (± 8.43)†	2.78 (1.73 to 3.83)
6. Change of the SF-12 mental component summary (QOL)	0.32 (± 8.88)†	1.41 (± 10.36)†	1.15 (-0.22 to 2.52)

Numbers are mean values (follow-up – baseline, ± SD). \*adjusted via linear mixed effect models for sex, age, BMI at baseline, employment, level of education (fixed effects) and the corresponding community pharmacy (random effect); † three missing values in the intervention group and two in the control group

SUPPLEMENTARY DATA

**Participating investigators**

<p>ABF-Apotheke Rudolf-Breitscheid-Str. 41 90762 Fürth phone: +49 911-773336</p>	<p>Apotheke im alten Bahnhof Bodenseestr. 30 88131 Lindau phone: +49 8382-275312</p>
<p>Arnika-Apotheke Marktstr. 15 94110 Wegscheid phone: +49 8592-8672</p>	<p>Elisen-Apotheke Ingolstädterstr. 18 86633 Neuburg a. d. Donau phone: +49 8431-44882</p>
<p>Hubertus-Apotheke Ludwigstr. 2 97816 Lohr am Main phone: +49 9352-2505</p>	<p>Klingentor-Apotheke Tückelhäuser Str. 9 97199 Ochsenfurt phone: +49 9331-80665</p>
<p>Kreuz-Apotheke Kirchplatz 4 97618 Unsleben phone: +49 9773-283</p>	<p>Kreuz-Apotheke Aschaffenerstr. 11 63825 Schöllkrippen phone: +49 6024-1071</p>
<p>Löwen-Apotheke Traunwalchener Str. 5 83301 Traunreut phone: +49 8669-2207</p>	<p>Marien-Apotheke Kolpingstr. 2 95615 Marktredwitz phone: +49 9231-5160</p>
<p>Marien-Apotheke Ahornstr. 2 94437 Mamming phone: +49 9955-1212</p>	<p>Marien-Apotheke OHG Marktplatz 9 91220 Schnaittach phone: +49 9153-97450</p>
<p>Markt-Apotheke Marktplatz 6 97346 Iphofen phone: +49 9323-3301</p>	<p>Markt-Apotheke Marktplatz 13 83607 Holzkirchen phone: +49 8024-6500</p>
<p>Markt-Apotheke Hauptplatz 10 85276 Pfaffenhofen a. d. Ilm phone: +49 8441-89250</p>	<p>Mohren-Apotheke zu St. Lorenz Königstr. 32 90402 Nürnberg phone: +49 911-206330</p>
<p>Moritz Apotheke Moritzbergstraße 53 90482 Nürnberg-Laufamholz phone: +49 911-9506966</p>	<p>NM Vital Apotheke Regensburger Str. 109 92318 Neumarkt i. d. Oberpfalz phone: +49 9181-50907100</p>
<p>Paracelsus-Apotheke Theodor-Storm-Str. 3 93051 Regensburg phone: +49 941-90101</p>	<p>Pasteur-Apotheke Heiglhofstr. 11 81377 München phone: +49 89-7148090</p>
<p>Promenade-Apotheke</p>	<p>Rasso-Apotheke</p>

SUPPLEMENTARY DATA

Alpspitzstr. 1 82467 Garmisch-Partenkirchen phone: +49 8821-95420	Hauptstr. 48 82284 Grafrath phone: +49 8144-290
Rathaus-Apotheke Hauptstr. 28a 89284 Pfaffenhofen a. d. Roth phone: +49 7302-6188	Ratibor-Apotheke Münchener Str. 33b 91154 Roth phone: +49 9171-898100
Rieder´sche Alte-Apotheke Ludwigsplatz 21 83022 Rosenheim phone: +49 8031-30960	Ritter-Apotheke Winterthurer Str. 5 81476 München phone: +49 89-752978
Ronhof-Apotheke Ronhofer Weg 16 90765 Fürth phone: +49 911-7907700	Rosen-Apotheke Ludwigstr. 3 86316 Friedberg phone: +49 821-3432990
Schloss-Apotheke Marktplatz 14 93167 Falkenstein phone: +49 9462-204	Schloss-Apotheke Altdorfer Str. 39 91207 Lauf phone: +49 9123-3500
Spessart-Apotheke Obere Pfarrgasse 26 97892 Kreuzwertheim phone: +49 9342-21999	Spital-Apotheke zum Heiligen Geist Spitalgasse 2 90403 Nürnberg phone: +49 911-227863
St. Nikolaus-Apotheke Neue Amberger Str. 16 92521 Schwarzenfeld phone: +49 9435-2244	Stadtapotheke Hauptstr. 18 82256 Fürstenfeldbruck phone: +49 8141-92400
Stadt-Apotheke Wolfgangstr. 14 86650 Wemding phone: +49 9092-365	Stiftsherren-Apotheke Marktplatz 9 91555 Feuchtwangen phone: +49 9852-67350
Theater-Apotheke Ludwigstr. 1 97070 Würzburg phone: +49 931-52888	Wallenstein-Apotheke am Oberen Tor Oberer Markt 21 90518 Altdorf b.Nürnberg phone: +49 9187-903060
Wilhelm-Busch-Apotheke Allersberger Str. 81 90461 Nürnberg phone: +49 911-476447	Wittelsbacher-Apotheke Lindwurmstr. 97 80337 München phone: +49 89-537844