

Appendix

Appendix A: Key model parameters

Supplementary table 1 and Supplementary table 2 show the utility values and key unit costs for the health states in the model, as well as the distributions used in the probabilistic sensitivity analysis. For further details on how these are implemented in the model, refer to the full model documentation (1).

Parameter	Distribution	Parameter 1	Parameter 2	Central estimate	Source
Renal/ulcer baseline utility	NORMAL	0.689	0.014	0.689	(2)
Renal dialysis	NORMAL	-0.078	0.026	-0.078	(2)
Foot ulcer	NORMAL	-0.099	0.013	-0.099	(2)
Amputation/heart failure baseline utility	NORMAL	0.807	0.005	0.807	(3)
Heart failure	NORMAL	-0.101	0.032	-0.101	(3)
Amputation	NORMAL	-0.172	0.045	-0.172	(3)
Stable angina multiplicative factor decrement	NORMAL	0.801	0.038	0.801	(4)

Unstable angina multiplicative factor decrement	NORMAL	0.77	0.038	0.77	(4)
MI multiplicative factor decrement	NORMAL	0.76	0.018	0.76	(4)
Stroke multiplicative factor decrement	NORMAL	0.629	0.04	0.629	(4)
Cancer baseline utility	NORMAL	0.8	0.0026	0.8	(5)
Cancer decrement	NORMAL	-0.06	0.008	-0.06	(5)
Osteoarthritis utility	NORMAL	0.69	0.069	0.69	(6)
Depression baseline utility	NORMAL	0.48	0.048	0.48	(7)
Depression remitters	NORMAL	0.31	0.031	0.31	(7)
Depression responders	NORMAL	0.20	0.020	0.20	(7)

Depression non-responders	NORMAL	0.070	0.007	0.070	(7)
Depression drop-outs	NORMAL	0.050	0.005	0.050	(7)

Supplementary table 1: model utility parameters

Costs type	Detail	Cost (2014 GBP)	Distribution	Alpha	Beta	Source
Drug	Metformin (per 500 mg)	0.025788	Constant			(8)
Drug	Blood glucose monitoring	0.199	Constant			(8)
Drug	Insulin glargine	1375.716	Gamma	3.366869	408.6039	(8)
Drug	Sitagliptin (28 tabs of 100mg)	1.187857	Constant			(8)
Drug	Pioglitazone (28 tabs of 45mg)	1.494692	Constant			(8)
Drug	Simvastatin (28 tabs of 20mg)	0.036429	Constant			(8)
Lab tests	Lipids	1	Gamma	100	0.01	(9)
Drug	Anti-hypertensive costs	195.9393	Gamma	100	1.959393	(8)
Visits	GP (per patient contact)	46.94833	Gamma	100	0.469483	(10)
Visits	Nurse advanced (per consultation)	25.5154	Gamma	100	0.255154	(10)
Visits	Health care assistant (assume 10 mins)	3.402053	Gamma	100	0.034021	(10)
Visits	Dietician (one hour)	18.5	Gamma	100	0.185	(10)
Visits	Eye screening	24.31257	Gamma	15.3664	1.58219	(10)
Visits	Waist measurement (30 seconds)	0.170103	Gamma	100	0.001701	(10)
Visits	Question family history (15 seconds)	0.085051	Gamma	100	0.000851	(10)
Lab tests	HbA1c	3	Gamma	100	0.03	(9)
Lab tests	Lipids	1	Gamma	100	0.01	(9)
Lab tests	LfT	1	Gamma	100	0.01	(9)
Lab tests	B12	1	Gamma	100	0.01	(9)
Lab tests	Urine	1	Gamma	100	0.01	(9)
Interventions	Nicotine replacement therapy	103	Gamma	100	1.03	(10)

Lab tests	HbA1c diagnosis	14.81465	Gamma	100	0.148147	(11)
Interventions	Leicester risk score	0.00254	Gamma	100	2.54E-05	(12)
Cardiovascular	Unstable Angina hopsital: EB05SZ	1275.591	Gamma	100	12.75591	(13)
Cardiovascular	Revasc. Hospital mixture of HRG codes	6036.846	Gamma	100	60.36846	(13)
Cardiovascular	MI Hopsital: EB107	1554.896	Gamma	100	15.54896	(13)
Cardiovascular	First Outpatient	165.3571	Gamma	100	1.653571	(13)
Cardiovascular	Subsequent appointment	110.0574	Gamma	100	1.100574	(13)
Cardiovascular	GP visit year1	122.8615	Constant			(13)
Cardiovascular	GP visit year 2	110.0574	Constant			(13)
Cardiovascular	Fatal CHD (Palmer Inflated)	712.5001	Gamma	100	7.125001	(13)
Cardiovascular	Fatal stroke (Youman inflated)	4442.562	Gamma	100	44.42562	(13)
Cardiovascular	First year stroke	12676.6	Gamma	100	126.766	(14)
Cardiovascular	Subsequent year stroke	1739.911	Gamma	100	17.39911	(14)
Cardiovascular	TIA	2722.648	Gamma	100	27.22648	(14)
Cardiovascular	90% of patients receive glytrin spray, isobide monoitrate one of verepamil, atenolol or diltiazem and saspirin	0.9	Beta	50	450	(13)
Cardiovascular	60% of patients receive clopidogrol	0.6	Beta	400	600	(13)
Cardiovascular	90% of patients receive rampiril (ACE- 10% non- tolerant)	0.9	Beta	100	900	(13)
Cardiovascular	10% of patients (those who don't tolerate rampiril) receive ARB	0.1				(13)
Cardiovascular	Glytrin Spray	12.61137	Constant			(13)
Cardiovascular	Isosorbide mononitrate	13.53885	Constant			(13)
Cardiovascular	Verapamil	50.56592	Constant			(13)
Cardiovascular	Atenolol	36.42481	Constant			(13)
Cardiovascular	Aspirin	8.010085	Constant			(13)
Cardiovascular	Ramipril	90.44771	Constant			(13)
Cardiovascular	ARB	253.2753	Constant			(13)
Cardiovascular	Clopidogrel	554.4063	Constant			(13)
Congestive heart failure	CHF1 inpatient	3376.682	Gamma	17.08787	197.607	(3)

Congestive heart failure	CHF1 non-inpatient	1035.967	Gamma	50.13476	20.66365	(3)
Congestive heart failure	CHF2 inpatient	1558.713	Gamma	23.46525	66.42644	(3)
Congestive heart failure	CHF2 non-inpatient	1029.618	Gamma	109.7982	9.377373	(3)
Microvascular	Blindness year 1 inpatient	1433.847	Gamma	7.982428	179.6254	(3)
Microvascular	Blindness year 1 non-inpatient	1894.159	Gamma	14.79887	127.9935	(3)
Microvascular	Blindness year 2 inpatient	479.3598	Gamma	41.39524	11.58007	(3)
Microvascular	Blindness year 2 non-inpatient	780.9437	Gamma	79.72506	9.795462	(3)
Microvascular	Amputation year 1 inpatient	10101.48	Gamma	35.73274	282.6952	(3)
Microvascular	Amputation year 1 non-inpatient	2856.053	Gamma	16.81661	169.8352	(3)
Microvascular	Amputation year 2 inpatient	1896.275	Gamma	23.02322	82.36361	(3)
Microvascular	Amputation year 2 non-inpatient	1704.743	Gamma	57.06248	29.87502	(3)
Microvascular	Haemodialysis with overheads	42049	Gamma	100	420.49	(13)
Microvascular	automated peritoneal dialysis (APD)	27217.14	Gamma	100	272.1714	(13)
Microvascular	continuous ambulatory peritoneal dialysis (CAPD)	19742.25	Gamma	100	197.4225	(13)
Microvascular	Kidney transplant	23659.73	Gamma	100	236.5973	(13)
Microvascular	Immunosuppressant	6958.745	Gamma	100	69.58745	(13)
Microvascular	Proportion transplant	0.468992	Constant			(13)
Microvascular	Proportion Peritoneal dialysis	0.089147	Constant			(13)
Microvascular	Proportion haemodialysis	0.44186	Constant			(13)
Microvascular	Not infected	167.7526	Gamma	100	1.677526	(13)
Microvascular	With cellulitis	443.1003	Gamma	100	4.431003	(13)
Microvascular	With osteomyelitis	821.5817	Gamma	100	8.215817	(13)
Microvascular	Proportion not infected	0.874	Beta	11.726	1.690476	(13)
Microvascular	Proportion with cellulitis	0.714286	Beta	27.85714	11.14286	(13)
Cancer	Breast cancer	13818.11	Gamma	100	138.1811	(5)
Cancer	CRC Dukes A	10091.35	Gamma	100	100.9135	(5)
Cancer	CRC Dukes B	17315.32	Gamma	100	173.1532	(5)
Cancer	CRC Dukes C	26550.26	Gamma	100	265.5026	(5)

Cancer	CRC Dukes D	16625.53	Gamma	100	166.2553	(5)
Osteoarthritis	Osteoarthritis	961.6886	Gamma	100	9.616886	(6)
Depression	Practice nurse at surgery (assume 10 mins)	9.015441	Gamma	100	0.090154	(10)
Depression	Practice nurse at home visit (assume half an hour)	27.04632	Gamma	100	0.270463	(10)
Depression	Practice nurse telephone (assume 10 mins)	9.015441	Gamma	100	0.090154	(10)
Depression	Health visitor (assume half an hour)	38.78341	Gamma	100	0.387834	(10)
Depression	District nurse (assume half an hour)	37.76279	Gamma	100	0.377628	(10)
Depression	Other nurse (assume 10 mins)	9.015441	Gamma	100	0.090154	(10)
Depression	HCA phlebotomist (assume 10 mins)	3.402053	Gamma	100	0.034021	(10)
Depression	Other primary care	25.5154	Gamma	100	0.255154	(10)
Depression	Out of hours	28.47495	Gamma	100	0.284749	(7)
Depression	NHS direct	24.87342	Gamma	100	0.248734	(7)
Depression	walkin centre	38.76158	Gamma	100	0.387616	(7)
Depression	Prescribed medications	9.614405	Gamma	100	0.096144	(7)
Depression	Secondary care	81	Gamma	100	0.81	(9)
Depression	Practice nurse at surgery	1.52	Gamma	79.44244	0.019133	(7)
Depression	Practice nurse at home visit	0.02	Gamma	3.183673	0.006282	(7)
Depression	Practice nurse telephone	0.11	Gamma	8.192708	0.013427	(7)
Depression	Health visitor	0.05	Gamma	2.014463	0.024821	(7)
Depression	District nurse	0.01	Gamma	0.609375	0.01641	(7)
Depression	Other nurse	0.13	Gamma	7.323333	0.017751	(7)
Depression	HCA phlebotomist	0.31	Gamma	21.76165	0.014245	(7)
Depression	Other primary care	0.19	Gamma	5.863807	0.032402	(7)
Depression	Out of hours	0.23	Gamma	23.70698	0.009702	(7)
Depression	NHS direct	0.09	Gamma	10.9308	0.008234	(7)
Depression	Walk-in centre	0.21	Gamma	14.87803	0.014115	(7)
Depression	Prescribed medications	7.74	Gamma	181.7893	0.042577	(7)
Depression	Secondary care	0.26	Gamma	12.73469	0.020417	(7)

