

## 1. Participant Flow

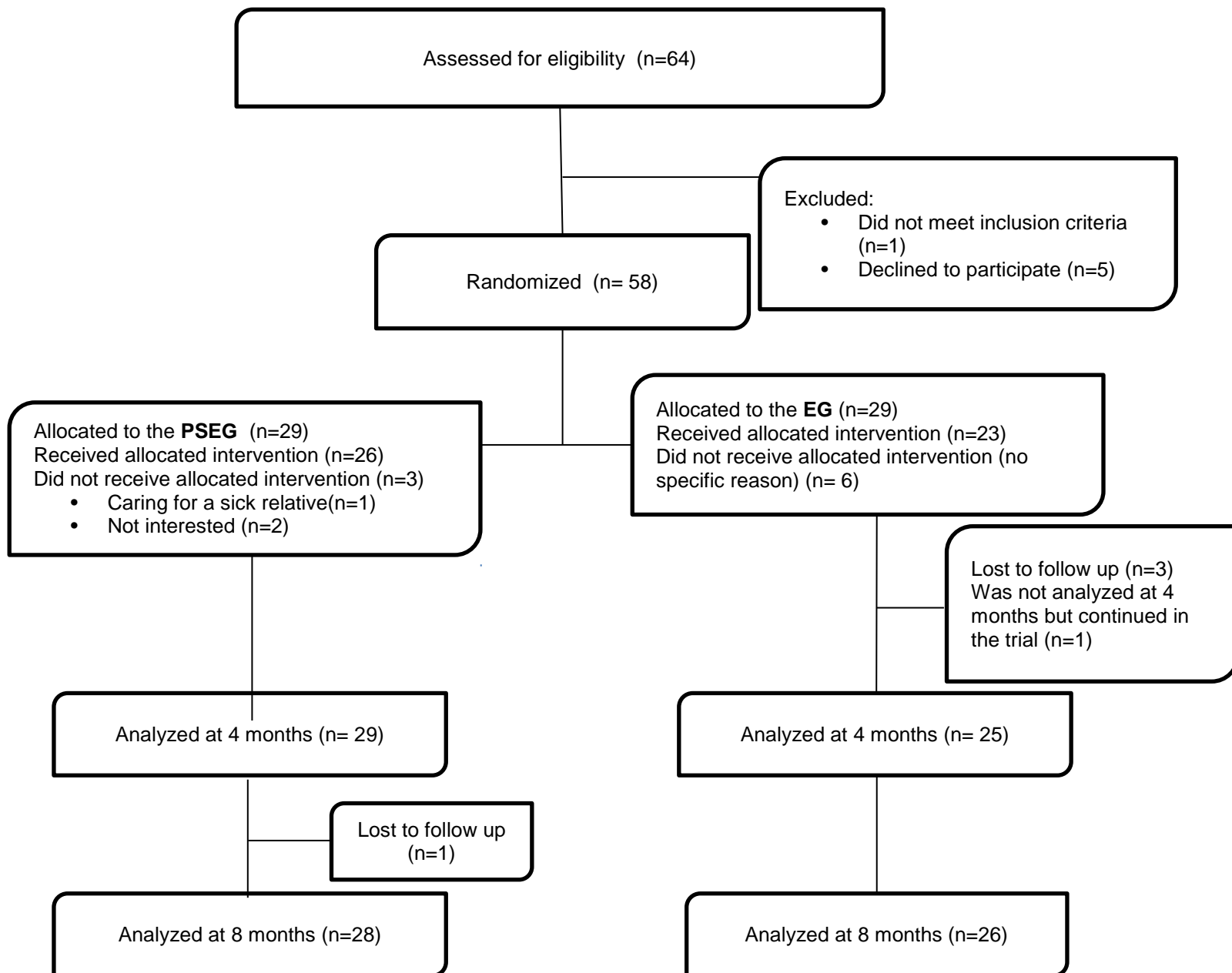


Figure 1. Flow diagram of the study process. PSEG: Peer Support and Diabetes Self-Management Education Group, EG: Diabetes Self- Management Education-only Group

