

Supplemental Table 1: Age- and sex-adjusted predicted probabilities of attendance at the DE-PLAN baseline examination among the 5297 HUNT3 participants with FINDRISC ≥ 15 and no previously known diabetes.

	Attendants, n (%)	Age- and sex-adjusted predicted probability, % (95% CI)	Age- and sex-adjusted difference in predicted probability, percentage points (95% CI)
Overall	2634 (49.7)		
Age, years			
20-49	362 (58.4)	58.5 (54.6, 62.3)	Reference
50-69	1491 (52.1)	52.1 (50.2, 53.9)	- 6.4 (-10.7, -2.1)
≥ 70	781 (43.0)	43.1 (40.8, 45.4)	-15.4 (-19.9, -10.9)
Sex			
Female	1569 (48.8)	49.0 (47.2, 50.7)	Reference
Male	1065 (51.1)	50.9 (48.8, 53.0)	1.9 (-0.8, 4.7)
HADS-D			
< 8	2044 (52.4)	52.3 (50.7, 53.9)	Reference
≥ 8	296 (46.9)	47.4 (43.5, 51.2)	-4.9 (-9.1, -0.8)

Supplemental Table 2: Age- and sex-adjusted predicted probabilities of participation in at least three DE-PLAN examinations among the 2380 participants of the intervention study.

	Participants, n (%)	Age- and sex-adjusted predicted probability, % (95% CI)	Age- and sex-adjusted difference in predicted probability, percentage points (95% CI)
Overall	1212 (50.9)		
Age, years			
20-49	150 (43.6)	43.9 (38.6, 49.1)	Reference
50-69	727 (54.2)	54.1 (51.4, 56.8)	10.2 (4.3, 16.1)
≥ 70	335 (48.27)	48.3 (44.6, 52.0)	4.4 (-2.0, 10.9)
Sex			
Female	706 (48.8)	48.8 (46.2, 51.4)	Reference
Male	506 (54.3)	54.3 (51.1, 57.5)	5.5 (1.4, 9.6)
Education, years			
≤ 10	618 (51.4)	50.4 (47.4, 53.4)	Reference
11-13	315 (57.5)	58.4 (54.2, 62.6)	8.0 (2.7, 13.4)
≥ 13	220 (47.8)	49.3 (44.5, 54.1)	-1.1 (-7.0, 4.8)
HADS-D			
< 8	990 (53.5)	53.5 (51.3, 55.8)	Reference
≥ 8	123 (46.6)	46.6 (40.6, 52.6)	-6.9 (-13.4, -0.1)

Supplemental Table 3: Changes in HbA_{1c}, fasting s-glucose, 2-h OGTT s-glucose, BMI, and waist circumference from baseline to 6-, 12- and 24-month follow-up overall and by sex and baseline levels of age, education and HADS-D.