Supplementary table 2: key cost parameters

Appendix B: HbA_{1c} and diabetes diagnosis modelling

The regressions used to estimate diabetes diagnoses, step count and HbA_{1c} in the SPHR model v 3.2

Details of regressions used to estimate diabetes diagnoses at 1 and 4 years

Diabetes diagnoses at 1 year

Odds ratios

	Mean	97.5% CI
Walking Away (Walking Away = 1, 0 otherwise)	1.55	(0.52, 4.63)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	0.72	(0.19, 2.68)
Cambridge (1 = at the Cambridge site, 0 = otherwise)	4.11	(1.32, 12.77)
Female (1 = Female, 0 otherwise)	0.54	(0.2, 1.44)
HbA _{1c} (% scale) at baseline	5.15	(0.44, 60.15)
HbA _{1c} (% scale) at one year	1.52	(0.24, 9.58)
Number of objectively measured steps per day / 2000 at baseline	1.00	(0.6, 1.67)
Number of objectively measured steps per day / 2000 at one year	0.80	(0.49, 1.32)

Supplementary table 3: ORs for diabetes diagnoses at 1 year

Regression coefficients

	Mean	SE	97.5% CI
Intercept	-15.92	5.16	(-27.49, -4.36)
Walking Away (Walking Away = 1, 0 otherwise)	0.44	0.49	(-0.65, 1.53)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.33	0.59	(-1.64, 0.99)
Cambridge (1 = at the Cambridge site, 0 = otherwise)	1.41	0.51	(0.28, 2.55)
Female (1 = Female, 0 otherwise)	-0.61	0.44	(-1.6, 0.37)
HbA _{1c} (% scale) at baseline	1.64	1.10	(-0.82, 4.1)

HbA _{1c} (% scale)at one year	0.42	0.82	(-1.42, 2.26)
Number of objectively measured steps per day / 2000 at baseline	0.00	0.23	(-0.5, 0.51)
Number of objectively measured steps per day / 2000 at one year	-0.22	0.22	(-0.71, 0.28)

Supplementary table 4: regression coefficients for diabetes diagnoses at 1 year

Covariance matrix

	Intercept	Walking Away ¹	Walking Away Plus ²	Cambridge ³	Female ⁴	HbA1c (%) at om	HbA1c (%) at 12m	Steps per day / 2000 at om	Steps per day / 2000 at 12m
Intercept	26.6279	0.0276	-0.0493	0.5344	-0.0596	-3.6608	-0.6545	-0.1835	-0.0141
Walking Away ¹	0.0276	0.2370	0.1355	0.0054	0.0101	-0.0459	0.0227	-0.0101	0.0010
Walking Away Plus ²	-0.0493	0.1355	0.3436	-0.0041	0.0010	-0.0166	0.0077	-0.0019	-0.0068
Cambridge ³	0.5344	0.0054	-0.0041	0.2558	-0.0097	-0.1515	0.0390	-0.0114	0.0003
Female ⁴	-0.0596	0.0101	0.0010	-0.0097	0.1918	-0.0297	0.0248	0.0061	-0.0009
HbA1c (%) at om	-3.6608	-0.0459	-0.0166	-0.1515	-0.0297	1.2024	-0.5813	0.0322	-0.0179
HbA1c (%) at 12m	-0.6545	0.0227	0.0077	0.0390	0.0248	-0.5813	0.6734	-0.0090	0.0146
Steps per day / 2000 at om	-0.1835	-0.0101	-0.0019	-0.0114	0.0061	0.0322	-0.0090	0.0513	-0.0369
Steps per day / 2000 at 12m	-0.0141	0.0010	-0.0068	0.0003	-0.0009	-0.0179	0.0146	-0.0369	0.0493

¹ Walking Away = 1, other arms = 0 ² Walking Away Plus = 1, other arms = 0 ³ Cambridge = 1, Leicester = 0 ⁴ Female = 1, male = 0

Supplementary table 5: covariance matrix for diabetes diagnoses at 1 year

4 year Diabetes Diagnoses

Odds ratios

	Mean	97.5% CI
Walking Away (Walking Away = 1, 0 otherwise)	1.58	(0.74, 3.39)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	1.25	(0.57, 2.74)
Cambridge (1 = at the Cambridge site, 0 = otherwise)	1.08	(0.53, 2.18)
Female (1 = Female, 0 otherwise)	0.84	(0.44, 1.58)
HbA _{1c} (% scale) at baseline	4.92	(1.26, 19.3)
HbA _{1c} (% scale) at four years year	5.94	(2.54, 13.88)
Number of objectively measured steps per day / 2000 at baseline	0.89	(0.66, 1.21)
Number of objectively measured steps per day / 2000 at four years	0.96	(0.71, 1.3)

Supplementary table 6: ORs for diabetes diagnoses at 4 years

Regression coefficients

	Mean	SE	97.5% CI
Intercept	-22.59	3.37	(-30.15, -15.04)
Walking Away (Walking Away = 1, 0 otherwise)	0.46	0.34	(-0.3, 1.22)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	0.23	0.35	(-0.55, 1.01)
Cambridge (1 = at the Cambridge site, 0 = otherwise)	0.07	0.31	(-0.63, 0.78)
Female (1 = Female, 0 otherwise)	-0.18	0.28	(-0.81, 0.46)
HbA _{1c} (% scale) at baseline	1.59	0.61	(0.23, 2.96)
HbA _{1c} (% scale) at one year	1.78	0.38	(0.93, 2.63)
Number of objectively measured steps per day / 2000 at baseline	-0.11	0.14	(-0.42, 0.19)
Number of objectively measured steps per day / 2000 at one year	-0.04	0.13	(-0.34, 0.26)

Supplementary table 7: regression coefficients for diabetes diagnoses at 4 years

Covariance matrix

	Intercept	Walking Away ¹	Walking Away Plus ²	Cambridge ³	Female ⁴	HbA1c (%) at om	HbA1c (%) at 12m	Steps per day / 2000 at om	Steps per day / 2000 at 12m
Intercept	11.3644	-0.0409	0.0222	0.2312	-0.0951	-1.5575	-0.2736	-0.0320	-0.0480
Walking Away ¹	-0.0409	0.1153	0.0613	0.0046	-0.0004	-0.0082	0.0057	-0.0004	-0.0020
Walking Away Plus ²	0.0222	0.0613	0.1214	0.0005	0.0009	-0.0075	-0.0043	-0.0010	-0.0028
Cambridge ³	0.2312	0.0046	0.0005	0.0990	-0.0032	-0.0722	0.0294	-0.0003	-0.0050
Female ⁴	-0.0951	-0.0004	0.0009	-0.0032	0.0804	-0.0082	0.0160	0.0009	0.0021
HbA1c (%) at om	-1.5575	-0.0082	-0.0075	-0.0722	-0.0082	0.3712	-0.1070	0.0104	-0.0064
HbA1c (%) at 12m	-0.2736	0.0057	-0.0043	0.0294	0.0160	-0.1070	0.1433	-0.0083	0.0121
Steps per day / 2000 at om	-0.0320	-0.0004	-0.0043	-0.0003	0.0009	0.0104	-0.0083	0.0185	-0.0128
Steps per day / 2000 at 12m	-0.0480	-0.0020	-0.0028	-0.0050	0.0021	-0.0064	0.0121	-0.0128	0.0181
¹ Walking Away = 1, other arms = 0 ² Walking Away Plus = 1, other arms = 0 ³ Cambridge = 1, Leicester = 0 ⁴ Female = 1, male = 0									

Supplementary table 8: covariance matrix for diabetes diagnoses at 4 years

Details of regressions used to estimate HbA_{1c} at 1 and 4 years

1 year

Mean effect (logit link function)

	Coefficients	SE	97.5% CI
Intercept	-5.808	0.108	(-6.05, -5.566)
Walking Away (Walking Away = 1, 0 otherwise)	-0.018	0.014	(-0.048, 0.013)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.009	0.014	(-0.04, 0.021)
HbA _{1c} (%) at om	0.854	0.019	(0.812, 0.896)
Cambridge (1 = Cambridge, 0 = Leicester)	-0.049	0.015	(-0.082, -0.015)
White Irish (1 = White Irish, 0 = otherwise)	-0.062	0.076	(-0.232, 0.109)
Any other white background (1 = Any other white background, 0 = otherwise)	0.024	0.032	(-0.048, 0.096)
White and Black Caribbean (1 = White and Black Caribbean, 0 = otherwise)	0.017	0.142	(-0.302, 0.336)
White and Black African (1 = White and Black African, 0 = otherwise)	-0.220	0.211	(-0.693, 0.253)
White and Asian (1 = White and Asian, 0 = otherwise)	-0.240	0.248	(-0.796, 0.317)
Any other mixed race (1 = any other mixed race, 0 = otherwise)	0.015	0.091	(-0.188, 0.219)
Indian (1 = Indian, 0 = otherwise)	0.018	0.015	(-0.015, 0.051)
Pakistani (1 = Pakistani, 0 = otherwise)	0.006	0.053	(-0.112, 0.125)
Bangladeshi (1 = Bangladeshi, 0 = otherwise)	0.420	0.169	(0.041, 0.798)
Any other Asian background (1 = any other Asian background, 0 = otherwise)	0.029	0.041	(-0.064, 0.121)
Chinese (1 = Chinese, 0 = otherwise)	0.065	0.108	(-0.177, 0.307)
Any other (1 = Any other, 0 = otherwise)	0.099	0.142	(-0.22, 0.417)
Black Caribbean (1 = Black Caribbean, 0 = otherwise)	0.022	0.039	(-0.066, 0.11)
Black African (1 = Black African, 0 = otherwise)	0.016	0.036	(-0.065, 0.097)
Any other black background (1 = Any other black background, 0 = otherwise)	0.000	0.095	(-0.213, 0.212)
Female (1 = Female, 0 otherwise)	-0.017	0.011	(-0.043, 0.008)

Supplementary table 9: coefficients for estimating HbA_{1c} at 1 year

Dispersion parameter (natural logarithm link function)

	Coefficients	SE	97.5% CI
Intercept	6.902	0.826	(5.051, 8.752)
Walking Away (Walking Away = 1, 0 otherwise)	-0.290	0.105	(-0.527, -0.054)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.290	0.105	(-0.526, -0.055)
HbA _{1c} (% scale) at om	-0.276	0.143	(-0.596, 0.045)
Cambridge (1 = Cambridge site, 0 = otherwise)	-0.541	0.097	(-0.758, -0.324)
Female (1 = Female, 0 otherwise)	0.008	0.087	(-0.186, 0.203)