## 2. Baseline Characteristics

Table 1. Baseline characteristics of participants in each group			
Characteristic	PSEG	EG	<i>p</i> for between groups difference
N	29	29	
<i>Demographic details</i>			
Bilingual (Mayan and Spanish), n (%)	24 (83)	20 (69)	0.22*
Women, n (%)	27 (93)	29 (100)	0.15*
Age in years, mean (SD)	59 (9.4)	56 (10.3)	0.28†
Education in years of formal studies, median	3	3	0.56‡
<i>Physiological measures</i>			
A1c (%), mean (SD) [mmol/mol]	8.8 (2.2) [73]	8.6 (1.8) [70]	0.8†
PAS (mmHg), mean (SD)	131 (24)	126 (26)	0.5†
PAD (mmHg), mean (SD)	78 (11)	79 (14)	0.5†
CC (cm), mean (SD)	93.1 (8.6)	97.9 (9.9)	0.05†
BMI (kg/m <sup>2</sup> ), mean (SD)	29.2 (5)	30.2 (4)	0.4†
PSEG= Peer Support and Diabetes Self-Management Education Group, EG= Diabetes Self- Management Education-only Group. SD, standard deviation; FR, Frequency. *Pearson $\chi^2$ test, † <i>t</i> Test,			

### 3. Outcome Measures

Table 2. Changes in clinical outcomes over time								
Outcome	Number of people (basal/follow-up)		Comparison of the change in measured variables between the study groups from baseline to 4 months			Comparison of the change in measured variables between the study groups from baseline to 8 months		
	PSEG	EG	PSEG	EG	$p^*$	PSEG	EG	$p^*$
A1c (%), mean (SD) [mmol/mol]	29/28	29/26	-0.83 (1.45) [-9.1]	-0.44 (0.78) [-4.8]	0.05	-1.29 (1.97)	-0.98 (0.67)	0.05
PAS (mmHg), mean (SD)	29/28	29/26	-3.2 (20.2)	3.30 (11.3)	0.05	-12.4 (16.1)	-4.0 (15.5)	0.07
PAD (mmHg), mean (SD)	29/28	29/26	-1.7 (12)	1.5 (7.6)	0.05	-4.1 (12.3)	-3.9 (9.1)	0.90
Weight (kg), mean (SD)	29/28	29/26	-0.62 (1.15)	-0.42 (1.3)	0.56	-1.9 (1.74)	-2.1 (1.83)	0.74
PSEG= Peer Support and Diabetes Self-Management Education Group, EG= Diabetes Self- Management Education-only Group.								
* $p$ for between group difference calculated with $t$ Test								

Table 3. Changes in diabetes-related quality of life over time								
Outcome	Number of people (basal/follow-up)		Comparison of the change in measured variables between the study groups from baseline to 4 months			Comparison of the change in measured variables between the study groups from baseline to 8 months		
	PSEG	EG	PSEG	EG	$p^*$	PSEG	EG	$p^*$
<i>Diabetes-related quality of life (% of affection)</i>								
Energy and mobility (%)	29/25	29/25	-10.1 (21)	-9.2 (30)	0.91	-14.5 (28.1)	2.2 (26.4)	0.03
Diabetes control (%)	29/25	29/25	-15.2 (9.7)	-12.7 (17.3)	0.78	-31.3 (27.2)	-11.2 (31)	0.02
Anxiety and worry (%)	29/25	29/25	-16.2 (32.8)	-13.1 (35.5)	0.77	-36.2 (25.4)	-18.7 (37)	0.06
Social burden (%)	29/25	29/25	-9.5 (33.9)	-10.6 (27.9)	0.9	-22.5 (13.3)	-13 (33.6)	0.35
Sexual functioning (%)	29/25	29/25	-8.3 (41.1)	-0.56 (35.9)	0.37	-18.4 (49.6)	0.2 (32.7)	0.17
Summary scores (%)	29/25	29/25	-14 (26.5)	-9 (25.1)	0.53	-27.6 (29.3)	-7.5 (30.1)	0.03
PSEG= Peer Support and Diabetes Self-Management Education Group, EG= Diabetes Self- Management Education-only Group.								
* $p$ for between group difference calculated with $t$ Test								

#### **4. Adverse Events**

There were no adverse events associated with this trial.