	Mean baseline level (95% CI)	Mean change from baseline to 6-month follow-up (95% CI)	Mean change from baseline to 12-month follow-up (95% CI)	Mean change from baseline to 24-month follow-up (95% CI)
HbA_{1c} (%)				
Overall	5.67 (5.65, 5.69)	0.11 (0.09, 0.13)	0.05 (0.04, 0.07)	0.30 (0.29, 0.32)
Men	5.74 (5.71, 5.78)	0.11 (0.09, 0.14)	0.06 (0.03, 0.09)	0.33 (0.30, 0.36)
Women	5.63 (5.60, 5.65)	0.11 (0.09, 0.13)	0.05 (0.03, 0.07)	0.29 (0.26, 0.31)
Age (years)				
<50	5.47 (5.41, 5.52)	0.06 (0.02, 0.10)	0.08 (0.03, 0.13)	0.34 (0.29, 0.40)
50-69	5.71 (5.68, 5.73)	0.11 (0.09, 0.14)	0.04 (0.01, 0.06)	0.30 (0.27, 0.32)
≥70	5.70 (5.67, 5.74)	0.13 (0.10, 0.16)	0.08 (0.05, 0.11)	0.30 (0.26, 0.33)
Education (years)				
≤10	5.66 (5.64, 5.69)	0.12 (0.10, 0.14)	0.08 (0.05, 0.10)	0.31 (0.29, 0.34)
11-13	5.63 (5.59, 5.67)	0.12 (0.09, 0.15)	0.05 (0.01, 0.08)	0.33 (0.29, 0.37)
≥14	5.63 (5.59, 5.68)	0.10 (0.06, 0.14)	0.03 (-0.01, 0.07)	0.30 (0.25, 0.34)
HADS-D				
<8	5.67 (5.65, 5.69)	0.11 (0.09, 0.13)	0.06 (0.04, 0.07)	0.31 (0.28, 0.33)
≥8	5.65 (5.59, 5.71)	0.13 (0.08, 0.18)	0.08 (0.03, 0.14)	0.34 (0.28, 0.40)
Fasting s-glucose (mmol/L)				
Overall	5.50 (5.47, 5.52)	0.01 (-0.01, 0.04)	0.05 (0.02, 0.07)	0.13 (0.10, 0.16)
Men	5.60 (5.56, 5.63)	0.04 (0.00, 0.07)	0.08 (0.04, 0.12)	0.17 (0.12, 0.21)
Women	5.43 (5.40, 5.46)	0.00 (-0.04, 0.03)	0.02 (-0.01, 0.06)	0.11 (0.07, 0.14)
Age (years)				
<50	5.41 (5.35, 5.46)	-0.03 (-0.09, 0.04)	0.08 (0.01, 0.15)	0.08 (0.00, 0.16)
50-69	5.54 (5.51, 5.57)	0.02 (-0.01, 0.05)	0.05 (0.02, 0.09)	0.17 (0.13, 0.20)
≥70	5.46 (5.42, 5.51)	0.01 (-0.04, 0.05)	0.01 (-0.04, 0.06)	0.07 (0.02, 0.12)
Education (years)				
≤10	5.50 (5.46, 5.53)	0.04 (0.01, 0.08)	0.05 (0.02, 0.09)	0.13 (0.09, 0.16)
11-13	5.48 (5.43, 5.53)	0.02 (-0.03, 0.07)	0.05 (0.00, 0.10)	0.15 (0.09, 0.20)
≥14	5.48 (5.43, 5.53)	-0.05 (-0.11, 0.00)	0.05 (-0.01, 0.10)	0.13 (0.06, 0.19)
HADS-D				
<8	5.50 (5.48, 5.53)	0.00 (-0.03, 0.03)	0.03 (0.01, 0.06)	0.11 (0.08, 0.14)
≥8	5.48 (5.41, 5.54)	0.06 (-0.02, 0.13)	0.11 (0.03, 0.19)	0.20 (0.11, 0.29)
2-h OGTT s-glucose (mmol/L)				
Overall	6.16 (6.09, 6.23)	0.02 (-0.06, 0.11)	0.12 (0.03, 0.21)	0.46 (0.36, 0.56)
Men	6.13 (6.02, 6.25)	0.06 (-0.07, 0.20)	0.23 (0.09, 0.37)	0.55 (0.39, 0.70)
Women	6.18 (6.09, 6.27)	0.00 (-0.12, 0.11)	0.04 (-0.08, 0.16)	0.40 (0.27, 0.53)
Age (years)				
<50	5.66 (5.47, 5.85)	0.00 (-0.23, 0.23)	0.11 (-0.15, 0.37)	0.32 (0.04, 0.60)
50-69	5.96 (5.86, 6.05)	0.06 (-0.06, 0.17)	0.15 (0.03, 0.27)	0.56 (0.43, 0.69)
≥70	6.77 (6.63, 6.90)	-0.03 (-0.19, 0.14)	0.08 (-0.09, 0.26)	0.31 (0.12, 0.50)
Education (years)				
≤10	6.17 (6.06, 6.27)	0.03 (-0.10, 0.15)	0.16 (0.03, 0.29)	0.52 (0.38, 0.66)
11-13	6.03 (5.88, 6.18)	0.14 (-0.03, 0.31)	0.11 (-0.07, 0.30)	0.55 (0.34, 0.75)
≥14	6.21 (6.03, 6.38)	-0.16 (-0.36, 0.04)	0.02 (-0.19, 0.23)	0.21 (-0.03, 0.44)
HADS-D				
<8	6.19 (6.10, 6.27)	0.03 (-0.07, 0.12)	0.12 (0.02, 0.22)	0.45 (0.33, 0.56)
≥8	6.07 (5.86, 6.29)	-0.08 (-0.34, 0.19)	0.09 (-0.20, 0.37)	0.47 (0.15, 0.79)

