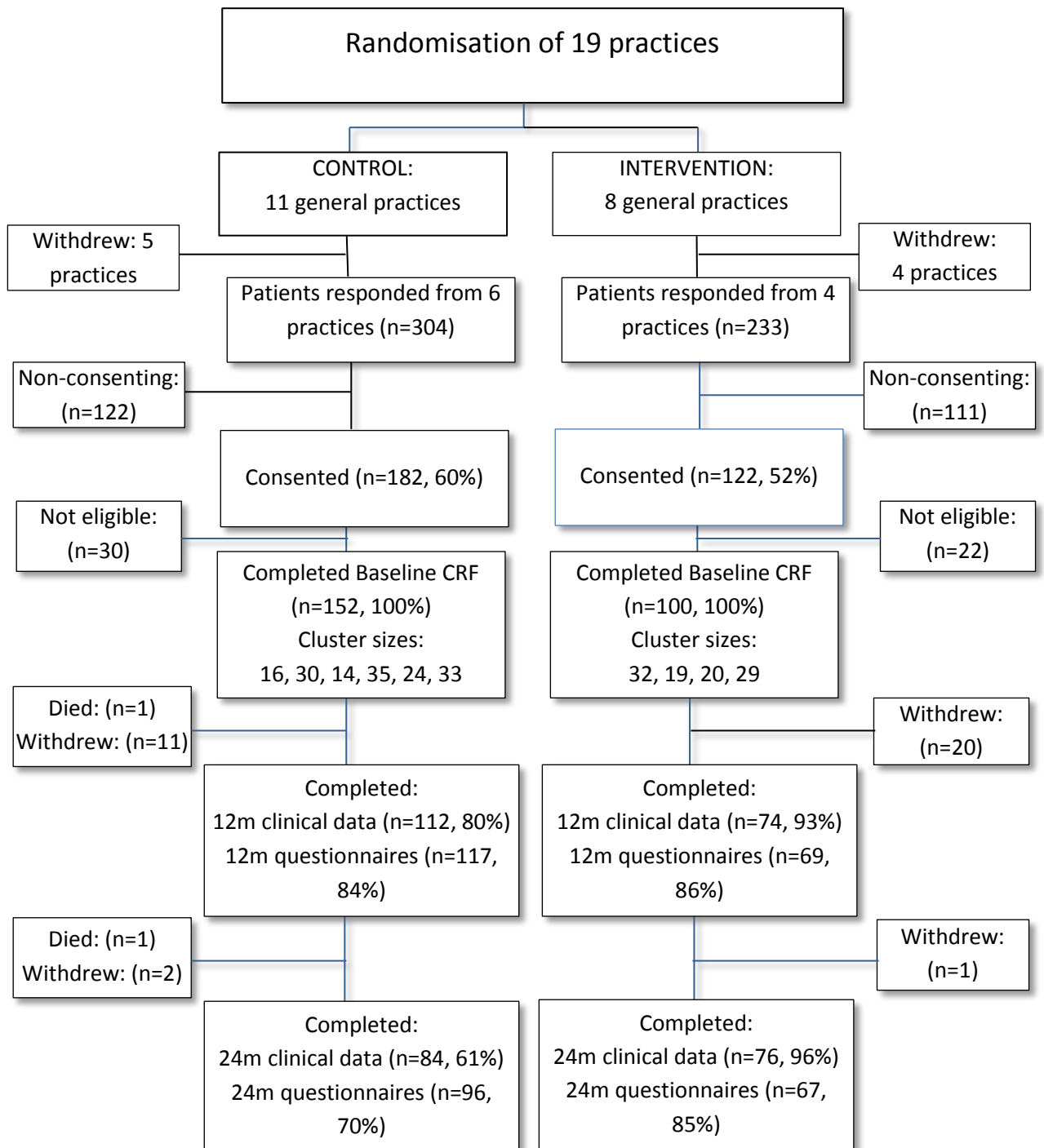


Participant flow



Baseline Characteristics

Baseline characteristics of practices and participants with established T2D allocated to usual care (control) or to a rolling group education programme and care planning sessions. Values are means (standard deviations) unless stated otherwise.

Characteristics	Control group (n=152)	Intervention group (n=100)
Mean (range) age (years)	66.8 (37-88)	66.1 (28-86)
% (No) women	43 (65)	42 (42)
% (No) white European	95 (143)	96 (96)
Missing	1	1
Haemoglobin A _{1c} : %	7.7 (0.8)	7.7 (0.8)
mmol/mol	60.3 (8.9)	60.7 (8.5)
Body weight (kg)	89.9 (19.1)	89.5 (17.9)
Total cholesterol (mmol/l)	4.2 (1.0)	4.3 (1.1)
High density lipoprotein cholesterol (mmol/l)	1.2 (0.3)	1.3 (0.3)
Missing	0	12
Low density lipoprotein cholesterol (mmol/l)	2.1 (0.8)	2.0 (0.7)
Missing	3	25
Triglycerides (mmol/l)	2.0 (1.1)	2.1 (2.0)
Missing	0	1
Systolic blood pressure (mm Hg)	139.6 (16.1)	138.0 (18.8)
Missing	1	2
Diastolic blood pressure (mm Hg)	85.0 (11.3)	84.2 (10.6)
Missing	1	2
Waist circumference (cm)	107.9 (13.8)	106.7 (13.2)
Hip circumference (cm)	111.7 (12.7)	112.7 (13.8)
Body mass index (kg/m ²)	31.9 (5.9)	32.1 (6.1)
% (No) smokers	12 (18)	5 (5)
Missing	4	6

Outcome measures

Primary outcome

	Baseline	Follow-up at 12m	Follow-up at 24m
HbA1c	X	X	X

Secondary outcomes

	Baseline	Follow-up at 12 m	Follow-up at 24 m
Cholesterol (total, HDL & LDL)	X	X	X
Triglyceride	X	X	X
Blood pressure	X	X	X
Weight	X	X	X
Waist and circumference	X	X	X
EQ-5D (1)	X	X	X
Illness Perceptions Q revised (2)	X	X	X
Diabetes Illness Representations Q (3)	X	X	X
Summary of Diabetes Self Care Activities Q (4)	X	X	X
Hospital Anxiety & Depression Score (5)	X	X	X
Problem Areas in Diabetes Score (6)	X	X	X
International Physical Activity Q (7)	X	X	X

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Adverse events

There were no adverse events associated with this trial. Two deaths were reported but these were unassociated with the trial.