Supplementary table 10: dispersion parameters for HbA_{1c} at 1 year

Covariance matrix

	Mean effect																				Dispersion							
	Intercept	Walking Away	Walking Away Plus	HbA1c (%) at om	Cambridge	White Irish	Any other white background	White and Black Caribbean	White and Black African	White and Asian	Any other mixed race	Indian	Pakistani	Bangladeshi	Any other Asian background	Chinese	Any other	Black Caribbean	Black African	Any other black background	Female	Intercept	Walking Away	Walking Away Plus	HbA1c (%) at om	Cambridge	Female	
Intercept	0.01168105	1.27E-06	-1.87145E-05	-0.00201328	0.00045436	0.00048038	-9.4E-05	-0.00037	-5.5E-05	0.00039	3.32E-05	-2.6E-05	4.4E-05	0.000441	0.000294	0.000269	0.000468	0.000124	3.53E-05	-0.00021	-4.4E-05	-0.0049	3.79E-06	1.04E-05	0.000832	-0.00017	-	2.59E-05
Walking Away	1.274E-06	0.000189	7.44238E-05	-1.3393E-05	4.56248E-07	-6.2896E-05	-1.1E-05	-4.7E-05	7.83E-05	-3E-06	-3.9E-06	5.79E-06	6.22E-06	0.00011	-3.2E-06	2.25E-05	7.95E-05	-1.1E-05	-9E-06	5.23E-05	4.55E-06	-1.6E-05	-7.3E-05	-2.9E-05	7.63E-06	3.14E-07	-1.2E-06	
Walking Away Plus	-1.871E-05	7.44E-05	0.000186963	-1.0079E-05	1.33188E-06	-2.1033E-05	-4E-07	-7.2E-05	7.76E-05	0.00011	-1.9E-05	1.05E-05	-2.8E-05	2.72E-06	-1.1E-05	2.26E-05	7.92E-05	1.34E-05	6.76E-06	2.3E-05	2.05E-06	-7.5E-06	-2.9E-05	-7.2E-05	6.24E-06	3.36E-07	-9.7E-07	
HbA1c (%) at om	-0.0020133	-1.3E-05	-1.00794E-05	0.00035439	-9.0674E-05	8.22148E-05	8.17E-06	6.75E-05	-4.8E-06	7.89E-05	-1.7E-05	-9.9E-06	-2.1E-05	-7.8E-05	-5.9E-05	-5E-05	-9E-05	-3.2E-05	-1.9E-05	1.84E-05	-3.9E-06	0.000835	4.26E-06	3.11E-06	-0.00014	3.23E-05	-3E-07	
Cambridge	0.00045436	4.56E-07	1.33188E-06	-9.0674E-05	0.000221747	-1.8629E-05	3.39E-06	-2.1E-05	-	-	4.17E-05	6.75E-05	7.23E-05	9.07E-05	5.51E-05	-	-	7.64E-05	7.24E-05	6.15E-05	-1.5E-06	-	6.27E-07	6.23E-07	3.82E-05	-7.2E-05	2.99E-06	
White Irish	-0.0004804	-6.3E-05	-2.10333E-05	8.22148E-05	-1.8629E-05	0.005781883	5.42E-05	9.39E-05	5.67E-06	7.99E-05	3.99E-05	4.15E-05	3.66E-05	8.66E-05	4.35E-05	2.96E-05	3.61E-06	5.23E-05	4.51E-05	3.2E-05	-3.7E-05	-3.7E-05	-2.6E-06	-2.1E-06	6.68E-06	1.81E-06	-4.5E-06	
Any other white background	-9.366E-05	-1.1E-05	-	8.16684E-06	3.38596E-06	5.42122E-05	0.001033	5.17E-05	4.12E-05	4.48E-05	4.88E-05	4.99E-05	4.87E-05	5.67E-05	4.86E-05	4.31E-05	4E-05	5.1E-05	5.06E-05	4.79E-05	-1.5E-06	4.25E-06	-3.5E-07	-3.4E-07	-3.7E-07	1.25E-06	-3.5E-06	
White and Black Caribbean	-0.0003684	-4.7E-05	-7.18814E-05	6.75379E-05	-2.0932E-05	9.3904E-05	5.17E-05	0.02028	-1.6E-05	0.000136	4.05E-05	3.42E-05	4.27E-05	7.61E-05	5.45E-05	3.26E-05	6.55E-07	4.98E-05	3.68E-05	2.84E-05	-6.6E-05	2.28E-05	-9.9E-06	-9.7E-08	-2.3E-06	-3.3E-06	-1.1E-05	
White and Black African	-5.493E-05	7.83E-05	7.75578E-05	-4.7795E-06	0.00013156	5.67286E-06	4.12E-05	-1.6E-05	0.044524	6.79E-05	2.8E-05	1.73E-05	6.94E-06	-6.3E-05	4.18E-06	0.000148	0.000182	-8E-06	8.6E-06	3.56E-05	6.86E-05	6.64E-05	2.35E-05	2.33E-05	-1.5E-05	-2.5E-06	1.21E-05	
White and Asian	-0.0003921	-3E-06	-	7.88793E-05	0.00014909	7.98558E-05	4.48E-05	0.000136	6.79E-05	0.061634	2.21E-05	-9E-06	1.24E-05	-1.4E-05	3E-05	0.000113	8.04E-05	-3.3E-06	-1.2E-05	-2E-06	-6.4E-05	0.000133	-	-1.1E-06	-5.2E-05	2.86E-05	-4.6E-05	-3.7E-05
Any other mixed race	3.3198E-05	-3.9E-06	-1.92029E-05	-1.7135E-05	4.1678E-05	3.99295E-05	4.88E-05	4.05E-05	2.8E-05	2.21E-05	0.00822	6.27E-05	6.89E-05	5.19E-05	5.57E-05	2.45E-05	2.13E-05	5.72E-05	6.31E-05	6.18E-05	2.17E-05	2.26E-05	8.43E-06	2.83E-06	-4.2E-06	1.84E-07	-2.1E-06	
Indian	-2.554E-05	5.79E-06	1.05123E-05	-9.8789E-06	6.75188E-05	4.15499E-05	4.99E-05	3.42E-05	1.73E-05	-9E-06	6.27E-05	0.000218	7.19E-05	6.53E-05	5.97E-05	8.38E-06	1.28E-05	6.97E-05	7.27E-05	7.38E-05	1.38E-05	1.05E-05	6.87E-07	6.61E-07	-1.7E-06	-4E-07	-9.2E-07	
Pakistani	4.399E-05	6.22E-06	-2.83273E-05	-2.0545E-05	7.23032E-05	3.65705E-05	4.87E-05	4.27E-05	6.94E-06	1.24E-05	6.89E-05	7.19E-05	0.002776	5.42E-05	6.35E-05	5.3E-06	2.59E-06	6.62E-05	7.19E-05	7.39E-05	1.89E-05	-6.9E-05	-2.4E-06	-9.4E-07	1.26E-05	-2.8E-06	-5E-06	
Bangladeshi	0.00044117	-	2.71825E-06	-7.8058E-05	9.07182E-05	8.66005E-05	5.67E-05	7.61E-05	-6.3E-05	-1.4E-05	5.19E-05	6.53E-05	5.42E-05	0.028498	8.9E-05	5.51E-06	-1E-05	0.000104	7.98E-05	2.66E-05	-6.7E-05	-6.4E-05	3.25E-05	7.97E-07	9.65E-06	-1.5E-05	1.86E-05	

Any other Asian background	0.00029433	-3.2E-06	-1.10377E-05	-5.8925E-05	5.50595E-05	4.35291E-05	4.86E-05	5.45E-05	4.18E-06	3E-05	5.57E-05	5.97E-05	6.35E-05	8.9E-05	0.001718	2.93E-05	3.23E-05	7.17E-05	6.27E-05	5.36E-05	-2.7E-05	-7E-06	8.18E-07	3.52E-06	1.07E-06	-1.2E-06	5.89E-07	
Chinese	0.00026907	2.25E-05	2.25703E-05	-4.9943E-05	-0.00011793	2.96131E-05	4.31E-05	3.26E-05	0.000148	0.000113	2.45E-05	8.38E-06	5.3E-06	5.51E-06	2.93E-05	0.011652	0.00016	8.55E-06	6.81E-06	7.78E-06	2.57E-06	2.7E-05	6.39E-06	5.11E-06	-5.9E-06	1.61E-05	1.72E-06	
Any other	0.00046847	7.95E-05	7.92104E-05	-9.0362E-05	0.00010848	3.61323E-06	4E-05	6.55E-07	0.000182	8.04E-05	2.13E-05	1.28E-05	2.59E-06	-1E-05	3.23E-05	0.00016	0.020157	1.24E-05	8.3E-06	2.18E-05	4.21E-06	-1E-05	-7.1E-06	-6.9E-06	1.75E-06	2.45E-05	-2.7E-06	
Black Caribbean	0.00012424	-1.1E-05	1.34193E-05	-3.2102E-05	7.63663E-05	5.22836E-05	5.1E-05	4.98E-05	-8E-06	-3.3E-06	5.72E-05	6.97E-05	6.62E-05	0.000104	7.17E-05	8.55E-06	1.24E-05	0.001555	7.32E-05	6.35E-05	-2.5E-05	1.78E-05	2.89E-06	3.57E-07	-3.2E-06	-1.3E-06	1.41E-06	
Black African	3.5271E-05	-9E-06	6.75976E-06	-1.9374E-05	7.23844E-05	4.50839E-05	5.06E-05	3.68E-05	8.6E-06	-1.2E-05	6.31E-05	7.27E-05	7.19E-05	7.98E-05	6.27E-05	6.81E-06	8.3E-06	7.32E-05	0.0013	6.93E-05	1.02E-05	2.96E-05	1.16E-06	1.55E-06	-5.1E-06	1.83E-07	-6.5E-07	
Any other black background	0.0002078	5.23E-05	2.30185E-05	1.84499E-05	6.15028E-05	3.19581E-05	4.79E-05	2.84E-05	3.56E-05	-2E-06	6.18E-05	7.38E-05	7.39E-05	2.66E-05	5.36E-05	7.78E-06	2.18E-05	6.35E-05	6.93E-05	0.008951	1.82E-05	1.36E-05	3.72E-06	1.02E-05	-2.7E-06	-4.9E-07	-3E-06	
Female	-4.409E-05	4.55E-06	2.04903E-06	-3.8695E-06	-1.5446E-06	-3.6606E-05	-1.5E-06	-6.6E-05	6.86E-05	-6.4E-05	2.17E-05	1.38E-05	1.89E-05	-6.7E-05	-2.7E-05	2.57E-06	4.21E-06	-2.5E-05	1.02E-05	1.82E-05	0.00013	2.57E-05	-1.2E-06	-9.4E-07	-3.5E-07	3.18E-06	-5E-05	
Intercept	0.0049018	-1.6E-05	-7.48844E-06	0.000835017	0.0002075	-3.7319E-05	4.25E-06	2.28E-05	6.64E-05	0.000133	-2.26E-05	1.05E-05	-6.9E-05	-6.4E-05	-7E-06	2.7E-05	-1E-05	1.78E-05	2.96E-05	1.36E-05	2.57E-05	0.681713	-	0.00081	0.00238	0.11749	0.026507	0.00171
Walking Away	3.7877E-06	-7.3E-05	-2.89186E-05	4.25617E-06	6.27466E-07	-2.6456E-06	-3.5E-07	-9.9E-06	2.35E-05	-1.1E-06	8.43E-06	6.87E-07	-2.4E-06	3.25E-05	8.18E-07	6.39E-06	-7.1E-06	2.89E-06	1.16E-06	3.72E-06	-1.2E-06	0.00081	0.011124	0.005188	-	2.39E-06	0.000162	
Walking Away Plus	1.043E-05	-2.9E-05	-7.23591E-05	3.10822E-06	6.227E-07	-2.072E-06	-3.4E-07	-9.7E-08	2.33E-05	-5.2E-05	2.83E-06	6.61E-07	-9.4E-07	7.97E-07	3.52E-06	5.11E-06	-6.9E-06	3.57E-07	1.55E-06	1.02E-05	-9.4E-07	0.00238	0.00588	0.011018	0.00048	-9.1E-05	3.41E-05	
HbA1c (%) at om	0.00083196	7.63E-06	6.23905E-06	-0.00014301	3.82398E-05	6.67894E-06	-3.7E-07	-2.3E-06	-1.5E-05	2.86E-05	-4.2E-06	-1.7E-06	1.26E-05	9.65E-06	1.07E-06	-5.9E-06	1.75E-06	-3.2E-06	-5.1E-06	-2.7E-06	-3.5E-07	-	0.00076	0.00048	0.020484	0.00508	-	
Cambridge	-0.000173	3.14E-07	3.36459E-07	3.23157E-05	-7.2197E-05	1.81277E-06	1.25E-06	-3.3E-06	-2.5E-06	-4.6E-05	1.84E-07	-4E-07	-2.8E-06	-1.5E-05	-1.2E-06	1.61E-05	2.45E-05	-1.3E-06	1.83E-07	-4.9E-07	3.18E-06	0.026507	2.39E-06	-9.1E-05	0.00508	0.009399	0.00026	
Female	2.592E-05	-1.2E-06	-9.69453E-07	-3.0131E-07	2.98605E-06	-4.5358E-06	-3.5E-06	-1.1E-05	1.21E-05	-3.7E-05	-2.1E-06	-9.2E-07	-5E-06	1.86E-05	5.89E-07	1.72E-06	-2.7E-06	1.41E-06	-6.5E-07	-3E-06	-5E-05	-	0.000162	3.41E-05	-	0.007521	0.00026	