BMI (kg/m²)				
Overall	31.40 (31.19, 31.60)	0.06 (-0.02, 0.14)	0.23 (0.15, 0.31)	0.30 (0.19, 0.40)
Men	31.15 (30.89, 31.41)	0.06 (-0.06, 0.18)	0.32 (0.19, 0.45)	0.34 (0.18, 0.50)
Women	31.40 (31.19, 31.61)	0.06 (-0.05, 0.16)	0.17 (0.06, 0.28)	0.27 (0.13, 0.40)
Age (years)				
<50	32.58 (32.16, 33.01)	0.19 (-0.02, 0.40)	0.25 (0.02, 0.48)	0.79 (0.51, 1.08)
50-69	31.57 (31.35, 31.79)	0.06 (-0.04, 0.17)	0.27 (0.16, 0.38)	0.31 (0.14, 0.44)
≥70	30.21 (29.91, 30.51)	-0.02 (-0.17, 0.13)	0.12 (-0.04, 0.28)	0.05 (-0.14, 0.25)
Education (years)				
≤10	31.45 (31.21, 31.68)	0.07 (-0.04, 0.18)	0.25 (0.13, 0.37)	0.25 (0.11, 0.39)
11-13	31.22 (30.88, 31.56)	0.07 (-0.08, 0.22)	0.28 (0.12, 0.44)	0.46 (0.26, 0.67)
≥14	30.89 (30.51, 31.27)	0.16 (-0.01, 0.33)	0.27 (0.09, 0.46)	0.35 (0.11, 0.58)
HADS-D				
<8	31.26 (31.08, 31.44)	0.01 (-0.08, 0.10)	0.18 (0.08, 0.27)	0.22 (0.11, 0.33)
≥8	31.40 (30.92, 31.88)	0.22 (-0.01, 0.46)	0.37 (0.11, 0.63)	0.53 (0.22, 0.84)
Waist circumference (cm)				
Overall	104.4 (104.0, 104.8)	-2.4 (-2.8, -2.0)	-2.9 (-3.4, -2.3)	-0.5 (-0.9, -0.2)
Men	108.2 (107.6, 108.9)	-3.1 (-3.8, -2.5)	-2.9 (-3.8, -2.1)	-0.3 (-0.9, 0.3)
Women	101.9 (101.4, 102.4)	-1.9 (-2.4, -1.3)	-2.8 (-3.5, -2.1)	-0.7 (-1.1, -0.2)
Age (years)				
<50	106.5 (105.5, 107.6)	-2.4 (-3.5, -1.3)	-3.4 (-4.8, -2.1)	-0.5 (-1.5, 0.5)
50-69	104.6 (104.1, 105.2)	-2.4 (-2.9, -1.9)	-2.6 (-3.4, -1.9)	-0.1 (-0.5, 0.4)
≥70	103.1 (102.3, 103.8)	-2.3 (-3.1, -1.6)	-3.0 (-3.9, -2.1)	-1.5 (-2.2, -0.8)
Education (years)				
≤10	104.9 (104.3, 105.5)	-2.5 (-3.0, -1.9)	-2.6 (-3.3, -1.8)	-0.6 (-1.1, -0.1)
11-13	104.1 (103.2, 105.0)	-2.5 (-3.3, -1.7)	-2.9 (-4.0, -1.9)	-0.5 (-1.2, 0.2)
≥14	103.0 (102.0, 103.9)	-1.9 (-2.8, -1.0)	-3.0 (-4.3, -1.7)	0.3 (-0.6, 1.2)
HADS-D				
<8	104.3 (103.8, 104.7)	-2.5 (-2.9, -2.0)	-2.6 (-3.2, -2.0)	-0.5 (-0.9, -0.1)
≥8	105.5 (104.3, 106.8)	-2.1 (-3.3, -1.0)	-4.2 (-5.9, -2.6)	-0.7 (-1.8, 0.4)

