Figure 1. Flow diagram of the study process. HbA1c, glycated hemoglobin; PSEG, peer support and diabetes education group; EG, diabetes education-only group.

Table 1. Baseline characteristics of participants from Conkal stratified according to treatment.

Characteristics	Total n=149	PSEG N=74	EG n=75	p-value[1]
Demographic details				
Bilingual (Mayan and Spanish, %)	34.6	38.0	31.3	0.37
Age (years, mean ± SD)	59 ± 12	59 ± 13	59 ± 11	0.96
Women (%)	73	72	74	0.75
Less than 6 years of formal education (%)	68	70	65	0.52
Physiologic measures				
Hb$_{A1c}$ (percentage, mean ± SD)	8 ± 2	8 ± 2	8 ± 2	0.84
Systolic blood pressure (mmHg, mean ± SD)	134 ± 24	137 ± 22	132 ± 25	0.26
Diastolic blood pressure (mmHg, mean ± SD)	79 ± 11	80 ± 11	77 ± 11	0.24
Waist circumference (cm, mean ± SD)	99 ± 13	100 ± 14	98 ± 12	0.38
BMI (kg/m^2, mean ± SD)	30 ± 5	31 ± 6	29 ± 5	0.03
Antihyperglycemic medication				
Insulin with or without medication (%)	11.8	9.8	14.3	0.54
Diabetes-related quality of life (SF-36 score)				
Physical functioning	76.8 ± 16.8	76.0 ± 17.9	77.5 ± 15.8	0.70
Role limitations due to physical health	88 (63-100)	88 (63-100)	88 (50-100)	0.52
Role limitations due to emotional health	100 (67-100)	100 (67-100)	100 (83-100)	0.26
Bodily pain	79 (69-90)	79 (69-85)	79 (53-90)	0.84
Mental health	53 (50-60)	53 (50-63)	53 (50-60)	0.42
Vitality	51.8 ± 12.5	53.3 ± 13.0	50.3 ± 12.0	0.31
Social role functioning	80 (70-90)	80 (70-90)	80 (70-90)	0.86
General health perception	58 (52-66)	56 (50-64)	60 (56-66)	0.34
Diabetes-related self-care activities (days per week and IQR)				
1. Followed a healthy eating plan	4 (2-6)	4 (3-5)	4 (2-7)	0.74
2. Ate ≥5 servings of fruits and vegetables	3 (2-5)	4 (3-5)	3 (2-4)	0.22
3. Ate high-fat foods, such as red meat or full-fat dairy products	2 (1-3)	2 (2-3)	2 (1-4)	0.34
4. Spaced carbohydrates evenly through the day	4 (1-7)	4 (2-7)	4 (0-5)	0.23
5. Participated in at least 30 minutes of physical activity	3 (0-7)	3 (0-7)	2 (0-7)	0.50

6. Participated in a specific exercise session	0 (0-0)	0 (0-0)	0 (0-0)	0.46
7. Tested your blood sugars	1 (0-1)	1 (0-1)	1 (0-1)	0.14
8. Tested your blood sugar as recommended by your health provider	0 (0-1)	0 (0-1)	0 (0-1)	0.78
9. Checked your feet	7 (1-7)	7 (2-7)	3 (0-7)	0.05
10. Checked your shoes	2 (0-7)	1 (0-7)	5 (0-7)	0.46
11. Took recommended medications	7 (5-7)	7 (3-7)	7 (7-7)	0.42
12. Number of smoked cigarettes	0 (0-0)	0 (0-0)	0 (0-0)	0.06

According to distribution, obtained using a student's t, Mann–Whitney U, or chi-squared test.
Abbreviations: PSEG= peer support and diabetes education group; EG=education-only group.

Table 2. Comparison of biophysical parameters between study groups (primary outcome measures)

Time	PSEG (n= 54)	EG (n= 52)	p-value[1]
HbA1c (%)			
Baseline	8.3 ± 2.1	7.7 ± 1.9	0.279
12 months	8.2 ± 1.9	7.4 ± 1.7	0.127
24 months	7.9 ± 1.6	7.9 ± 2.1	>0.999
Systolic blood pressure (mmHg)			
Baseline	128 ± 22	138 ± 20	0.202
12 months	132 ± 20	135 ± 23	>0.999
24 months	130 ± 18	134 ± 18	>0.999
Diastolic blood pressure (mmHg)			
Baseline	77 ± 10	77 ± 12	>0.999
12 months	76 ± 9	74 ± 11	>0.999
24 months	77 ± 9	75 ± 10	>0.999
Waist circumference (cm)			
Baseline	98 ± 12	95 ± 13	0.986
12 months	96 ± 12	93 ± 14*	>0.999
24 months	98 ± 11	97 ± 15*	>0.999
Body Mass Index			
Baseline	27.8 ± 8	29.2 ± 5	0.853
12 months	29.3 ± 5	29.9 ± 6	>0.999
24 months	29.2 ± 5	29.8 ± 6	>0.999

PSEG: peer support and diabetes education group; EG: education-only group.

[1] Comparison between PSEG and EG obtained through Bonferroni multiple comparison test after a Multivariate Analysis of the Variance with a 95% confidence interval. Participants without all measurements within two years were excluded for this analysis.

*Significant differences over time in the same group (p-value not showed).

Table 3. Quality of life assessment (SF-36 Health Survey)

	Baseline (*n*= 28)	Final (*n*= 28)	
	Mean ± SD / median (IR)	*Mean ± SD / median (IR)*	*p*-value
Peer support and diabetes education group			
Reported health transition	4.0 (3.0 - 4.0)	3.0 (3.0 - 4.0)	0.089
Physical functioning	75.0 (59.2 - 83.3)	76.7 (59.2 - 90.0)	0.592
Rol physical	87.5 (62.5 - 100.0)	93.8 (62.5 - 100.0)	0.743
Rol emotional	100.0 (50.0 - 100.0)	100.0 (50.0 - 100.0)	0.548
Bodily pain	79.2 (68.8 - 84.6)	47.7 (39.8 - 66.7)	**<0.0001**
Mental health	55.0 (53.3 - 63.3)	76.7 (63.3 - 81.7)	**<0.001**
Vitality	55.1 ± 12.9	66.2 ± 13.1	**0.017**
Social functioning	80.0 (70.0 - 90.0)	60.0 (60.0 - 70.0)	**0.016**
General health	59.2 ± 11.0	61.6 ± 14.7	0.554
Education-only group	Baseline (*n*= 34)	Final (*n*= 34)	
Reported health transition	3.0 (3.0 - 4.0)	3.0 (2.0 - 4.0)	0.276
Physical functioning	78.3 (70.0 - 90.0)	83.3 (67.5 - 100.0)	0.256
Rol physical	93.8 (53.1 - 100.0)	100.0 (62.5 -100.0)	0.823
Rol emotional	100.0 (70.8 -100.0)	100.0 (66.7 - 100.0)	0.691
Bodily pain	76.7 (53.3 - 89.6)	48.3 (33.3 -75.0)	**<0.0001**
Mental health	54.5 ± 8.0	71.7 ± 63.3	**<0.0001**
Vitality	50.0 ± 41.7	66.7 ± 58.3	**<0.0001**
Social functioning	80.0 (70.0 - 90.0)	60.0 (60.0 - 60.0)	**<0.0001**
General health	58.8 ± 8.4	66.3 ±13.2	**0.008**

Obtained through a Student *t* test or Wilcoxon matched-pairs signed rank test.

Adverse events: Since the intervention is health education and support, there was no risk of adverse events and none were reported.