

Supplementary Table 1: Characteristics of those who participated compared with those who did not

	Participation	Non-participation
Number	52	498
Age mean (SD)	78.5 (9.0)	79.6 (12.2)
Female %	46.2%	53.8%
IMD decile mean (SD)	5.8 (2.3)	5.3 (2.2)

SD = standard deviation, IMD = Index of Multiple Deprivation

Supplementary Table 2: Quality and Outcomes Framework data

		Goal-setting	Control
BMI	No of participants	2	3
	Baseline mean (SD)	28.4 (1.9)	37.8 (8.0)
	Follow-up (mean, SD)	28.5 (3.6)	37.0 (9.5)
	Diff (mean, SD)	0.1 (1.7)	-0.8 (2.7)
BP, mmHg	No of participants	5	5
	Baseline systolic (mean, SD)	133.5 (6.5)	127.5 (19.0)
	Baseline diastolic (mean, SD)	70.7 (4.4)	69.2 (5.5)
	Follow-up systolic (mean, SD)	144.7 (7.0)	124.4 (6.2)
	Follow-up diastolic (mean, SD)	80.6 (4.7)	67.1 (5.6)
	Mean diff systolic (mean, SD)	11.2 (12.6)	-3.1 (14.4)
	Mean diff diastolic (mean, SD)	9.9 (3.1)	-2.1 (8.7)
	Baseline Qof target met (150/90)	5/5	5/5
	Follow-up Qof target met (150/90)	4/5	5/5
eGFR, mL/min/1.73m ²	No of participants	4	6
	Baseline (mean, SD)	54 (14)	57 (24)
	Follow-up (mean, SD)	56 (17)	59 (25)
	Mean diff (mean, SD)	2 (5)	2 (3)
HB1Ac, mmol/mol	No of participants	1	3
	Baseline (mean, SD)	80 (NA)	39 (3)
	Follow-up (mean, SD)	87 (NA)	43 (6)
	Mean diff (mean, SD)	7 (NA)	4 (3)
	Baseline Qof target met - Diabetes and HB1Ac <59	0/1	1/1
	Baseline Qof target met - Diabetes and HB1Ac <64	0/1	1/1
	Baseline Qof target met - Diabetes and HB1Ac <75	0/1	1/1
	Follow-up Qof target met - Diabetes and HB1Ac <59	0/1	1/1
	Follow-up Qof target met - Diabetes and HB1Ac <64	0/1	1/1
	Follow-up Qof target met - Diabetes and HB1Ac <75	0/1	1/1
Total cholesterol, mg/dL	No of participants	2	1
	Baseline (mean, SD)	2.8 (0.7)	4.2 (NA)
	Follow-up (mean, SD)	3.9 (1.1)	4.9 (NA)
	Mean diff (mean, SD)	1.1 (0.5)	0.7 (NA)
HDL cholesterol, mg/dL	No of participants	2	0
	Baseline (mean, SD)	0.84 (0.19)	NA
	Follow-up (mean, SD)	1.01 (0.4)	NA
	Mean diff (mean, SD)	0.17 (0.15)	NA

BMI = body mass index, SD= standard deviation, BP = blood pressure, eGFR = estimated glomerular filtration rate, HB1Ac = glycated haemoglobin, Qof = Quality and Outcomes Framework, HDL = High Density Lipoproteins, NA= not applicable