

Supplementary File 1. MDPS and Life! comparison in detail

MDPS	<i>Life!</i>
Initial individual session followed by 5 group sessions (four group sessions conducted fortnightly with the fifth session occurring 8 months after the first).	<ul style="list-style-type: none"> • Original design comprised 6 group sessions (sessions 1-5 conducted fortnightly with session 6 held 8 months after the first). • Individual session introduced in May 2010. • In 2012, the group course structure was revised to incorporate CVD prevention and reduced from 6 to 5 group sessions over 6 months. • CVD prevention included the addition of a salt goal for participants to achieve.
AUSDRISK score of ≥ 15 used to screen for 'high risk'.	AUSDRISK score for 'high risk' changed ≥ 15 to ≥ 12 in July 2010 following a DoHA* recommendation.
Target group: <ul style="list-style-type: none"> • Victorians aged 50-75 years with an AUSDRISK score of ≥ 15. 	Target group: <ul style="list-style-type: none"> • Victorians aged 45+ years, or $\geq 18+$ years for Aboriginals, with an AUSDRISK score of ≥ 12. • 45+ years, or $\geq 35+$ years for Aboriginals, with an Absolute Risk score of $\geq 10\%$ when referred by a GP clinic. • 18+ years and have previously been diagnosed with one or more of the following: <ul style="list-style-type: none"> ○ pre-existing cardiovascular disease ○ gestational diabetes ○ moderate or severe chronic kidney disease ○ familial hypercholesterolemia ○ serum total cholesterol $>7.5\text{mmol/L}$ ○ systolic BP of $\geq 180\text{mmHg}$ or diastolic BP of $\geq 110\text{mmHg}$
Implemented in the Eastern metropolitan region.	Implemented state-wide.
Health professionals (backgrounds in psychology, nutrition/dietetics and nursing) facilitate the course.	Health professionals (nurses, diabetes educators, exercise physiologists etc.) facilitate the course.
Completion defined as when a participant attends the individual session and 3 out of 5 group sessions.	Completion defined as when a participant attends all sessions and meets minimum dataset requirements.

* DoHA – Department of Health and Aging