Supplementary table 11: covariance matrix for HbA1c at 1 year

4 years

Mean effect (logit link function)

	Coefficients	SE	97.5% CI
Intercept	-6.428	0.163	(-6.795, -6.062)
Walking Away (Walking Away = 1, 0 otherwise)	-0.004	0.019	(-0.046, 0.038)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.016	0.019	(-0.057, 0.026)
HbA1c (%) at om	0.272	0.042	(0.178, 0.365)
Cambridge (1 = Cambridge, 0 = Leicester)	0.689	0.042	(0.595, 0.783)
White Irish (1 = White Irish, 0 = otherwise)	-0.132	0.019	(-0.175, -0.089)
Any other white background (1 = Any other white background, 0 = otherwise)	0.246	0.086	(0.054, 0.439)
White and Black Caribbean (1 = White and Black Caribbean, 0 = otherwise)	0.090	0.039	(0.001, 0.178)
White and Black African (1 = White and Black African, 0 = otherwise)	0.106	0.141	(-0.211, 0.423)
White and Asian (1 = White and Asian, 0 = otherwise)	0.280	0.206	(-0.181, 0.741)
Any other mixed race (1 = any other mixed race, 0 = otherwise)	-0.255	0.189	(-0.678, 0.168)
Indian (1 = Indian, 0 = otherwise)	-0.005	0.129	(-0.293, 0.284)
Pakistani (1 = Pakistani, 0 = otherwise)	0.020	0.022	(-0.03, 0.07)
Bangladeshi (1 = Bangladeshi, 0 = otherwise)	-0.002	0.079	(-0.178, 0.175)
Any other Asian background (1 = any other Asian background, 0 = otherwise)	-0.022	0.316	(-0.73, 0.687)
Chinese (1 = Chinese, 0 = otherwise)	-0.024	0.056	(-0.149, 0.102)
Any other (1 = Any other, 0 = otherwise)	-0.061	0.118	(-0.326, 0.203)
Black Caribbean (1 = Black Caribbean, 0 = otherwise)	0.142	0.166	(-0.229, 0.514)
Black African (1 = Black African, 0 = otherwise)	0.044	0.059	(-0.089, 0.177)
Any other black background (1 = Any other black background, 0 = otherwise)	0.170	0.054	(0.05, 0.29)
Female (1 = Female, 0 otherwise)	-0.008	0.140	(-0.322, 0.306)

Supplementary table 12: coefficients for estimating HbA1c at 4 years

Dispersion parameter (natural logarithm link function)

	Coefficients	SE	97.5% CI
Intercept	9.624	0.923	(7.555, 11.693)
Walking Away (Walking Away = 1, 0 otherwise)	-0.274	0.112	(-0.524, -0.024)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.258	0.111	(-0.508, -0.009)
HbA _{1c} (% scale) at om	0.658	0.247	(0.104, 1.212)
Cambridge (1 = Cambridge site, 0 = otherwise)	-1.571	0.238	(-2.103, -1.038)
Female (1 = Female, 0 otherwise)	0.190	0.105	(-0.045, 0.424)

Supplementary table 13: dispersion parameter coefficients for HbA_{1c} at 4 years

Covariance matrix

	Mean effect																Dispersion											
	Intercept	Walking Away	Walking Away Plus	HbA1c (%) at om	Cambridge	White Irish	Any other white background	White and Black Caribbean	White and Black African	White and Asian	Any other mixed race	Indian	Pakistani	Bangladeshi	Any other Asian background	Chinese	Any other	Black Caribbean	Black African	Any other black background	Female	Intercept	Walking Away	Walking Away Plus	HbA1c (%) at om	HbA1c (%) at 12m	Cambridge	Female
Intercept	0.02668525	-2.84E-05	-4.94E-05	0.00205223	0.0025428	0.00083728	0.00128	0.00023	0.00071	0.00046	0.00123	0.00025	0.00016	0.00033	0.002279	0.000557	0.000674	0.00144	0.000272	0.000145	0.00055	-9.90E-05	0.000637	0.00929	2.72E-05	2.15E-05	0.001084	0.000491
Walking Away	-2.84E-05	0.00035	0.00014219	-8.21E-05	6.13E-05	8.49E-06	-9.35E-05	-1.76E-05	0.00013	0.000157	5.18E-06	4.06E-05	1.14E-05	1.14E-05	0.00023	3.50E-06	7.63E-05	0.00014	-5.64E-06	1.84E-06	0.00011	5.66E-06	-3.66E-05	-1.82E-05	0.00013	5.28E-05	2.69E-05	-1.45E-05
Walking Away Plus	-4.94E-05	0.000142	0.000345322	-6.42E-05	4.73E-05	5.68E-06	-5.92E-05	-1.21E-05	-8.09E-05	0.000154	0.00019	-1.29E-06	2.23E-05	-7.40E-05	-1.43E-05	1.68E-05	2.19E-05	0.000145	1.12E-05	3.60E-05	8.33E-05	-5.14E-07	2.69E-05	-1.82E-05	-5.27E-05	0.00013	2.13E-05	-9.19E-06
HbA1c (%) at om	0.0020522	-8.21E-05	-6.42E-05	0.001756146	0.00136559	0.00029728	0.000171	5.23E-05	0.000128	0.00027	-9.47E-05	5.70E-05	-2.39E-05	8.12E-05	0.000502	-3.86E-05	-4.11E-05	7.12E-05	-2.98E-05	-5.67E-05	9.97E-05	-2.98E-05	-7.15E-05	0.001177	2.57E-05	2.05E-05	0.00063	0.00042
Cambridge	0.0025428	6.13E-05	4.73E-05	0.00136559	0.001777184	0.000122123	4.27E-05	-2.32E-05	5.47E-06	0.000306	0.000322	-4.06E-05	-2.74E-05	-4.89E-05	0.00089	-7.35E-05	-8.24E-05	0.00033	-4.13E-05	2.28E-05	-4.37E-05	1.81E-05	-5.09E-05	0.000389	-2.12E-05	-1.53E-05	0.000436	0.00049
White Irish	0.00083728	8.49E-06	5.68E-06	0.00029728	0.000122123	0.00037068	7.69E-06	-3.51E-06	-6.80E-05	0.00013	0.00017	7.51E-05	0.000151	0.000131	0.000143	9.77E-05	0.00013	0.00013	0.000163	0.000163	0.000122	9.50E-07	-7.41E-05	0.00028	5.49E-07	8.66E-07	9.56E-05	-4.08E-05
Any other white background	0.001281	-9.35E-05	-5.92E-05	0.000171237	4.27E-05	7.69E-06	0.007397	9.83E-05	0.000156	-1.22E-06	0.000125	9.78E-05	9.54E-05	0.000127	9.43E-05	7.52E-05	4.73E-06	-4.78E-05	0.000105	9.64E-05	0.000105	-2.44E-05	2.99E-05	0.000191	1.22E-05	8.39E-06	-4.48E-05	1.29E-05
White and Black Caribbean	0.0002303	-1.76E-05	-1.21E-05	5.23E-05	-2.32E-05	-3.51E-06	9.83E-05	0.00157	9.93E-05	5.45E-05	9.00E-05	8.23E-05	8.16E-05	8.77E-05	0.000102	8.41E-05	7.14E-05	6.63E-05	8.56E-05	8.17E-05	8.19E-05	-1.76E-05	-2.99E-05	5.83E-05	1.12E-06	3.20E-06	-5.92E-06	-3.86E-06
White and Black African	0.0007135	0.00013	-8.09E-05	0.000128317	5.47E-06	-6.80E-05	0.000156	9.93E-05	0.019946	-2.02E-05	0.000181	5.52E-05	4.81E-05	7.21E-05	0.000132	7.96E-05	5.87E-05	9.21E-06	7.11E-05	5.12E-05	2.53E-05	-9.39E-05	6.23E-05	0.000133	1.67E-05	4.85E-06	-3.02E-05	6.37E-06
White and Asian	0.0004594	0.000157	0.00015444	0.00026641	0.000305801	0.00013221	-1.22E-06	5.45E-05	-2.02E-05	0.042328	9.84E-05	6.76E-05	3.53E-05	-4.71E-06	0.00026	3.40E-06	0.000183	0.000202	-1.57E-05	3.15E-05	8.10E-05	0.000171	0.000161	0.000137	-1.68E-05	-1.57E-05	7.28E-06	-2.53E-05
Any other mixed race	0.0012265	5.18E-06	0.00019253	-9.47E-05	0.000322395	0.00017357	0.000125	9.00E-05	0.000181	9.84E-05	0.03556	4.00E-05	-2.08E-05	5.72E-05	0.00022	2.52E-05	0.000136	5.21E-06	-7.59E-06	-3.00E-05	-2.16E-05	-8.57E-05	5.25E-05	-1.36E-05	8.40E-07	4.53E-06	-4.20E-05	4.41E-05
Indian	0.0002492	4.06E-05	-1.29E-06	5.70E-05	-4.06E-05	7.51E-05	9.78E-05	8.23E-05	5.52E-05	6.76E-05	4.00E-05	0.016569	0.000128	0.000139	9.84E-05	9.67E-05	4.90E-05	5.46E-05	0.000121	0.000125	0.000147	3.23E-05	4.84E-05	0.000187	1.70E-05	-1.17E-05	-2.39E-05	-7.25E-06
Pakistani	0.00011563	1.14E-05	2.23E-05	-2.39E-05	-2.74E-05	0.000150831	9.54E-05	8.16E-05	4.81E-05	3.53E-05	-2.08E-05	0.000128	0.000105	0.00015	0.00017	0.000123	2.29E-05	3.99E-05	0.000156	0.000161	0.000159	2.36E-05	4.74E-05	1.68E-05	2.36E-06	1.85E-06	1.86E-06	-4.85E-06