Supplemental Table 4: Changes in HbA_{1c}, fasting s-glucose, 2-h OGTT s-glucose, BMI, and waist circumference from baseline to 6-, 12- and 24-month follow-up by baseline levels of BMI, physical activity* and family history of diabetes.

	Mean baseline level (95% CI)	Mean change from baseline to 6- month follow-up (95% CI)	Mean change from baseline to 12- month follow-up (95% CI)	Mean change from baseline to 24- month follow-up (95% CI)
HbA_{1c} (%)				
BMI (kg/m²)				
<30.0	5.62 (5.59, 5.66)	0.09 (0.06, 0.12)	0.05 (0.02, 0.08)	0.30 (0.26, 0.33)
30.0-34.9	5.67 (5.64, 5.70)	0.12 (0.10, 0.14)	0.06 (0.04, 0.09)	0.30 (0.27, 0.32)
≥35.0	5.79 (5.74, 5.84)	0.12 (0.08, 0.16)	0.03 (-0.01, 0.08)	0.35 (0.30, 0.39)
Physical activity				
<30 min/d	5.65 (5.62, 5.68)	0.11 (0.08, 0.13)	0.04 (0.02, 0.07)	0.31 (0.28, 0.34)
≥30 min/d	5.69 (5.66, 5.72)	0.11 (0.09, 0.14)	0.06 (0.04, 0.08)	0.30 (0.28, 0.33)
1st or 2nd degree relatives with diabetes				
None	5.70 (5.64, 5.76)	0.15 (0.10, 0.20)	0.09 (0.04, 0.14)	0.36 (0.31, 0.42)
2 nd , but not 1 st degree relative with diabetes	5.66 (5.61, 5.71)	0.09 (0.05, 0.13)	0.03 (-0.01, 0.07)	0.28 (0.24, 0.33)
1 st degree relative with diabetes	5.67 (5.65, 5.70)	0.11 (0.09, 0.13)	0.05 (0.03, 0.07)	0.30 (0.28, 0.32)
Fasting s-glucose (mmol/L)				
BMI (kg/m²)				
<30.0	5.41 (5.37, 5.45)	0.04 (0.00, 0.09)	0.04 (0.00, 0.08)	0.14 (0.09, 0.19)
30.0-34.9	5.51 (5.47, 5.54)	-0.01 (-0.04, 0.03)	0.04 (0.00, 0.07)	0.11 (0.07, 0.14)
≥35.0	5.66 (5.61, 5.72)	0.00 (-0.06, 0.06)	0.09 (0.03, 0.16)	0.19 (0.12, 0.26)
Physical activity				
<30 min/d	5.46 (5.43, 5.49)	0.01 (-0.03, 0.05)	0.04 (0.00, 0.08)	0.12 (0.07, 0.16)
≥30 min/d	5.52 (5.49, 5.55)	0.01 (-0.02, 0.04)	0.05 (0.01, 0.08)	0.14 (0.10, 0.18)
1st or 2nd degree relatives with diabetes				
None	5.50 (5.44, 5.57)	0.10 (0.03, 0.17)	0.10 (0.03, 0.18)	0.18 (0.09, 0.26)
2 nd , but not 1 st degree relative with diabetes	5.53 (5.47, 5.58)	-0.05 (-0.11, 0.00)	-0.05 (-0.11, 0.01)	0.08 (0.01, 0.14)
1 st degree relative with diabetes	5.49 (5.46, 5.51)	0.02 (-0.01, 0.04)	0.06 (0.03, 0.09)	0.14 (0.10, 0.17)

