

Appendix

Table 1. Descriptive and outcome data of youth with type 2 diabetes stratified according to meeting daily recommendations for physical activity

Variable	Not meeting guidelines	Met guidelines	p
n	34	122	
Female (n%)	23 (67.6)	85 (68.0)	1.000
Rural (n%)	30 (88.2)	92 (75.4)	0.081
Indigenous (n%)	34 (100)	118 (96.7)	0.370
Smoking (n%)	15 (44.1)	31 (25.4)	0.031
Mean age (yrs)	15.3 (3.1)	15.1 (2.4)	0.649
Median duration of diabetes (yrs)	3.5 (3.0)	2.9 (2.1)	0.238
Mean BMI Z score	2.22 (1.08)	2.44 (1.08)	0.306
Mean HbA1c (%)	10.69 (2.59)	9.25 (2.53)	0.006
Mean 24 hr SBP (mmHg)	127.8 (9.60)	126.8 (9.72)	0.655
Mean 24hr DBP (mmHg)	75.7 (5.5)	73.6 (6.4)	0.078
Mean 24 hr MAP (mmHg)	92.5 (5.9)	90.5 (6.5)	0.121
Median daytime systolic load (%)	36.1 (29.3)	31.9 (25.5)	0.288
Median daytime diastolic load (%)	18.5 (15.4)	16.6 (16.0)	0.186
Mean LDL (mmol/L)	2.19 (0.58)	2.40 (0.67)	0.086
Mean HDL (mmol/L)	1.29 (0.50)	1.14 (0.28)	0.115
Median triglycerides (mmol/L)	2.00 (1.40)	2.01 (1.96)	0.983
Physical Activity (MET-Hr/week)	8.7 (0.0, 14.7)	62.6 (37.8,113.8)	<0.001

sTable 2. Descriptive and outcome data of youth with type 2 diabetes stratified according to participation in organized sport

Variable	No Org. Sport	Org Sport	p
n	34	122	
Female (n%)	27 (79.4)	79 (64.7)	0.076
Rural (n%)	79 (82.3)	49 (77.0)	0.343
Indigenous (n/%)	34 (100)	118 (97.6)	0.370
Smoking (n/%)	20 (58.8)	26 (21.3)	<0.001
Mean age (yrs)	16.9 (3.0)	14.7 (2.24)	<0.001
Median duration of diabetes (yrs)	4.4 (3.0)	2.6 (1.9)	0.002
Mean BMI Z score	2.21 (1.18)	2.44 (1.05)	0.317
Mean HbA1c (%)	10.47 (2.36)	9.31 (2.62)	0.017
Mean 24 hr SBP (mmHg)	128.3 (8.9)	126.7 (9.9)	0.376
Mean 24hr DBP (mmHg)	76.0 (5.5)	73.5 (6.2)	0.052
Mean 24 hr MAP (mmHg)	92.2 (6.1)	90.5 (6.5)	0.186
Median daytime systolic load (%)	31.1 (27.4)	33.1 (26.0)	0.713
Median daytime diastolic load (%)	18.0 (14.8)	16.6 (16.2)	0.659
Mean LDL (mmol/L)	2.40 (0.73)	2.34 (0.64)	0.677
Mean HDL (mmol/L)	1.21 (0.52)	1.16 (0.28)	0.595
Median triglycerides (mmol/L)	2.31 (1.69)	1.92 (1.90)	0.248
Physical Activity (MET-Hr/week)	10.9 (0.0, 31.8)	59.4 (33.2, 113.8)	<0.001