Banglade shi	0.000329 8	1.14E- 05	-7.40E-05	8.12E-05	-4.89E-05	0.0001312 57	0.0001 27	8.77E- 05	7.21E- 05	-4.71E- 06	5.72E- 05	0.0001 39	0.0001 5	0.0061 96	0.0001 31	0.0001 1	1.18E- 05	-9.87E- 06	0.0001 48	0.0001 45	0.0001 59	1.86E- 05	1.74E- 05	4.39E- 06	-5.10E- 06	-3.07E- 06	-3.21E- 07	3.91E- 07
Any other Asian backgrou nd	0.002279 08	0.0002 3	-1.43E-05	0.000502 176	0.000892 63	0.000142 868	9.43E- 05	0.0001 02	0.0001 32	0.0002 6	0.0002 2	9.84E- 05	0.0001 7	0.0001 31	0.0998 57	0.0002 1	3.17E- 05	0.0001 68	0.0002 15	0.0001 78	9.28E- 05	0.0001 02	0.0001 46	1.90E- 05	4.26E- 06	-6.10E- 06	-1.91E- 05	
Chinese	0.000556 67	3.50E- 06	1.68E-05	-3.86E-05	-7.35E-05	9.77E-05	7.52E- 05	8.41E- 05	7.96E- 05	3.40E- 06	2.52E- 05	9.67E- 05	0.0001 23	0.0001 1	0.0002 1	0.0031 37	6.55E- 05	9.21E- 05	0.0001 41	0.0001 28	0.0001 1	-6.10E- 05	6.08E- 05	2.79E- 05	5.89E- 05	-6.19E- 06	-8.17E- 06	3.48E- 06
Any other	0.000673 94	7.63E- 05	2.19E-05	-4.11E-05	-8.24E-05	0.0001323 1	4.73E- 06	7.14E- 05	5.87E- 05	0.0001 83	0.0001 36	4.90E- 05	2.29E- 05	1.18E- 05	3.17E- 05	6.55E- 05	0.0139 33	0.0002 36	1.97E- 05	1.72E- 05	2.56E- 05	1.04E- 07	0.0001 41	-7.94E- 05	4.20E- 06	1.10E- 05	-1.50E- 05	2.70E- 05
Black Caribbea n	0.001439 76	0.0001 4	0.000144 648	7.12E-05	0.0003345 3	0.000128 66	-4.78E- 05	6.63E- 05	9.21E- 06	0.0002 02	5.21E- 06	5.46E- 05	3.99E- 05	-9.87E- 06	0.0001 68	9.21E- 05	0.0002 36	0.0274 8	3.56E- 05	3.53E- 05	6.09E- 05	-5.90E- 07	0.0001 67	0.0001 3	2.29E- 05	2.40E- 05	-5.24E- 06	2.93E- 05
Black African	0.000271 53	-5.64E- 06	1.12E-05	-2.98E-05	-4.13E-05	0.0001625 37	0.0001	8.56E- 05	7.11E- 05	-1.57E- 05	-7.59E- 06	0.0001 21	0.0001 56	0.0001 48	0.0002 15	0.0001 41	1.97E- 05	3.56E- 05	0.0035 22	0.0001 62	0.0001 48	-3.36E- 05	3.72E- 05	6.89E- 05	2.08E- 06	3.94E- 06	-6.90E- 06	-4.64E- 06
Any other black backgrou nd	0.000144 86	1.84E- 06	3.60E-05	-5.67E-05	2.28E-07	0.0001627 53	9.64E- 05	8.17E- 05	5.12E- 05	3.15E- 05	-3.00E- 05	0.0001 25	0.0001 61	0.0001 45	0.0001 78	0.0001 28	1.72E- 05	3.53E- 05	0.0001 62	0.0028 77	0.0001 58	1.41E- 05	4.79E- 05	6.05E- 05	-3.72E- 06	-5.19E- 07	-6.18E- 06	-2.46E- 06
Female	0.000547 3	0.0001 1	8.33E-05	9.97E-05	-4.37E-05	0.0001219 35	0.0001	8.19E- 05	2.53E- 05	8.10E- 05	-2.16E- 05	0.0001 47	0.0001 59	0.0001 59	9.28E- 05	0.0001 1	2.56E- 05	6.09E- 05	0.0001 48	0.0001 58	0.0196 23	3.04E- 05	2.13E- 05	4.41E- 05	1.45E- 05	1.45E- 05	-2.23E- 05	1.33E- 05
Intercept	-9.90E- 05	5.66E- 06	-5.14E-07	-2.98E-05	1.81E-05	9.50E-07	-2.44E- 05	-1.76E- 05	-9.39E- 05	0.0001 71	-8.57E- 05	3.23E- 05	2.36E- 05	1.86E- 05	-	-6.10E- 05	1.04E- 07	-5.90E- 07	-3.36E- 05	1.41E- 05	3.04E- 05	0.0002 56	5.68E- 05	0.0001 51	-1.85E- 06	4.88E- 07	3.57E- 06	-1.93E- 05
Walking Away	0.000637 47	-3.66E- 05	2.69E-05	-7.15E-05	-5.09E-05	-7.41E-05	2.99E- 05	-2.99E- 05	6.23E- 05	0.0001 61	5.25E- 05	4.84E- 05	4.74E- 05	1.74E- 05	0.0001 02	6.08E- 05	0.0001 41	0.0001 67	3.72E- 05	4.79E- 05	2.13E- 05	5.68E- 05	0.0022 59	0.0001 8	1.08E- 05	-1.15E- 05	2.83E- 05	6.51E- 06
Walking Away Plus	0.009294 3	-1.82E- 05	-1.82E-05	0.0011771 74	0.0003893 26	0.000281 42	0.0001 91	5.83E- 05	0.0001 33	0.0001 37	-1.36E- 05	0.0001 87	1.68E- 05	4.39E- 06	0.0001 46	2.79E- 05	-7.94E- 05	0.0001 3	6.89E- 05	6.05E- 05	4.41E- 05	0.0001 51	0.0001 8	0.8523 06	0.0027 2	0.0019 3	0.0784 4	0.0670 5
HbA1c (%) at om	2.72E-05	0.0001 3	-5.27E-05	2.57E-05	-2.12E-05	-5.49E-07	1.22E- 05	1.12E- 06	1.67E- 05	-1.68E- 05	-8.40E- 07	1.70E- 06	2.36E- 06	-5.10E- 06	1.90E- 05	5.89E- 07	4.20E- 06	-2.29E- 05	2.08E- 06	-3.72E- 06	1.45E- 05	-1.85E- 06	1.08E- 05	0.0027 2	0.0124 35	0.0057 18	0.0018 8	0.0013 36
HbA1c (%) at 12m	2.15E-05	-5.28E- 05	0.000129 436	2.05E-05	-1.53E-05	8.66E-07	8.39E- 06	3.20E- 06	4.85E- 06	-1.57E- 05	4.53E- 06	-1.17E- 05	1.85E- 06	-3.07E- 06	4.26E- 06	-6.19E- 06	1.10E- 05	-2.40E- 05	3.94E- 06	-5.19E- 07	1.45E- 05	4.88E- 07	-1.15E- 05	0.0019 3	0.0057 18	0.0123 95	-	0.0011 51
Cambrid ge	0.001084 24	2.69E- 05	2.13E-05	0.0006321 2	0.0004357 11	9.56E-05	-4.48E- 05	-5.92E- 06	-3.02E- 05	7.28E- 06	-4.20E- 05	-2.39E- 05	1.86E- 06	-3.21E- 07	-6.10E- 06	-8.17E- 06	-1.50E- 05	-5.24E- 06	-6.90E- 06	-6.18E- 06	-2.23E- 05	3.57E- 06	2.83E- 05	0.0784 4	0.0018 8	0.0018 58	0.0610 2	0.0462 2
Female	0.000490 63	-1.45E- 05	-9.19E-06	0.000419 803	0.000491 93	-4.08E-05	1.29E- 05	-3.86E- 06	6.37E- 06	-2.53E- 05	4.41E- 05	-7.25E- 06	-4.85E- 06	3.91E- 07	-1.91E- 05	3.48E- 06	2.70E- 05	2.93E- 05	-4.64E- 06	-2.46E- 06	1.33E- 05	-1.93E- 05	6.51E- 06	0.0670 5	0.0013 36	0.0011 51	0.0462 2	0.0564 99

Supplementary table 14: covariance matrix for HbA1c at 4 years

Details of regressions used to estimate step count at 1 year and 4 years

1 year

Mean effect (logit link function)