2-h OGTT s-glucose**(mmol/L)****BMI (kg/m²)**

<30.0	6.03 (5.91, 6.15)	0.06 (-0.10, 0.21)	0.02 (-0.14, 0.17)	0.39 (0.22, 0.56)
30.0-34.9	6.14 (6.04, 6.24)	-0.05 (-0.17, 0.07)	0.13 (0.00, 0.26)	0.42 (0.28, 0.56)
≥35.0	6.52 (6.34, 6.70)	0.19 (-0.03, 0.40)	0.33 (0.09, 0.57)	0.71 (0.45, 0.96)
Physical activity				
<30 min/d	6.20 (6.09, 6.31)	0.04 (-0.09, 0.18)	0.19 (0.05, 0.33)	0.46 (0.31, 0.62)
≥30 min/d	6.13 (6.04, 6.23)	0.01 (-0.10, 0.13)	0.07 (-0.05, 0.19)	0.46 (0.33, 0.59)
1st or 2nd degree relatives with diabetes				
None	6.37 (6.17, 6.58)	0.18 (-0.08, 0.45)	0.43 (0.16, 0.69)	0.51 (0.21, 0.81)
2 nd , but not 1 st degree relative with diabetes	6.11 (5.94, 6.29)	-0.02 (-0.22, 0.18)	0.00 (-0.22, 0.22)	0.30 (0.07, 0.53)
1 st degree relative with diabetes	6.13 (6.05, 6.22)	0.01 (-0.09, 0.12)	0.10 (-0.01, 0.21)	0.49 (0.37, 0.61)

BMI (kg/m²)**BMI (kg/m²)**

<30.0	27.34 (27.20, 27.47)	0.06 (-0.08, 0.19)	0.18 (0.04, 0.32)	0.22 (0.04, 0.39)
30.0-34.9	31.97 (31.86, 32.08)	0.05 (-0.06, 0.16)	0.28 (0.16, 0.40)	0.29 (0.14, 0.43)
≥35.0	37.94 (37.74, 38.14)	0.12 (-0.07, 0.31)	0.20 (-0.02, 0.41)	0.50 (0.24, 0.76)
Physical activity				
<30 min/d	31.21 (30.97, 31.46)	0.07 (-0.05, 0.19)	0.24 (0.11, 0.37)	0.31 (0.15, 0.47)
≥30 min/d	31.36 (31.15, 31.58)	0.05 (-0.05, 0.15)	0.22 (0.11, 0.33)	0.29 (0.15, 0.42)
1st or 2nd degree relatives with diabetes				
None	32.56 (32.10, 33.02)	0.09 (-0.15, 0.32)	0.30 (0.06, 0.54)	0.34 (0.03, 0.65)
2 nd , but not 1 st degree relative with diabetes	31.95 (31.56, 32.33)	0.03 (-0.15, 0.21)	0.14 (-0.06, 0.33)	0.32 (0.08, 0.56)
1 st degree relative with diabetes	30.91 (30.72, 31.10)	0.06 (-0.03, 0.16)	0.24 (0.14, 0.34)	0.28 (0.16, 0.40)

