**Supplement: Tables**

Supplement Table 1: List of Companion Publications

Supplement Table 2: Description of Studies and Baseline Characteristics of Patients at Risk for Diabetes

Supplement Table 3: Description of Studies and Baseline Characteristics of Patients With Type 2 Diabetes
### Supplement Table 1. List of Companion Publications

<table>
<thead>
<tr>
<th>Main Publication</th>
<th>Companion Studies</th>
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</thead>
</table>
Kubaszek A, Pihlajamaki J, Komarovski V, et al. Promoter polymorphisms of the TNF-alpha (G-308A) and IL-6 (C-174G) genes predict the conversion from impaired glucose tolerance to type 2 diabetes: The Finnish Diabetes Prevention study. Diabetes 2003;52(7):1872-6  
Diabetes Prevention Program Research Group, Knowler WC, Fowler SE, et al. 10-year follow-up of diabetes incidence and weight loss... |


Li G, Hu Y, Yang W, et al. Effects of insulin resistance and insulin secretion on the efficacy of interventions to retard development of
Patients with type 2 diabetes


### Supplement Table 2. Description of Studies and Baseline Characteristics of Patients at Risk for Diabetes

<table>
<thead>
<tr>
<th>Author, Year, Study Name (Reference)</th>
<th>Randomized (N); Withdrawals (N)</th>
<th>Age (mean ± SD); Males: N (%)</th>
<th>Weight (kg); BMI (kg/m²)</th>
<th>HbA1c (%)</th>
<th>Plasma Fasting Glucose (mmol/l); Insulin Resistance (HOMA-IR); Blood Pressure (mm Hg)</th>
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</thead>
<tbody>
<tr>
<td><strong>Studies with post-intervention follow-up</strong></td>
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<tr>
<td>Bo et al, 2007 (21)</td>
<td>I: 187; 18</td>
<td>I: 55.7±5.7; 77 (41.4); 100 White</td>
<td>I: 81.7±14; 9.7; 29.7±4.1</td>
<td>I: NR; 5.8±0.8; 0.81±1.11; 142.6±14.1/88.2±9.8</td>
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<td></td>
<td>C: 188; 22</td>
<td>C: 55.7±5.6; 79 (42.2); 100 White</td>
<td>C: 81.3±13.5; 29.8±4.6</td>
<td>C: NR; 5.8±0.7; 0.84±1.33; 141.5±15.2/ 87.8±9.5</td>
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<tr>
<td>Knowler et al, 2002, DPP (22)</td>
<td>I: 1079; 20</td>
<td>I: 50.6±11.3; 345 (32.0); 53.8 White, Grp3: 1073; 16</td>
<td>I: 94.1±20.8; 33.9±6.8</td>
<td>I: 5.9±0.5;106.3±8.1 (mg/dl); 7.4±3.3; 123.7±14.8/ 78.6+9.2</td>
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<td>C: 1082; 16</td>
<td>C: 18.8 Black, 27.4 Other Grp3: 50.3+10.4; 335.0(31.0); 54.2 White, 20.3 Black, 25.5 Other</td>
<td>C: 94.3±20.2; 34.2±6.7</td>
<td>C: 5.9±0.5; 106.7±8.4 (mg/dl); 7.1±4.2; 123.5±14.4/78.0±9.2</td>
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<tr>
<td>Pan et al, 2006 (28)</td>
<td>I: 438; 133</td>
<td>I: 44.4±9.2; 70.0 (55.6); 100 Chinese Grp3: 50.9+10.3; 363 (33.8); 56.1 White, 20.6 Black, 23.3 Other</td>
<td>I: 94.4±19.9; 33.9±6.6</td>
<td>Grp3: 5.9±0.5; 106.5±8.5 (mg/dl); 7.2±4.1; 124.0±14.9/78.2±9.5</td>
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<tr>
<td>Pan et al, 2007 (21)</td>
<td>C: 257; 54</td>
<td>C: 55.0±7.0; 81.0 (31.5); 100 White</td>
<td>C: 85.5±14.4; 31.1±4.5</td>
<td>C: 5.6±0.6; 6.2±0.7; NR; 136±17/86±10</td>
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<tr>
<td>Pinkston et al, 2011 (27)</td>
<td>I: 21; NR</td>
<td>I: 44.9±9.2; 0 (0); 100 Hispanic</td>
<td>I: 95.9±8.3; 37.9±5.1</td>
<td>I: NR; NR; NR; 126.4±17.7/80.3±11</td>
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<tr>
<td></td>
<td>C: 18; NR</td>
<td>C: 45.8±8.2; 0 (0); 100 Hispanic</td>
<td>C: 97.6±21.2; 38.3±5.9</td>
<td>C: NR; NR; NR; 124.3±14.1/80.1±10.4</td>
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</tbody>
</table>

