

SUPPLEMENTARY DATA

**Supplementary Table S1. LMC Diabetes Skills, Confidence & Preparedness Index (SCPI)**

Please answer the following questions.

<p><b>Skills/Knowledge Questions</b> These questions explore your knowledge of diabetes management skills.</p>	Strongly Agree	Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Disagree	Strongly Disagree
1. I know how to plan meals that have the best balance between carbohydrates, proteins and vegetables.							
2. I know how my diabetes medications (pills, injectables and/or insulin) work in my body. ○ <i>check here if you are not taking any diabetes medication</i>							
3. I know when to check my blood sugar if I want to see how my body responded to a meal.							
4. I know when to check my blood sugars to determine if medication or insulin doses are correct. ○ <i>check here if you are not taking any diabetes medication</i>							
5. I know what to do to prevent a low blood sugar when I exercise (either before, during, or after).							
6. When I am sick, I know what to do differently with my diabetes management.							
7. I know how stress can affect my diabetes management.							
8. When I look at my blood sugars over a given week, I can explain what my blood sugar pattern is.							
9. I know what my <b>target</b> levels are for A1c, blood pressure and cholesterol.							

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<p><b>Confidence Questions</b> These questions explore your confidence level in the above diabetes management skills.</p>	Strongly Agree	Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Disagree	Strongly Disagree
1. I am confident that I can plan balanced meals and snacks.							
2. I am confident that I can manage my stress.							
3. I am confident that I can prevent a low blood sugar during or after exercise.							
4. I am confident that the next time I eat out, I will be able to choose foods that best keep my blood sugars in target range.							
5. I am confident I can include exercise into my schedule.							
6. I am confident that I can use my daily blood sugars to adjust my diet, my activity, and/or my insulin.							
7. When something out of my normal routine happens, I am confident that I can problem-solve and keep my diabetes on track.							

<p><b>Preparedness Questions</b> These questions explore whether you are ready to make changes to your diabetes management in the next month. If you are already doing the activity, please check "Already Doing"</p>	Already Doing	Strongly Agree	Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Disagree	Strongly Disagree
1. Within the next month, I will begin to eat more balanced meals and snacks.								

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<p>2. Within the next month, I will choose an exercise activity and I will start fitting it into my schedule.</p>								
<p>3. Within the next month, I will make a list of stress management options that work for me.</p>								
<p>4. Within the next month, I will consistently plan ahead to prevent low blood sugars ○ <i>Check here if you are not taking any diabetes medication</i></p>								
<p>5. Within the next month, I will start adjusting my insulin doses on my own. ○ <i>Check here if you are not taking insulin</i></p>								
<p>6. Within the next month, I will begin making changes to my diabetes management based on my daily blood sugars (eg - eating, activity and/or insulin).</p>								
<p>7. Within the next month, I will begin making changes to my diabetes management to meet my overall goals (eg - eating, activity and/or insulin).</p>								

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**Supplementary Table S2. Mean total scores by HbA1c tertile cutoffs and clinically meaningful HbA1c (N=401)**

	HbA1c < 7.0% (n=127)	7.0% ≤ HbA1c < 8.0% (n=136)	HbA1c ≥ 8.0% (n=138)
Total	6.0 ± 0.7	5.9 ± 0.7	5.7 ± 0.7 <sup>ab</sup>
Skills	6.0 ± 0.8	5.9 ± 0.8	5.7 ± 0.8 <sup>ab</sup>
Confidence	5.8 ± 0.8	5.7 ± 0.8	5.4 ± 0.9 <sup>ab</sup>
Preparedness	6.2 ± 0.9	6.1 ± 0.7	5.9 ± 0.8 <sup>a</sup>

1st HbA1c tertile = 7.0 % (53 mmol/mol)

2<sup>nd</sup> HbA1c tertile = 8.0 % (64 mmol/mol)

<sup>a</sup> p<0.05 compared to score with HbA1c < 7.0 % (53 mmol/mol)

<sup>b</sup> p<0.05 compared to score with 7.0% (53 mmol/mol) ≤ HbA1c < 8.0 % (64 mmol/mol)

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**Supplementary Table S3. Part 2: Baseline participant characteristics**

	type 1 diabetes	type 2 diabetes using insulin	type 2 diabetes
Number of Patients: n (%)	17 (33.3%)	29 (56.9%)	34 (66.7%)
HbA1c (%)	9.5 ± 1.2	9.2 ± 0.9	9.3 ± 0.9
HbA1c (mmol/mol)	80.0 ± 13.1	77.0 ± 9.8	78.0 ± 9.8
Age (years)	42.8 ± 11.1	55.1 ± 13.5	59.4 ± 9.5
Male: n (%)	5 (29.4%)	15 (51.7%)	18 (52.9%)
Duration of diabetes (years)	16.7 ± 11.5	17.5 ± 9.0	14.9 ± 10.3
Ethnicity: n (%)			
African	0 (0%)	0 (0%)	0 (0%)
Caribbean	0 (0%)	0 (0%)	2 (5.9%)
Caucasian	13 (76.5%)	18 (62.1%)	25 (73.5%)
East Asian	2 (11.8%)	4 (13.8%)	2 (5.9%)
South Asian	2 (11.8%)	7 (24.1%)	5 (14.7%)
Education: n (%)			
University	6 (35.3%)	11 (37.9%)	10 (29.4%)
College	6 (35.3%)	7 (24.1%)	12 (35.3%)
Secondary	5 (29.4%)	11 (37.9%)	12 (35.3%)
# non-insulin AHA	0.1 ± 0.3	1.9 ± 1.2	1.6 ± 1.1
Using Insulin: n (%)			
Basal Only	0 (0%)	4 (13.8%)	4 (11.8%)
Basal and Bolus	6 (35.3%)	19 (65.5%)	19 (55.9%)

Data is presented as mean ± SD unless otherwise indicated.

AHA: anti-hyperglycemic agents