	Coefficients	SE	97.5% CI
Intercept	-2.390	0.044	(-2.488, -2.291)
Walking Away (Walking Away = 1, 0 otherwise)	0.107	0.033	(0.033, 0.18)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	0.153	0.031	(0.083, 0.224)
HbA1c (%) at om	0.000	0.000	(0, 0)
Cambridge (1 = Cambridge, 0 = Leicester)	0.021	0.031	(-0.047, 0.09)
White Irish (1 = White Irish, 0 = otherwise)	-0.115	0.167	(-0.49, 0.259)
Any other white background (1 = Any other white background, 0 = otherwise)	0.044	0.074	(-0.121, 0.209)
White and Black Caribbean (1 = White and Black Caribbean, 0 = otherwise)	0.194	0.283	(-0.441, 0.829)
White and Black African (1 = White and Black African, 0 = otherwise)	0.283	0.383	(-0.575, 1.142)
White and Asian (1 = White and Asian, 0 = otherwise)	-0.936	0.524	(-2.11, 0.238)
Any other mixed race (1 = any other mixed race, 0 = otherwise)	0.467	0.209	(-0.002, 0.937)
Indian (1 = Indian, 0 = otherwise)	0.000	0.036	(-0.081, 0.081)
Pakistani (1 = Pakistani, 0 = otherwise)	-0.086	0.126	(-0.368, 0.196)
Bangladeshi (1 = Bangladeshi, 0 = otherwise)	0.537	0.377	(-0.308, 1.381)
Any other Asian background (1 = any other Asian background, 0 = otherwise)	0.118	0.096	(-0.097, 0.332)
Chinese (1 = Chinese, 0 = otherwise)	0.167	0.207	(-0.296, 0.63)
Any other (1 = Any other, 0 = otherwise)	0.361	0.263	(-0.228, 0.95)
Black Caribbean (1 = Black Caribbean, 0 = otherwise)	0.115	0.099	(-0.107, 0.338)
Black African (1 = Black African, 0 = otherwise)	0.042	0.086	(-0.151, 0.236)
Any other black background (1 = Any other black background, 0 = otherwise)	0.305	0.210	(-0.165, 0.775)
Female (1 = Female, 0 otherwise)	-0.030	0.027	(-0.089, 0.03)

Supplementary table 15: coefficients for estimating step count at 1 year

Dispersion parameter (natural logarithm link function)

	Coefficients	SE	97.5% CI
Intercept	4.086	0.134	(3.786, 4.386)
Walking Away (Walking Away = 1, 0 otherwise)	-0.385	0.107	(-0.624, -0.147)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.263	0.107	(-0.502, -0.024)
Steps per day at om	0.000	0.000	(0, 0)
Cambridge (1 = Cambridge site, 0 = otherwise)	-0.163	0.092	(-0.368, 0.043)
Female (1 = Female, 0 otherwise)	0.141	0.088	(-0.057, 0.339)

Supplementary table 16: coefficients for dispersion parameter for step count at 1 year

Covariance matrix

	Mean effect																			Dispersion								
	Intercept	Walking Away	Walking Away Plus	HbA1c (% at om	Cambridge	White Irish	Any other white background	White and Black Caribbean	White and Black African	White and Asian	Any other mixed race	Indian	Pakistani	Bangladeshi	Any other Asian background	Chinese	Any other	Black Caribbean	Black African	Any other black background	Female	Intercept	Walking Away	Walking Away Plus	Step count at om	Cambridge	Female	
Intercept	0.00193265	-0.00036	0.000369582	1.5178E-07	0.00030847	9.97443E-05	-3.6E-05	0.000178	0.00062	0.001837	0.00047	0.00047	0.00046	-0.0004	0.00024	-9.7E-05	-3.6E-05	0.00037	0.00047	0.00043	0.00047	-0.0007	0.000196	0.000163	0.000108	3.9E-08	7.09E-05	0.000204
Walking Away	0.0003645	0.0010	0.000416316	9.4668E-09	-2.7216E-06	0.00044113	-5.9E-05	0.00029	0.000422	8.41E-05	-2.4E-06	4.7E-05	3.7E-05	0.00068	-7.8E-06	0.000107	0.000431	-5.8E-05	-6.3E-05	0.000309	3.04E-05	0.000163	0.00049	0.00021	5.25E-09	9.73E-06	-7.7E-06	
Walking Away Plus	0.0003696	0.000416	0.000978441	7.1833E-09	-1.1548E-05	2.86E-05	-0.000305	0.000421	0.0004705	-4.1E-05	6.66E-05	0.00016	-1E-05	-1.1E-05	0.000101	0.000442	8.41E-05	5.35E-05	0.000152	-2.6E-06	0.000148	0.00021	0.00044	6.29E-09	1.47E-05	8.56E-06		
HbA1c (% at om	-1.518E-07	-9.5E-09	-7.18331E-09	2.15418E-11	-1.0852E-08	-2.1758E-08	-3.6E-08	-1.1E-08	2.15E-08	-2.2E-07	6.3E-09	-1.3E-09	5.09E-09	4.89E-08	-2E-09	2.22E-09	-3.4E-08	-1.6E-09	6.07E-09	-2.4E-08	1.31E-08	4.28E-08	1.09E-09	3.64E-09	-3.9E-12	3.08E-09	-6.1E-09	
Cambridge	0.0003085	-2.7E-06	-1.15484E-05	1.0852E-08	0.000935282	0.000166638	2.31E-05	1.66E-05	0.00055	-0.000428	0.00037	0.000391	0.000378	0.000243	0.00052	0.00052	0.000396	0.00039	0.000404	-2.1E-05	5.9E-05	9.88E-06	1.97E-05	5.07E-09	0.00035	2.12E-05		
White Irish	9.9744E-05	0.00044	0.000151401	2.1758E-08	0.000166638	0.027945404	0.000314	0.000452	-0.00013	0.000446	0.00027	0.000263	0.000623	0.000331	0.000114	2.22E-05	0.000361	0.000325	0.000186	0.00018	7.02E-05	2.2E-05	-1E-05	-8.9E-09	4.33E-06	-4.5E-05		
Any other white background	-3.567E-05	-5.9E-05	2.86014E-05	-2.571E-08	2.309E-05	0.000314217	0.000521	0.000287	0.00018	0.000487	0.000234	0.000248	0.000271	0.000261	0.000234	0.000269	0.000268	0.00025	0.000255	-5.8E-05	1.57E-05	-2.3E-05	-1.9E-05	1.45E-10	4.61E-06	-3.7E-06		
White and Black Caribbean	0.00017763	0.00029	0.000301125	1.1099E-08	1.6609E-05	0.000452123	0.000287	0.080284	0.00012	0.00064	0.000204	0.000127	0.000497	0.000337	0.000203	8.38E-05	0.000282	0.000226	0.000123	0.00034	6.91E-05	1.72E-05	5.85E-05	-1.1E-08	-3E-05	2.99E-05		
White and Black African	0.0006218	0.000422	0.000421119	2.1456E-08	0.00054745	0.000112505	0.00018	0.00012	0.146829	-1.9E-05	9.93E-05	9.72E-05	3.85E-05	0.00029	5.16E-06	0.000606	0.00077	-2E-05	4.5E-05	0.000183	0.000396	0.000127	-3.3E-05	-2.6E-05	-1.1E-08	6.39E-05	-4.4E-05	
White and Asian	0.0018367	8.41E-05	0.000468563	2.1616E-07	0.00040483	0.000445753	0.000487	0.00064	-1.9E-05	0.274366	-3.2E-05	-1.7E-05	3.98E-05	0.00048	0.000221	0.000481	0.000709	1.22E-05	-	0.00044	0.00028	3.16E-06	0.00014	3.44E-09	0.000145	0.000142		
Any other mixed race	0.0004707	-2.4E-06	-4.12575E-05	6.29849E-09	0.000327689	0.000269742	0.000234	0.000204	9.93E-05	-3.2E-05	0.043837	0.00039	0.00041	0.00035	0.000307	5.29E-05	3.22E-05	0.000371	0.000392	0.000393	0.000103	-0.0003	9.41E-06	0.00015	4.97E-08	5.66E-05	-	
Indian	0.0004653	4.7E-06	6.66208E-05	1.3299E-09	0.00037658	0.000276016	0.000248	0.000193	9.72E-05	-1.7E-05	0.00039	0.001316	0.000408	0.000362	0.000327	3.85E-05	6.78E-05	0.000404	0.000413	0.000434	6.17E-05	3.54E-06	-6.6E-06	5.64E-06	1.52E-10	2.24E-06	-8.6E-06	
Pakistani	0.0004641	3.7E-05	0.000157389	5.09095E-09	0.000391296	0.000263382	0.000225	0.000227	3.85E-05	3.98E-05	0.00041	0.000408	0.015819	0.000324	1.25E-05	-2.7E-05	0.000377	0.000402	0.000429	0.000103	4.17E-05	1.55E-05	-3.2E-05	-5.4E-09	2.51E-05	-2.9E-05		
Bangladeshi	0.0004025	0.00068	-1.04155E-05	4.88589E-08	0.000377875	0.000623237	0.000271	0.000497	0.00029	0.00048	0.00035	0.000362	0.000342	0.000433	-2E-05	0.00023	0.000528	0.000478	0.000135	0.00033	5.77E-05	7.91E-05	9.04E-06	-4E-09	-2.4E-05	2.15E-05		