C = Comparison group; DPP = Diabetes Prevention Program; FDPS = Finnish Diabetes Prevention Study; I: Intervention group; NR = not reported; SLIM = Study on Lifestyle Intervention and Impaired Glucose Tolerance Maastricht
### Supplement Table 3. Description of Studies and Baseline Characteristics of Patients With Type 2 Diabetes

<table>
<thead>
<tr>
<th>Author, Year (Reference)</th>
<th>Randomized (N); Withdrawals (N)</th>
<th>Age (mean ± SD) Males: N (%); Ethnicity</th>
<th>Weight (kg); BMI (kg/m²)</th>
<th>HbA1c (%); Plasma Fasting Glucose (mmol/L); Insulin Resistance (HOMA: IR); Blood Pressure (mm Hg)</th>
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<tbody>
<tr>
<td><strong>Studies with postintervention follow-up</strong></td>
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<tr>
<td>Gaede et al, 1999, Steno-2 (30)</td>
<td>I: 80; 13  C: 80; 17</td>
<td>I: 54.9±7.2; 63.0(79.0); NR</td>
<td>I: 91.4±13.6; 29.7±3.8</td>
<td>I: 8.4±1.6; 10.1±3.1; NR; 146±20/85±10</td>
</tr>
<tr>
<td>Keyserling et al, 2002, New Leaf Program (32)</td>
<td>I: 67; 13  C: 67; 9  Grp3: 66; 7  Grp3: 58.8; 0; 100 Black</td>
<td>I: 58.5; 0; 100 Black</td>
<td>C: 89.9±17.3; 29.9±4.9</td>
<td>C: 8.8±1.7; 10.5±3.0; NR; 149±19/86±11</td>
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<tr>
<td>Look AHEAD (31)</td>
<td>I: 2570; 74  C:2575; 112</td>
<td>I: 58.6±6.8; 1046.0 (40.7); 63.1 White, 15.5 Black, 21.3 Other</td>
<td>C: 100.54±19.65; 35.89±6.01</td>
<td>I: 7.25±0.02; 151.9±0.9 (mg/dl); NR; 128.2±0.4/69.9±0.2</td>
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<tr>
<td>Studies with no postintervention follow-up</td>
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<tr>
<td>Ménard et al, 2005 (33)</td>
<td>I: 36; 4  C: 36; 7</td>
<td>I: 53.7±7.5; 27 (75); NR</td>
<td>I: 93.5±20.1; 32.8±5.5</td>
<td>I: 9.1±1.0; 10.8±3.5; NR; 144±21/85±11</td>
</tr>
<tr>
<td>Toobert et al, 2011, Mediterranean Lifestyle Program (34)</td>
<td>I: 163; 26 C: 116; 8</td>
<td>C:60.7±7.8; 40.4; 63.3 White, 15.7 Black, 20.9 Other</td>
<td>C: 93.9±23.8; 34.87±8.2</td>
<td>C: 7.4±1.48; NR; 134.01±14.17/77.38±9.2</td>
</tr>
<tr>
<td><strong>AHEAD = Action for Health in Diabetes; BP = blood pressure; C = comparison group; DAWN = Diabetes Awareness and Wellness Network; I = intervention group; NR = not reported; OHA = oral hypoglycemic agent; POWER = Pounds Off With Empowerment; T1D = type 1 diabetes; T2D = type 2 diabetes</strong></td>
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</tbody>
</table>