

Supplementary Table 1. Biochemical and clinical outcomes at baseline and six months by study group.

*ICC, intracluster correlations indicated with a ‘-’ were truncated at zero.

**Differences between groups were estimated by multilevel regression, adjusting for clustering and baseline covariates of age group (less than 60 years/60 years or above), gender (male/female), chronic comorbidity category (diabetes only/diabetes plus other/s), time since diabetes diagnosis (<5 years/5-9 years/10-14 years/15 years or more), education level (primary school or less/secondary or high school/tertiary education) and residential address socioeconomic status (Developed areas/Developing areas/Less developed areas).

***Multiple imputation for missing dependant variable values produced the same results

Outcomes	Intervention group		Control group		Available cases analysis		
	N	Mean ± SD	N	Mean ± SD	ICC*	Adjusted difference between change scores (95% CI)**	P value
Primary Outcome							
HbA1c (%)							
Baseline	359	10.60 ± 2.09	323	10.29 ± 1.71			
Six months	310	7.03 ± 1.66	248	6.10 ± 1.57			
Mean change from baseline to six months (95% CI)		-3.59 (-3.85 to -3.33)		-3.36 (-3.62 to -3.10)	0.31	0.04 (-0.37 to 0.46)	0.842
Secondary Outcomes							
Weight (kg)							
Baseline	359	70.13 ± 11.71	333	69.68 ± 10.27			
Six months	335	69.84 ± 11.30	268	69.58 ± 10.19			
Mean change from baseline to six months (95% CI)		-0.21 (-0.42 to 0.00)		+0.02 (-0.26 to 0.29)	0.02	-0.10 (-0.49 to 0.29)	0.621
BMI (kg/m²)							
Baseline	359	26.23 ± 3.69	333	26.03 ± 3.42			
Six months	335	26.12 ± 3.60	268	26.10 ± 3.51			
Mean change from baseline to six months		-0.07 (-0.15 to 0.01)		+0.01 (-0.10 to 0.11)	0.02	-0.03 (-0.17 to 0.11)	0.684

(95% CI)

Waist (cm) Men						
Baseline	176	93.75 ± 9.29	153	92.82 ± 8.49		
Six months	160	92.76 ± 8.91	122	92.61 ± 8.38		
Mean change from baseline to six months (95% CI)		-0.63 (-1.04 to -0.23)		+0.29 (-0.28 to 0.87)	0.20	-0.66 (-1.55 to 0.24) 0.149
Waist (cm) Women						
Baseline	186	88.57 ± 9.57	176	90.68 ± 10.02		
Six months	175	88.59 ± 9.70	146	90.02 ± 9.68		
Mean change from baseline to six months (95% CI)		+0.03 (-0.39 to 0.45)		-0.42 (-1.04 to 0.21)	0.10	-0.15 (-1.00 to 0.70) 0.723
Hip (cm) Men						
Baseline	176	102.37 ± 8.69	153	100.23 ± 7.71		
Six months	160	101.88 ± 8.44	121	100.41 ± 7.69		
Mean change from baseline to six months (95% CI)		-0.42 (-0.89 to 0.05)		+0.46 (-0.43 to 1.34)	0.23	-0.03 (-1.34 to 1.29) 0.968
Hip (cm) Women						
Baseline	186	99.95 ± 8.23	179	102.06 ± 8.81		
Six months	174	99.85 ± 8.48	146	102.34 ± 9.00		
Mean change from baseline to six months (95% CI)		-0.18 (-0.57 to 0.21)		+0.34 (-0.23 to 0.90)	0.23	-0.52 (-1.39 to 0.36) 0.247
Systolic Blood Pressure (mmHg)						
Baseline	363	129.03 ± 15.14	334	128.46 ± 14.82		
Six months	335	126.82 ± 11.98	268	127.71 ± 13.40		
Mean change from baseline to six months (95% CI)		-2.17 (-3.47 to -0.86)		-0.84 (-2.33 to 0.66)	0.04	-1.25 (-3.47 to 0.98) 0.272
Diastolic Blood Pressure (mmHg)						

Baseline	363	76.91 ± 9.10	334	76.00 ± 8.64		
Six months	335	76.18 ± 7.53	268	75.10 ± 7.87		
Mean change from baseline to six months (95% CI)		-0.90 (-1.75 to -0.05)		-0.49 (-1.44 to 0.45)	0.09	-0.18 (-2.02 to 1.65) 0.845
Fasting Blood Glucose (mmol/L)						
Baseline	367	8.27 ± 2.70	330	8.13 ± 2.74		
Six months	313	7.71 ± 2.74	255	7.29 ± 2.41		
Mean change from baseline to six months (95% CI)		-0.59 (-0.89 to -0.30)		-0.91 (-1.22 to -0.60)	0.09	0.55 (0.00 to 1.09) 0.049***
Total Cholesterol (mmol/L)						
Baseline	363	5.46 ± 1.12	326	5.40 ± 1.19		
Six months	310	5.13 ± 1.14	255	4.99 ± 1.08		
Mean change from baseline to six months (95% CI)		-0.29 (-0.17 to -0.41)		-0.36 (-0.51 to -0.21)	0.05	0.13 (-0.06 to 0.33) 0.184
Triglycerides (mmol/L)						
Baseline	363	1.91 ± 1.53	326	1.82 ± 1.43		
Six months	310	1.58 ± 0.96	255	1.54 ± 1.10		
Mean change from baseline to six months (95% CI)		-0.29 (-0.46 to -0.12)		-0.24 (-0.37 to -0.11)	-	0.08 (-0.08 to 0.24) 0.325
LDL Cholesterol (mmol/L)						
Baseline	367	3.70 ± 1.21	329	3.56 ± 1.13		
Six months	312	3.35 ± 1.03	256	3.16 ± 1.01		
Mean change from baseline to six months (95% CI)		-0.34 (-0.47 to -0.21)		-0.41 (-0.56 to -0.26)	0.26	0.08 (-0.13 to 0.28) 0.466
HDL Cholesterol (mmol/L) Men						
Baseline	178	1.04 ± 0.31	151	1.08 ± 0.27		
Six months	149	1.17 ± 0.30	114	1.18 ± 0.25		

Mean change from baseline to six months (95% CI)		+0.16 (0.11 to 0.20)	+0.13 (0.07 to 0.19)	0.24	0.03 (-0.04 to 0.09)	0.468
HDL Cholesterol (mmol/L) Women						
Baseline	189	1.17 ± 0.35	179	1.17 ± 0.32		
Six months	163	1.32 ± 0.31	142	1.29 ± 0.25		
Mean change from baseline to six months (95% CI)		+0.14 (0.09 to 0.18)	+0.13 (0.08 to 0.18)	0.37	0.05 (-0.03 to 0.14)	0.235