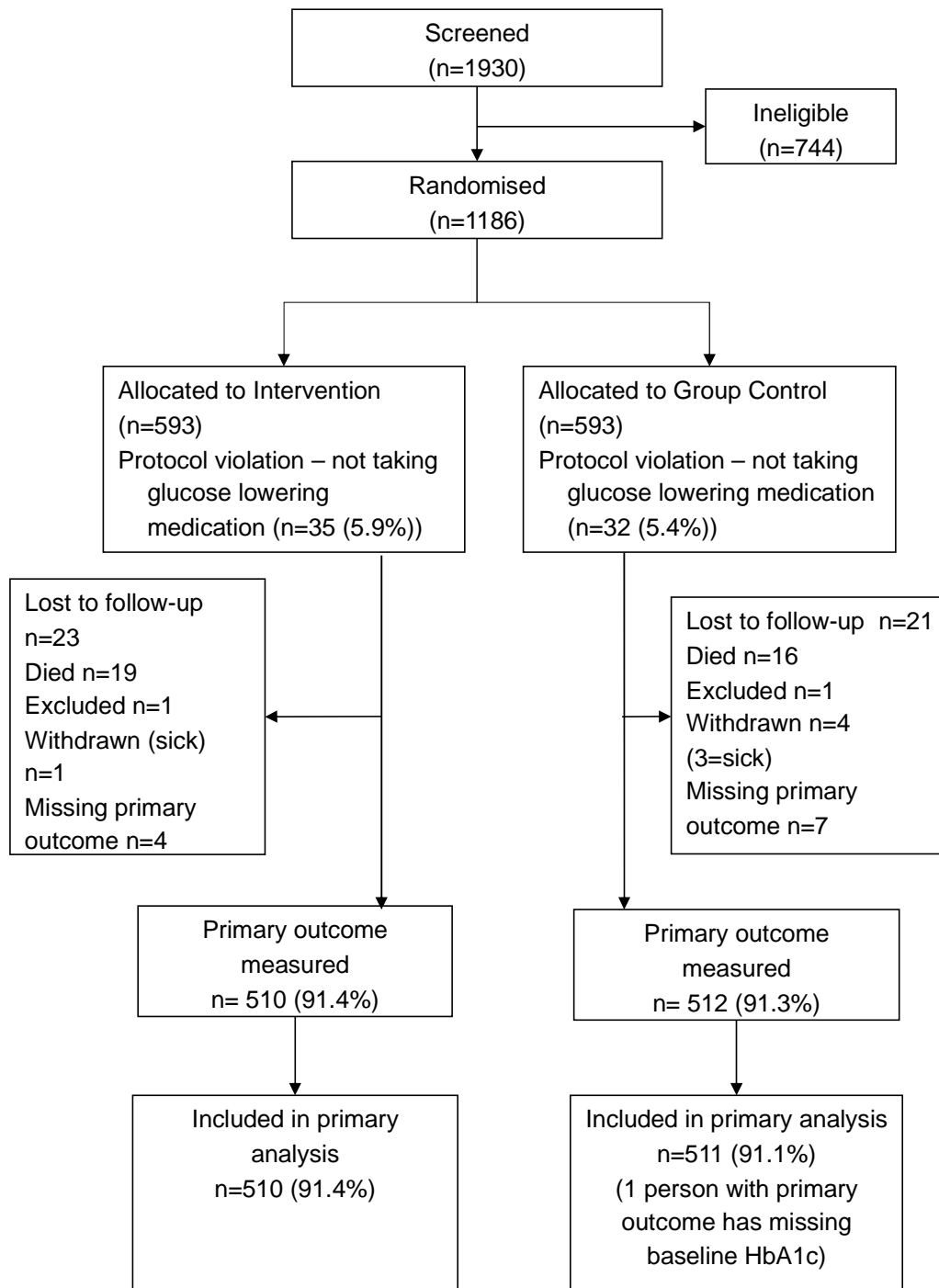


## Participant flow



## Baseline characteristics

Variable	Statistic	Intervention	Usual care
	N	510	511
Age (years)	Mean (SD)	56.8 (11.5)	57.5 (11.3)
Male	N (%)	177(29.9)	179 (30.2)
Duration of diabetes (years)	Median (Q1, Q3)	5.2 (2.8-10.1)	5.8 (3.30-11.0)
Proportion using insulin	N (%)	125 (21.1)	134 (22.6)
Baseline HbA1c (IFCC %)	Mean (SD)	10.2 (3.3)	10.3 (3.4)
Systolic blood pressure (mmHg)	Mean (SD)	130.7 (20.2)	131.8 (20.1)
Diastolic blood pressure (mmHg)	Mean (SD)	78.3 (10.9)	78.8 (11.3)
Total cholesterol/HDL cholesterol	Mean (SD)	4.4 (1.7)	4.4 (1.6)
Body mass index (kg/m <sup>2</sup> )	Mean (SD)	30/6 (6.5_	30/8 (7.3)
Modelled cardiovascular risk at baseline	Median (Q1, Q3)	9.5 (4.6-19.5)	10.0 (4.9, 20.4)
Health Status (EQ-5D)	Mean (SD)	0.78 (0.26)	0.78 (0.26)
Self-reported dietary intake	Mean (SD)	11.8 (4.9)	11.5 (5.0)
Self-reported physical activity	Mean (SD)	7.4 (5.9)	6.7 (5.9)
Satisfaction with health care	Mean (SD)	4.2 (0.76)	4.2 (0.75)

## Outcome measures

	Change from baseline to twelve months			
	Intervention	Control	Mean difference	P
HbA1c (IFCC %)	-1.15 (2.81)	-1.19 (2.86)	0.08 (-0.16 to 0.31)	0.54
Systolic blood pressure	-0.17 (18.9)	3.11 (19.24)	3.46 (1.48 to 5.44)	0.001
Total/HDL cholesterol	-0.03 (1.3)	0.01 (1.1)	0.03 (-0.10 to 0.17)	0.633
Body mass index (kg/m <sup>2</sup> )	0.03 (2.14)	-0.07 (3.76)	-0.08 (-0.45 to 0.29)	0.669
Modelled cardiovascular risk	-1.24 (8.22)	-0.38 (7.94)	0.71 (-0.041 to 1.46)	0.064
Health status EQ-5D	0.009 (0.159)	-0.004 (0.157)	-0.012 (-0.030 to 0.00)	0.202
Medication taking (MARS)	0.6 (2.81)	0.37 (3.18)	-0.26 (-0.54 to 0.03)	0.075
Satisfaction with health care	0.27 (0.74)	0.21 (0.74)	-0.030 (-0.099 to 0.038)	0.385

	Intervention	Control	Relative Risk (95% CI)	P
Reaching treatment goals	182 (36.0)	136 (26.8)	0.74 (0.062 to 0.88)	0.001
≥80% visits for medication collection	87 (15.7)	79 (14.2)	0.9 (0.68 to 1.19)	0.469

Follow up data on self-reported dietary intake and physical activity was not recorded at follow up.

**Adverse events**

There were 19 (3.4%) deaths in the intervention group and 16 (2.9%) deaths in the control group. There were no adverse events related to the trial intervention.