Any other Asian background	0.0002354	-7.8E-06	-1.14241E-05	1.9693E-09	0.000242511	0.000331483	0.000261	0.000337	5.16E-06	0.000221	0.000307	0.000327	0.000324	0.000433	0.0009156	0.000109	0.000106	0.000372	0.000339	0.000322	0.000108	6.21E-05	3.19E-06	8.29E-07	-7.2E-09	1.54E-06	7.59E-07
Chinese	-9.7E-05	0.000107	0.000101136	2.21533E-09	0.00052423	0.000113654	0.000234	0.000203	0.000606	0.000481	5.29E-05	3.85E-05	1.25E-05	-2E-05	0.000109	0.042662	0.000601	2.32E-05	2.17E-05	5.07E-05	-8.6E-08	-9.6E-06	-6.7E-05	-4E-05	1.99E-09	2.55E-05	6.56E-05
Any other	-3.612E-05	0.000431	0.000442138	3.4388E-08	0.00051619	2.22469E-05	0.000269	8.38E-05	0.000779	0.000709	3.22E-05	6.78E-05	-2.7E-05	0.00023	0.000106	0.000601	0.069137	3.57E-05	1.47E-05	0.000189	-3.3E-06	0.000125	0.00012	0.00012	-1.1E-08	0.000149	4.36E-06
Black Caribbean	-0.000366	-5.8E-05	8.41236E-05	1.6477E-09	0.000396329	0.000361077	0.000268	0.000282	-2E-05	1.22E-05	0.000371	0.000404	0.000377	0.000528	0.000372	2.32E-05	3.57E-05	0.009845	0.000425	0.000392	-9.7E-05	6.39E-05	-6E-06	-4.3E-06	-6E-09	-9.7E-06	-4.4E-06
Black African	0.0004746	-6.3E-05	5.34539E-05	6.06544E-09	0.000389854	0.000324925	0.00025	0.000226	4.5E-05	0.0001192	0.000392	0.000413	0.000402	0.000478	0.000339	2.17E-05	1.47E-05	0.000425	0.0007456	0.000399	3.14E-05	2E-05	2.21E-07	2.15E-05	-3.2E-09	6.16E-06	-9.3E-07
Any other black background	0.0004291	0.000309	0.000151912	2.4315E-08	0.000404414	0.000185735	0.000255	0.000123	0.000183	0.00024	0.000393	0.000434	0.000429	0.000135	0.000322	5.07E-05	0.000189	0.000392	0.000399	0.043969	9.49E-05	0.000116	-6.4E-05	-3.1E-05	-7.3E-09	-5E-05	1.11E-05
Female	0.0004668	3.04E-05	-2.63701E-06	1.31019E-08	-2.077E-05	0.00018246	-5.8E-05	0.00034	0.000396	0.00044	6.17E-05	0.000103	0.00033	0.00018	-8.6E-08	-3.3E-06	-9.7E-05	3.14E-05	9.49E-05	0.00071	0.000207	-8.4E-06	8.22E-06	-7.2E-09	2.55E-05	0.00032	-
Intercept	0.0006987	0.000163	0.000148375	4.27813E-08	5.89622E-05	7.01862E-05	1.57E-05	6.91E-05	0.000127	0.00028	-0.00033	3.54E-06	4.17E-05	5.77E-05	6.21E-05	-9.6E-06	0.000125	6.39E-05	2E-05	0.000116	0.000207	0.017927	0.00463	0.00437	-1.4E-06	0.00183	0.00464
Walking Away	0.00019612	0.00049	0.000209668	1.08735E-09	9.87538E-06	2.2003E-05	-2.3E-05	1.72E-05	-3.3E-05	3.16E-06	9.41E-06	-6.6E-06	1.55E-05	7.91E-05	3.19E-06	-6.7E-05	0.00012	-6E-06	2.21E-07	-6.4E-05	-8.4E-06	0.00463	0.011345	0.005335	-1E-07	-6.7E-05	0.000204
Walking Away Plus	0.00016286	0.00021	0.000442601	3.6398E-09	1.97067E-05	-1.0454E-05	-1.9E-05	5.85E-05	-2.6E-05	0.00014	0.00015	5.64E-06	-3.2E-05	9.04E-06	8.29E-07	-4E-05	0.00012	-4.3E-06	2.15E-05	-3.1E-05	8.22E-06	0.00437	0.005335	0.011347	-1.1E-07	0.00027	-8.7E-05
Step count at om	3.8957E-08	5.25E-09	6.29062E-09	3.8561E-12	5.06603E-09	-8.8902E-09	1.45E-10	-1.1E-08	-1.1E-08	3.44E-09	4.97E-08	1.52E-10	-5.4E-09	-4E-09	-7.2E-09	1.99E-09	-1.1E-08	-6E-09	-3.2E-09	-7.3E-09	-7.2E-09	-1.4E-06	-1E-07	-1.1E-07	1.98E-10	-1.2E-07	1.36E-07
Cambridge	7.0941E-05	9.73E-06	1.47477E-05	3.08143E-09	0.0003492	4.33316E-06	4.61E-06	-3E-05	6.39E-05	0.000145	5.66E-05	2.24E-06	2.51E-05	-2.4E-05	1.54E-06	2.55E-05	0.000149	-9.7E-06	6.16E-06	-5E-05	2.55E-05	0.00183	-6.7E-05	0.00027	-1.2E-07	0.008392	0.00045
Female	0.00020359	-7.7E-06	8.56E-06	6.1292E-09	2.11866E-05	-4.4878E-05	-3.7E-06	2.99E-05	-4.4E-05	0.000142	-0.00011	-8.6E-06	-2.9E-05	2.15E-05	7.59E-07	6.56E-05	4.36E-06	-4.4E-06	-9.3E-07	1.11E-05	0.00032	0.00464	0.000204	-8.7E-05	1.36E-07	0.00045	0.00778

Supplementary table 17: covariance matrix for step count at 1 year

4 years

Mean effect (logit link function)

	Coefficients	SE	97.5% CI
Intercept	-2.555	0.052	(-2.671, -2.438)
Walking Away (Walking Away = 1, 0 otherwise)	-0.013	0.035	(-0.091, 0.066)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	0.005	0.039	(-0.082, 0.092)
HbA1c (%) at om	6.59E-05	7.76E-06	(0, 0)
Cambridge (1 = Cambridge, 0 = Leicester)	1.24E-04	7.69E-06	(0, 0)
White Irish (1 = White Irish, 0 = otherwise)	0.124	0.034	(0.047, 0.2)
Any other white background (1 = Any other white background, 0 = otherwise)	0.164	0.169	(-0.215, 0.542)
White and Black Caribbean (1 = White and Black Caribbean, 0 = otherwise)	0.088	0.077	(-0.086, 0.262)
White and Black African (1 = White and Black African, 0 = otherwise)	-0.481	0.314	(-1.185, 0.222)
White and Asian (1 = White and Asian, 0 = otherwise)	-0.152	0.469	(-1.202, 0.898)
Any other mixed race (1 = any other mixed race, 0 = otherwise)	-0.854	0.463	(-1.892, 0.183)
Indian (1 = Indian, 0 = otherwise)	0.032	0.251	(-0.53, 0.594)
Pakistani (1 = Pakistani, 0 = otherwise)	0.093	0.042	(-0.002, 0.187)
Bangladeshi (1 = Bangladeshi, 0 = otherwise)	0.169	0.162	(-0.193, 0.532)
Any other Asian background (1 = any other Asian background, 0 = otherwise)	0.413	0.355	(-0.384, 1.209)
Chinese (1 = Chinese, 0 = otherwise)	-0.154	0.110	(-0.401, 0.093)
Any other (1 = Any other, 0 = otherwise)	0.053	0.209	(-0.416, 0.523)
Black Caribbean (1 = Black Caribbean, 0 = otherwise)	-0.100	0.285	(-0.738, 0.539)
Black African (1 = Black African, 0 = otherwise)	0.110	0.114	(-0.144, 0.365)
Any other black background (1 = Any other black background, 0 = otherwise)	0.169	0.097	(-0.048, 0.386)
Female (1 = Female, 0 otherwise)	0.136	0.259	(-0.445, 0.718)

Supplementary table 18: coefficients for estimating step count at 4 years

Dispersion parameter (natural logarithm link function)

	Coefficients	SE	97.5% CI
Intercept	3.594	0.143	(3.274, 3.914)
Walking Away (Walking Away = 1, 0 otherwise)	0.029	0.113	(-0.225, 0.284)
Walking Away Plus (Walking Away Plus = 1, 0 otherwise)	-0.358	0.114	(-0.614, -0.102)
Steps per day at 0m	-4.23E-06	2.39E-05	(0, 0)
Steps per day at 12m	-6.07E-05	2.32E-05	(0, 0)
Cambridge (1 = Cambridge site, 0 = otherwise)	0.072	0.098	(-0.148, 0.293)
Female (1 = Female, 0 otherwise)	0.480	0.094	(0.269, 0.691)

Supplementary table 19: coefficients for dispersion parameter for step count at 4 years

