

ESSENTIAL SUPPLEMENTARY MATERIAL:

ESM Table 1. Characteristics of participants and post-baseline weight and risk factor changes, according to remission status and intervention status.

	DSE				ILI			
Characteristics	No remission	1 remission	≥ 2 remissions	p value	No remission	1 remission	≥ 2 remissions	p value
Number	2097	95	71		1822	147	256	
Baseline								
Age (mean years)	59.0 (6.8)	60.6 (7.0)	59.4 (7.5)	0.09	58.7 (6.7)	58.7 (6.8)	59.4 (6.6)	0.28
Male (%)	884 (42.2)	37 (38.9)	23 (32.4)	0.22	747 (41.0)	63 (42.9)	128 (50.0)	0.02
(% non-white)	794 (37.9)	38 (40.0)	27 (38.0)	0.91	704 (38.7)	61 (41.5)	80 (31.3)	0.05
Educ: < 13 years (%)	428 (20.4)	22 (23.2)	12 (16.9)	0.46	380 (20.9)	25 (17.1)	51 (20.0)	0.07
13 to < 16 years (%)	797 (38.0)	34 (35.8)	20 (28.2)	0.46	681 (37.4)	48 (32.9)	86 (33.7)	0.07
16+ y (%)	819 (39.1)	37 (38.9)	37 (52.1)	0.46	731 (40.1)	66 (45.2)	113 (44.3)	0.07
Other	53 (2.5)	2 (2.1)	2 (2.8)	0.46	29 (1.6)	7 (4.8)	5 (2.0)	0.07
smoking (%)	89 (4.3)	5 (5.3)	2 (2.8)	0.74	95 (5.2)	5 (3.4)	8 (3.1)	0.24
History CVD (%)	294 (14.0)	17 (17.9)	5 (7.0)	0.13	286 (15.7)	23 (15.6)	21 (8.2)	0.007
DM meds: none	124 (6.1)	20 (21.7)	26 (37.1)	<.0001	52 (2.9)	23 (16.3)	82 (32.7)	<0.0001
Oral meds alone	1488 (73.6)	60 (65.2)	38 (54.3)	<.0001	1324 (74.7)	106 (75.2)	160 (63.7)	<0.0001
Any insulin use	410 (20.3)	12 (13.0)	6 (8.6)	<.0001	396 (22.3)	12 (8.5)	9 (3.6)	<0.0001
DM duration (med years)	5.0 (3.0-10.0)	3.5 (1.0-7.0)	2.0 (1.0-5.0)	<.0001	6.0 (3.0-11.0)	3.0 (2.0-6.0)	2.0 (1.0-5.0)	<0.0001
BMI (mean)	35.7 (5.6)	36.4 (5.7)	36.2 (6.2)	0.44	35.8 (5.9)	34.9 (5.6)	34.7 (5.5)	0.005
HbA1c (mean mmol/mol)	57.5 (12.8)	51.8 (10.4)	48.1 (8.0)	<.0001	57.8 (12.6)	53.4 (10.2)	49.9 (8.7)	<0.0001
(mean %, SD)	7.4 (1.2)	6.9 (1.0)	6.5 (0.7)	<.0001	7.4 (1.2)	7.0 (0.9)	6.7 (0.8)	<0.0001
Fasting plasma glucose (mean mmol/l)	8.7 (2.6)	8.0 (2.2)	7.3 (1.4)	<.0001	8.7 (2.6)	8.4 (1.9)	7.6 (1.7)	<0.0001
Post-Baseline Risk Factor Changes								
Year 1 change								
Weight (kg)	-0.6 (4.4)	-2.2 (5.0)	-2.1 (6.5)	<.0001	-7.8 (6.3)	-10.7 (6.5)	-13.4 (7.0)	<0.0001
HbA1c (mean mmol/mol)	-24.7 (11.1)	-28.1 (9.5)	-27.3 (8.0)	0.0021	-30.3 (11.5)	-32.9 (9.5)	-32.7 (8.5)	0.0004
(mean %, SD)	-0.1 (1.0)	-0.4 (0.9)	-0.3 (0.7)	0.0021	-0.6 (1.1)	-0.9 (0.9)	-0.8 (0.8)	0.0004
SBP (mean mm/Hg)	-2.8 (16.7)	-2.1 (16.3)	-3.0 (18.0)	0.9111	-6.5 (17.2)	-6.9 (18.6)	-8.7 (16.5)	0.1625
LDL cholesterol (mean mmol/l)	-1.7 (8.5)	-2.7 (8.2)	-1.3 (10.0)	0.5231	-2.9 (8.6)	-3.0 (8.6)	-3.2 (8.2)	0.9179
HDL cholesterol (mean mmol/l)	0.0 (0.2)	0.1 (0.2)	0.0 (0.2)	0.5013	0.1 (0.2)	0.1 (0.2)	0.1 (0.2)	<0.0001
Fitness (METs)	4.7 (20.6)	8.1 (25.0)	14.1 (32.1)	0.0012	18.4 (27.0)	28.2 (38.0)	30.6 (32.4)	<0.0001
Year 4 change								
Weight (kg)	-0.5 (6.9)	-2.4 (7.6)	-3.9 (9.5)	<.0001	-4.0 (7.1)	-5.9 (7.4)	-8.8 (8.1)	<0.0001
HbA1c (mean mmol/mol)	-24.0 (15.8)	-26.2 (13.5)	-28.6 (9.2)	0.0318	-25.1 (14.8)	-25.9 (11.4)	-30.0 (11.1)	<0.0001

