**Compliance with Guidelines for Disease Management in Diabetes**

**– Results from the SwissDiab Registry**

**SUPPLEMENTAL MATERIAL**

The following supplemental material is available:

**Suppl. Table 1.** Baseline characteristics of SwissDiab participants, stratified by diabetes type and time since diagnosis (≤5 yrs vs >5 yrs).

**Suppl. Table 2.** Proportion of SwissDiab participants fulfilling the SSED criteria for glycaemic and blood pressure control and nutritional counselling at baseline, stratified by diabetes type and time since diagnosis (≤5 yrs vs >5 yrs).

**Suppl. Table 3.** Proportion of SwissDiab participants <75 years of age fulfilling the SSED criteria for LDL-cholesterol at baseline, stratified by diabetes type and time since diagnosis (≤5 yrs vs >5 yrs).

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| **Suppl. Table 1.** Baseline characteristics of SwissDiab participants, stratified by diabetes type and time since diagnosis (≤5 yrs vs >5 yrs) (Ntot=600). | | | | | | | | | | | |
|  | **DM1 (n=238)1** | | | | |  | **DM2 (n=362)2** | | | | |
| Characteristics | n | ≤5 yrs | n | >5 yrs | *P*-diff\* |  | n | ≤5 yrs | n | >5 yrs | *P*-diff\* |
| Participants, % | 39 | 16.4 | 199 | 83.6 | - |  | 80 | 22.1 | 282 | 77.9 | - |
| Females, % | 14 | 35.9 | 72 | 36.2 | 0.97 |  | 25 | 31.3 | 80 | 28.4 | 0.62 |
| Age, yrs | 39 | 40.5 (30.0-49.8) | 199 | 39.5 (27.9-54.5) | 0.99 |  | 80 | 56.5 (49.9-63.2) | 282 | 63.9 (56.6-70.1) | <0.0001 |
| Age at diagnosis, yrs | 39 | 36.0 (27.0-49.0) | 199 | 16.0 (11.0-31.0) | <0.0001 |  | 80 | 55.0 (46.5-60.5) | 282 | 47.0 (41.0-54.0) | <0.0001 |
| Years since diagnosis, yrs | 39 | 3.0 (1.0-4.0) | 199 | 18.0 (11.0-28.0) | <0.0001 |  | 80 | 3.0 (1.0-4.0) | 282 | 14.0 (10.0-20.0) | <0.0001 |
| Higher education, % 3 | 18 | 46.2 | 861 | 43.4 | 0.75 |  | 23 | 28.8 | 754 | 26.8 | 0.73 |
| Migration background, % | 6 | 15.4 | 371 | 18.7 | 0.62 |  | 29 | 36.3 | 92 | 32.9 | 0.57 |
| BMI, kg/m2 | 39 | 24.1 (21.9-25.9) | 199 | 24.8 (22.3-27.1) | 0.19 |  | 80 | 32.0 (27.7-37.7) | 282 | 32.2 (28.5-36.3) | 0.79 |
| BMI ≥25 kg/m2, % | 16 | 41.0 | 93 | 46.7 | 0.51 |  | 77 | 96.3 | 261 | 92.6 | 0.24 |
| Waist circumference, cm | 39 | 90.0 (81.0-94.0) | 193 | 91.0 (83.0-100) | 0.24 |  | 77 | 108 (100-121) | 266 | 110 (101-122) | 0.51 |
| Systolic BP, mmHg | 39 | 124 (118-137) | 196 | 128.5 (120.5-138) | 0.31 |  | 80 | 136.3 (124.5-146.5) | 280 | 138 (127.5-150.5) | 0.19 |
| Diastolic BP, mmHg | 39 | 75.5 (67.5-83.5) | 196 | 76.3 (72-82.8) | 0.42 |  | 80 | 79.8 (74.3-86.0) | 280 | 76.5 (71.5-83.0) | 0.02 |
| Current smokers, % | 91 | 23.7 | 40 | 20.1 | 0.62 |  | 22 | 27.5 | 494 | 17.5 | 0.047 |
| HbA1c, % | 39 | 7.0 (6.3-7.8) | 199 | 7.4 (6.9-8.0) | 0.04 |  | 80 | 6.6 (6.1-7.3) | 282 | 7.3 (6.7-8.0) | <0.0001 |
| HbA1c, mmol/mol | 39 | 53.0 (45.4-61.7) | 199 | 57.4 (51.9-63.9) | 0.04 |  | 80 | 48.6 (43.2-56.3) | 282 | 56.3 (49.7-63.9) | <0.0001 |
| Triglycerides, mmol/L | 38 | 0.8 (0.6-1.2) | 198 | 0.9 (0.6-1.3) | 0.33 |  | 80 | 2.0 (1.4-2.9) | 280 | 1.8 (1.2-2.7) | 0.39 |
| Total cholesterol, mmol/L | 39 | 4.6 (4.1-5.4) | 198 | 4.5 (3.9-5.2) | 0.27 |  | 80 | 4.5 (4.0-5.4) | 280 | 4.0 (3.5-4.7) | <0.0001 |
| HDL-cholesterol, mmol/L | 39 | 1.5 (1.3-2.0) | 198 | 1.6 (1.3-1.9) | 0.73 |  | 80 | 1.2 (1.0-1.4) | 280 | 1.1 (1.0-1.3) | *0.06* |
| LDL-cholesterol, mmol/L | 39 | 2.8 (2.2-3.6) | 198 | 2.6 (2.1-3.0) | 0.14 |  | 80 | 2.7 (2.1-3.3) | 280 | 2.3 (1.8-2.7) | <0.0001 |