Waist circumference (cm)**BMI (kg/m²)**

<30.0	96.7 (96.2, 97.2)	-2.2 (-2.8, -1.5)	-3.4 (-4.3, -2.6)	-0.9 (-1.5, -0.3)
30.0-34.9	105.5 (105.0, 105.9)	-2.3 (-2.8, -1.7)	-2.2 (-3.0, -1.5)	-0.3 (-0.8, 0.2)
≥35.0	118.3 (117.6, 119.0)	-3.2 (-4.1, -2.2)	-2.9 (-4.4, -1.5)	-0.4 (-1.3, 0.5)
Physical activity				
<30 min/d	104.7 (104.1, 105.4)	-2.2 (-2.8, -1.5)	-2.9 (-3.7, -2.0)	-0.7 (-1.3, -0.2)
≥30 min/d	104.2 (103.7, 104.8)	-2.5 (-3.1, -2.0)	-2.9 (-3.5, -2.2)	-0.4 (-0.9, 0.1)
1st or 2nd degree relatives with diabetes				
None	107.5 (106.3, 108.7)	-3.2 (-4.4, -2.1)	-2.8 (-4.5, -1.1)	-0.7 (-1.8, 0.4)
2 nd , but not 1 st degree relative with diabetes	105.5 (104.5, 106.5)	-2.5 (-3.4, -1.5)	-2.5 (-3.8, -1.3)	-0.5 (-1.4, 0.3)
1 st degree relative with diabetes	103.6 (103.1, 104.1)	-2.2 (-2.7, -1.7)	-2.9 (-3.6, -2.3)	-0.5 (-0.9, -0.1)

* Physical activity at work or during leisure time

Supplemental Table 5: Changes in glycemia from baseline to 6-, 12- and 24-month follow-up according to weight reduction and physical activity during follow-up.

Weight reduction *	Physical activity†	Mean baseline level (95% CI)	Mean change from baseline to 6-month follow-up (95% CI)	Mean change from baseline to 12-month follow-up (95% CI)	Mean change from baseline to 24-month follow-up (95% CI)
HbA_{1c} (%)					
No	No	5.72 (5.69, 5.75)	0.12 (0.09, 0.15)	0.06 (0.03, 0.10)	0.32 (0.29, 0.36)
No	Yes	5.63 (5.60, 5.66)	0.13 (0.10, 0.15)	0.07 (0.05, 0.09)	0.32 (0.30, 0.35)
Yes	No	5.61 (5.48, 5.74)	0.07 (-0.02, 0.16)	0.01 (-0.09, 0.11)	0.28 (0.18, 0.38)
Yes	Yes	5.65 (5.57, 5.73)	0.02 (-0.03, 0.08)	-0.03 (-0.09, 0.03)	0.20 (0.13, 0.26)
Fasting s-glucose (mmol/L)					
No	No	5.50 (5.47, 5.53)	0.07 (0.02, 0.11)	0.08 (0.03, 0.13)	0.15 (0.09, 0.20)
No	Yes	5.48 (5.44, 5.51)	0.01 (-0.03, 0.04)	0.06 (0.02, 0.09)	0.15 (0.12, 0.19)
Yes	No	5.59 (5.46, 5.73)	-0.19 (-0.32, -0.05)	-0.12 (-0.27, 0.02)	-0.05 (-0.20, 0.09)
Yes	Yes	5.56 (5.47, 5.64)	-0.04 (-0.12, 0.04)	-0.06 (-0.15, 0.02)	0.00 (-0.09, 0.09)
2-h OGTT s-glucose (mmol/L)					
No	No	6.34 (6.23, 6.45)	0.19 (0.02, 0.35)	0.37 (0.19, 0.55)	0.73 (0.53, 0.93)
No	Yes	5.95 (5.85, 6.06)	-0.01 (-0.12, 0.10)	0.13 (0.01, 0.25)	0.49 (0.37, 0.62)
Yes	No	6.26 (5.81, 6.70)	0.16 (-0.33, 0.64)	-0.11 (-0.64, 0.43)	-0.20 (-0.72, 0.33)
Yes	Yes	6.30 (6.01, 6.58)	-0.08 (-0.38, 0.23)	-0.35 (-0.66, -0.04)	-0.09 (-0.41, 0.22)

*>5% weight reduction from baseline to at least one of the follow-up examinations

† ≥3 h weekly self-reported leisure-time physical activity at at least one of the follow-up examinations