	DSE				ILI			
Characteristics	No remission	1 remission	≥ 2 remissions	p value	No remission	1 remission	≥ 2 remissions	p value
(mean %, SD)	-0.0 (1.4)	-0.2 (1.2)	-0.5 (0.8)	0.0318	-0.1 (1.3)	-0.2 (1.0)	-0.6 (1.0)	<0.0001
SBP (mean mm/Hg)	-3.6 (19.1)	-5.0 (20.8)	-3.4 (19.8)	0.8035	-4.2 (19.1)	-4.3 (17.6)	-3.6 (19.4)	0.8763
LDL cholesterol (mean mmol/l)	-0.5 (0.9)	-0.4 (0.8)	-0.2 (0.8)	0.0181	-0.4 (0.9)	-0.5 (0.9)	-0.3 (0.9)	0.1876
HDL cholesterol (mean mmol/l)	0.1 (0.2)	0.0 (0.2)	0.1 (0.2)	0.6973	0.1 (0.2)	0.1 (0.2)	0.1 (0.2)	0.0012
Fitness (METs)	-2.1 (23.7)	-4.4 (21.8)	9.4 (35.1)	0.0009	3.6 (26.3)	6.1 (26.8)	12.2 (31.5)	<.0001

ESM Table 2. Incidence rates and hazard ratios for primary outcomes (chronic kidney disease and composite CVD) according to diabetes remission status comparing DSE participants to ILI participants, classified according to achievement of remission

	Remission Status (Number of visits)					
Baseline	DSE	ILI with No Remission	ILI with Remission for 1 visit	ILI with Remission for 2-3 visits	ILI with Remission for 4+ visits	ILI with Any Remission
High / Very High Risk CKD						
Events	446	343	18	18	9	45
Rate (events / 100 person years)	2.35 (2.14, 2.58)	2.22 (2.00, 2.47)	1.38 (0.87, 2.19)	1.53 (0.96, 2.42)	0.78 (0.40, 1.49)	1.24 (0.92, 1.65)
Crude HR	1.0	0.96 (0.83, 1.11)	0.58 (0.36, 0.93)	0.64 (0.40, 1.02)	0.32 (0.17, 0.62)	0.52 (0.38, 0.70)
Multivariate HR**	1.0	0.92 (0.80, 1.06)	0.62 (0.39, 1.00)	0.78 (0.48, 1.25)	0.40 (0.21, 0.78)	0.60 (0.44, 0.82)
Composite CVD*						
Events	423	373	24	17	13	54
Rate (events / 100 person years)	1.76 (1.60, 1.94)	1.91 (1.72, 2.11)	1.53 (1.02, 2.28)	1.12 (0.70, 1.81)	0.89 (0.52, 1.54)	1.19 (0.91, 1.55)
Crude HR	1.0	1.08 (0.94, 1.24)	0.87 (0.57, 1.31)	0.63 (0.39, 1.03)	0.51 (0.29, 0.88)	0.67 (0.51, 0.89)
Multivariate HR**	1.0	1.04 (0.90, 1.19)	0.85 (0.56, 1.30)	0.78 (0.47, 1.29)	0.65 (0.37, 1.13)	0.77 (0.58, 1.03)

*Incidence of composite CVD using the pre-specified primary outcome (CVD death, non-fatal acute MI, non-fatal stroke or admission for angina; **multivariate models adjusting for baseline mean blood pressure, CVD history, diabetes duration, HbA1c; and intervention arm.

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