Covariance matrix

	Mean effect																				Dispersion							
	Intercept	Walking Away	Walking Away Plus	HbA1c (%) at om	Cambridge	White Irish	Any other white background	White and Black Caribbean	White and Black African	White and Asian	Any other mixed race	Indian	Pakistani	Bangladeshi	Any other Asian background	Chinese	Any other	Black Caribbean	Black African	Any other black background	Female	Intercept	Walking Away	Walking Away Plus	Step count at om	Step count at 12m	Cambridge	Female
Intercept	2.72E-03	-4.51E-04	-3.81E-04	-1.21E-07	-8.53E-08	-4.30E-04	-1.18E-04	-4.02E-05	2.19E-04	-8.37E-04	1.89E-03	-3.53E-04	-6.61E-04	-7.74E-04	-4.04E-04	-2.27E-04	-7.24E-04	6.07E-05	-5.21E-04	-6.80E-04	-4.74E-04	6.92E-03	-1.11E-03	2.53E-04	1.70E-04	4.45E-08	2.35E-08	9.10E-05
Walking Away	-4.51E-04	1.22E-03	5.81E-04	-1.21E-09	-1.65E-08	-9.18E-06	-4.76E-04	-7.72E-05	-3.70E-04	5.70E-04	8.50E-05	6.47E-05	4.21E-05	1.34E-04	-6.47E-04	5.68E-06	1.97E-04	6.15E-04	-1.13E-04	-1.55E-05	4.80E-04	1.33E-05	2.58E-04	-5.85E-04	-2.89E-04	-3.03E-09	4.09E-09	9.66E-06
Walking Away Plus	-3.81E-04	5.81E-04	1.51E-03	1.03E-08	-3.45E-08	-7.53E-06	-2.15E-04	-8.11E-07	-3.02E-04	5.55E-04	-8.19E-04	-4.02E-05	5.79E-04	-2.00E-04	5.21E-05	1.55E-04	1.27E-04	6.57E-04	1.10E-04	6.90E-05	3.25E-04	-5.30E-04	1.26E-04	2.96E-04	-7.10E-04	-1.28E-10	1.75E-08	1.62E-05
HbA1c (%) at om	-1.21E-07	-1.21E-09	1.03E-08	6.02E-11	-4.49E-11	-8.92E-09	-3.60E-08	-2.37E-08	2.33E-08	6.29E-08	-3.95E-07	5.84E-08	-6.19E-09	-2.79E-08	1.52E-07	1.47E-08	2.19E-08	2.48E-08	1.55E-08	-5.13E-09	1.83E-08	1.36E-08	4.56E-08	-3.06E-09	-2.42E-09	-1.80E-11	1.38E-11	4.92E-10
Cambridge	-8.53E-08	-1.65E-08	-3.45E-08	-4.49E-11	5.92E-11	-6.99E-09	2.32E-08	-8.30E-09	-3.19E-08	-4.53E-08	1.88E-07	-9.93E-07	8.19E-09	4.96E-08	-1.20E-07	-2.80E-08	-3.30E-08	-8.92E-08	-1.43E-08	1.21E-08	-7.61E-08	6.56E-09	1.98E-08	4.86E-09	1.28E-08	1.40E-11	-1.62E-11	7.20E-09
White Irish	-4.30E-04	-9.18E-06	-7.53E-06	-8.92E-09	-6.99E-09	1.16E-03	4.62E-04	4.21E-05	-9.55E-05	-6.03E-04	-4.35E-04	4.09E-04	5.26E-04	5.48E-04	5.66E-04	2.78E-04	-5.68E-04	-5.50E-04	5.66E-04	5.57E-04	5.85E-04	-4.27E-05	1.21E-04	1.43E-05	1.86E-05	-9.80E-10	5.33E-09	-4.41E-04
Any other white background	-1.18E-04	-4.76E-04	-2.15E-04	-3.60E-08	2.32E-08	4.62E-04	2.85E-02	3.88E-04	4.75E-04	-2.75E-04	4.05E-04	3.91E-04	4.94E-04	4.76E-04	7.74E-04	4.64E-04	3.76E-06	-1.34E-04	5.93E-04	5.33E-04	3.42E-04	-1.84E-04	6.96E-05	8.71E-05	5.38E-06	6.60E-09	1.53E-09	-7.68E-05
White and Black Caribbean	-4.02E-05	-7.72E-05	-8.11E-07	-2.37E-08	-8.30E-09	4.21E-05	3.88E-03	6.00E-03	3.62E-04	2.11E-04	5.70E-04	3.43E-04	3.19E-04	2.90E-04	3.47E-04	3.46E-04	2.96E-04	3.27E-04	3.40E-04	3.21E-04	3.45E-04	-6.19E-05	1.87E-05	-2.34E-05	-2.18E-05	-1.92E-09	2.89E-09	7.42E-06
White and Black African	2.19E-04	-3.70E-04	-3.02E-04	2.33E-08	-3.19E-08	-9.55E-05	4.75E-04	3.62E-04	9.84E-02	-4.45E-05	5.27E-04	2.56E-04	2.09E-04	1.95E-04	6.39E-04	3.99E-04	3.20E-04	2.10E-04	3.28E-04	2.27E-04	1.20E-04	-3.63E-04	1.71E-04	-4.85E-05	-3.28E-05	2.96E-09	-2.22E-08	-1.66E-05
White and Asian	-8.37E-04	5.70E-04	5.55E-04	6.29E-08	-4.53E-08	-6.03E-04	-2.75E-04	2.11E-04	-4.45E-05	2.20E-01	-2.38E-04	2.85E-04	1.14E-04	4.16E-05	-2.79E-06	5.61E-05	7.37E-04	9.70E-04	-4.23E-05	6.72E-05	3.25E-04	5.79E-04	7.73E-04	1.07E-04	1.24E-04	9.42E-09	-2.61E-04	-1.42E-04
Any other mixed race	1.89E-03	8.50E-05	-8.19E-04	-3.95E-07	1.88E-07	-4.35E-04	4.05E-04	5.70E-04	5.27E-04	-2.38E-04	2.14E-01	-5.51E-05	1.91E-05	2.59E-04	-1.03E-03	1.66E-04	4.98E-04	5.19E-04	-1.25E-04	-4.16E-04	1.10E-04	-4.72E-04	4.37E-04	3.55E-05	1.57E-04	-2.07E-08	-1.37E-08	3.68E-05
Indian	-3.53E-04	6.47E-05	-4.02E-05	5.84E-08	-9.93E-08	4.09E-04	3.91E-04	3.43E-04	2.56E-04	2.85E-04	-5.51E-05	6.29E-02	4.99E-04	4.54E-04	5.53E-04	3.88E-04	1.85E-04	2.77E-04	4.91E-04	4.90E-04	6.91E-04	1.87E-04	-2.07E-04	2.70E-05	1.87E-04	1.03E-07	-7.46E-08	1.02E-04
Pakistani	-6.61E-04	4.21E-05	5.79E-05	-6.19E-09	8.19E-09	5.26E-04	4.94E-04	3.19E-04	2.09E-04	1.14E-04	1.91E-05	4.99E-04	1.78E-03	5.85E-04	5.21E-06	4.19E-04	5.29E-05	6.77E-05	5.69E-04	5.85E-04	5.92E-04	6.72E-05	3.52E-05	9.38E-06	1.22E-05	-2.74E-09	2.34E-10	-3.04E-06
Bangladeshi	-7.74E-04	1.34E-04	-2.00E-04	-2.79E-08	4.96E-08	5.48E-04	4.76E-04	2.90E-04	1.95E-04	4.16E-05	2.59E-04	4.54E-04	5.85E-04	2.61E-02	3.51E-04	3.82E-04	2.27E-05	4.89E-05	5.31E-04	5.87E-04	5.63E-04	6.15E-05	8.48E-05	3.59E-05	-3.38E-05	-1.08E-08	6.95E-09	1.60E-05
Any other Asian background	-4.04E-04	-6.47E-04	5.21E-05	1.52E-07	-1.20E-07	5.66E-04	7.74E-04	3.47E-04	6.39E-04	-2.79E-04	-1.03E-03	5.53E-04	5.21E-04	3.51E-04	1.26E-02	6.43E-04	-1.32E-05	-1.07E-04	7.89E-04	5.92E-04	4.02E-04	-3.79E-04	1.02E-04	1.00E-04	1.35E-05	-7.30E-09	-2.86E-09	-9.24E-05
Chinese	-2.27E-04	5.68E-06	1.55E-04	1.47E-08	-2.80E-08	2.78E-04	4.64E-04	3.46E-04	3.99E-04	5.61E-05	1.66E-04	3.88E-04	4.19E-04	3.82E-04	6.43E-04	1.21E-02	1.91E-04	2.72E-04	5.06E-04	4.37E-04	4.73E-04	-2.89E-04	5.16E-05	1.70E-06	-4.17E-05	4.55E-10	-9.53E-09	2.33E-05
Any other	-7.24E-05	1.97E-04	1.27E-04	2.19E-08	-3.30E-08	-5.68E-04	3.76E-06	2.96E-04	3.20E-04	7.37E-04	4.98E-04	1.85E-04	5.29E-05	2.27E-05	-1.32E-05	1.91E-04	4.39E-02	7.50E-04	2.08E-04	2.64E-05	1.52E-04	2.55E-05	1.53E-05	-9.37E-05	-3.85E-05	1.62E-08	-1.65E-08	-3.65E-06
Black Caribbean	6.07E-05	6.15E-04	6.57E-04	2.48E-08	-8.92E-08	-5.50E-04	-1.34E-04	3.27E-04	2.10E-04	9.70E-04	5.19E-04	2.77E-04	6.77E-05	-1.07E-04	2.72E-04	7.50E-04	8.10E-02	3.48E-05	2.56E-05	4.38E-04	-4.48E-05	1.53E-04	-1.11E-04	-1.18E-04	-	4.60E-08	-1.29E-08	7.94E-05

Appendix C: Intervention costs

Educator time delivering staff training

	Number	Unit cost	Total cost
1-educator sessions	123	£81.48	£10,022
2-educator sessions	259	£162.96	£42,207
Total educator cost			£52,229

Supplementary table 21: cost of delivering staff training (educator time)

Travel Expenses

	Leicester	Cambridge
Number of sessions attended	1418	766
Taxi (%)	2.6%	-
Taxi (average cost of return journey)	£23.50	-
Total cost of taxis	£866.40	£0
Bus fare (%)	2.3%	1%
Bus fare (average cost)	£3.70	£3
Total cost of buses	£120.67	£22.98
Parking ticket (%)	79%	30%
Parking ticket (average cost)	£3.80	£4
Total cost of parking	£4256.84	£919.20
Mileage (%)	-	5%
Mileage (average cost)	-	£7
Total cost of mileage	£0	£268.10
Total cost of travel expenses per site	£5243.91	£1210.28
Total cost of travel expenses	£6454.19	

Supplementary table 22: cost of travel expenses

Admin and teaching consumables

	Leicester	Cambridge
Admin consumables		
Number of letters sent	2016	1076
Cost per letter	£0.64	£0.64
Number of maps sent	2016	0
Cost per map	£0.16	-
Total cost of admin consumables per site	£1613	£689
Booklets		
Number of booklets	606	301
Cost per booklet	£7.32	£7.32
Total cost of booklets per site	£4436	£2203
Teaching resources		
Number of sets of teaching resources	1	3
Cost per set of teaching resources	£500	£500
Total cost of paper (based on 10 sheets per session)	£63.24	£42.16
Number of packs of pens	12	6
Cost per pack of pens	£6.47	£6.47
Total cost of teaching resources	£641	£1581
Total cost of admin consumables and teaching resources per site	£6690	£4473
Total cost of admin consumables and teaching resources	£11,163	

Supplementary table 23: cost of admin and teaching consumables

References

1. Breeze PR, Thomas C, Squires H, Brennan A, Greaves C, Diggle P, et al. SPHR Diabetes Prevention Model: Detailed Description of Model Background, Methods, Assumptions and Parameters. 2015.
2. Coffey JT, Brandle M, Zhou H, Marriott D, Burke R, Tabaei BP, et al. Valuing health-related quality of life in diabetes. *Diabetes Care*. 2002;25(12):2238-43.
3. Alva M, Gray A, Mihaylova B, Clarke P. The effect of diabetes complications on health-related quality of life: the importance of longitudinal data to address patient heterogeneity. *Health Econ*. 2014;23(4):487-500.
4. Ward S LJ, Pandor A, Holmes M, Ara R, Ryan A, et al. A systematic review and economic evaluation of statins for the prevention of coronary events. *Health Technology Assessment*. 2007;11.
5. Yabroff KR, Lawrence WF, Clauser S, Davis WW, Brown ML. Burden of illness in cancer survivors: findings from a population-based national sample. *J Natl Cancer Inst*. 2004;96(17):1322-30.
6. Black C, Clar C, Henderson R, MacEachern C, McNamee P, Quayyum Z, et al. The clinical effectiveness of glucosamine and chondroitin supplements in slowing or arresting progression of osteoarthritis of the knee: a systematic review and economic evaluation. *Health Technol Assess*. 2009;13(52):1-148.
7. Benedict A, Arellano J, De Cock E, Baird J. Economic evaluation of duloxetine versus serotonin selective reuptake inhibitors and venlafaxine XR in treating major depressive disorder in Scotland. *J Affect Disord*. 2010;120(1-3):94-104.
8. NICE. British National Formulary 2014.
9. National Schedule of Reference Costs. Department of Health and Social Care; 2014.
10. Curtis L. Unit Costs of Health and Social Care 2014. Personal Social Services Research Unit, University of Kent; 2014.
11. NICE. Type 2 diabetes: prevention in people at high risk [PH38]. 2012.
12. Gray LJ, Khunti K, Edwardson C, Goldby S, Henson J, Morris DH, et al. Implementation of the automated Leicester Practice Risk Score in two diabetes prevention trials provides a high yield of people with abnormal glucose tolerance. *Diabetologia*. 2012;55(12):3238-44.
13. Ara R, Pandor A, Stevens J, Rees A, Rafia R. Early high-dose lipid-lowering therapy to avoid cardiac events: a systematic review and economic evaluation. *Health Technol Assess*. 2009;13(34):1-74, 5-118.
14. Luengo-Fernandez R, Silver LE, Gutnikov SA, Gray AM, Rothwell PM. Hospitalization resource use and costs before and after TIA and stroke: results from a population-based cohort study (OXVASC). *Value Health*. 2013;16(2):280-7.