Data are median (IQR) or frequency (%). BMI, body mass index; BP, blood pressure; DM1, diabetes mellitus type 1; DM2, diabetes mellitus type 2; HbA1c, glycated haemoglobin A1c; HDL, high-density lipoprotein; LDL, low-density lipoprotein 1 Information on time since diagnosis missing in one participant 2 Information on time since diagnosis missing in three participants 3 College or University degree 4 Information missing in two participants \* Two-sided Wilcoxon rank-sum test for continuous, and Chi-Square test for categorical variables.

**Suppl. Table 2.** Proportion of SwissDiab participants fulfilling the SSED criteria for glycaemic and blood pressure control and nutritional counselling at baseline, stratified by diabetes type and time since diagnosis (≤5 yrs vs >5 yrs) (Ntot=600).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| SSED Criterion | SSED target | **DM1**1 | | *P*-diff\* | **DM2**2 | | *P*-diff\* |
| ≤5 yrs  (N=39) | >5 yrs  (N=199) | ≤5 yrs  (N=80) | >5 yrs  (N=282) |
| HbA1c ≥9% (75 mmol/mol) | <15% | n=3, **8%** | n=17, **9%** | 0.86 | n=4, **5%** | n=23, **8%** | 0.34 |
| HbA1c <8% (64 mmol/mol) | ≥60% | n=30, **77%** | n=148, **74%** | 0.74 | n=70, **88%** | n=210, **74%** | **0.01** |
| HbA1c <7% (53 mmol/mol) | ≥40% | n=19, **49%** | n=57, 29% | **0.01** | n=51, **64%** | n=108, 38% | **<0.0001** |
| BP ≥140/90 mmHg | <35% | n=3, **8%** | n=43, **2%** | *0.06* | n=10, **13%** | n=18, **6%** | *0.07* |
| BMI ≥25 kg/m2 and nutrition counselling in the past year | ≥80% | n=13, **81%** | n=364, 41% | **0.003** | n=485, 68% | n=1366, 54% | **0.03** |

BMI, body mass index; BP, blood pressure; DM1, diabetes mellitus type 1; DM2, diabetes mellitus type 2; HbA1c, glycated haemoglobin A1c;

SSED, Swiss Society of Endocrinology and Diabetology. 1 Information on time since diagnosis missing in one participant 2 Information on time since diagnosis missing in three participants 3 Information missing in three participant 4 Information missing in five participants with BMI ≥ 25 kg/m2 5 Information missing in six participants with BMI ≥ 25 kg/m2 6 Information missing in seven participants with BMI ≥ 25 kg/m2. Group estimates that meet the SSED targets are highlighted in bold. \*Chi-Square test.

**Suppl. Table 3.** Proportion of SwissDiab participants <75 years of age fulfilling the SSED criteria for LDL-cholesterol at baseline,

stratified by diabetes type and time since diagnosis (≤5 yrs vs >5 yrs) (Ntot=568).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LDL-cholesterol | SSED target | **DM1**1 | | *P*-diff\* | **DM2**2 | | *P*-diff\* |
| ≤5 yrs  (N=38) | >5 yrs  (N=196) | ≤5 yrs  (N=78) | >5 yrs (N=256) |
| ≥3.37 mmol/L | <37% | n=11, **29%** | n=32, **16%** | *0.07* | n=19, **24%** | n=24, **9%** | **0.0005** |
| <2.6 mmol/L | ≥36% | n=15, **39%** | n=96, **49**% | 0.28 | n=33, **42%** | n=164, **64%** | **0.0006** |

DM1, diabetes mellitus type 1; DM2, diabetes mellitus type 2; LDL, low-density lipoprotein; SSED, Swiss Society of Endocrinology and Diabetology. 1 Information on time since diagnosis missing in one participant and LDL-cholesterol missing in one participant 2 Information on time since diagnosis missing in two participants and LDL-cholesterol missing in two participants. Group estimates that meet the SSED targets are highlighted in bold. \* Chi-Square test.