

SUPPLEMENTARY DATA

Supplementary Table 1. Characteristics of the included study population* vs. the total population.

*Inclusion criteria: completed both baseline and followup survey and consented to medical record review at both time points.

	Included	Total
	Mean ± SD	Mean ± SD
	or N (%)	or N (%)
N	5,478	11,927
Age (years)	60 ± 13	60 ± 13
Sex (male)	2,604 (48%)	5,568 (47%)
Race/ethnicity		
Hispanic	705 (14%)	1,797 (16%)
Non-Hispanic Black	752 (15%)	1,839 (17%)
Non-Hispanic White	2,470 (48%)	4,646 (42%)
Asian/Pacific Islander	805 (16%)	1,743 (16%)
Other	451 (9%)	980 (9%)
Education		
Less than high school grad	1,014 (19%)	2,679 (23%)
High school graduate	1,578 (29%)	3,464 (30%)
Some college	1,652 (31%)	3,261 (28%)
≥ College graduate	1,155 (21%)	2,118 (18%)
Income		
≤ \$15,000	1,278 (26%)	3,049 (29%)
\$15,000 - \$40,000	1,534 (31%)	3,289 (32%)
\$40,000 - \$75,000	1,331 (27%)	2,516 (24%)
≥ \$75,000	848 (17%)	1,504 (15%)
Time since diabetes diagnosis (years)	12 ± 10	12 ± 10
Diabetes treatment		
Diet/exercise	463 (8%)	904 (8%)
Oral medication(s)	3,370 (62%)	7,452 (62%)
Insulin	992 (18%)	2,161 (18%)
Insulin + oral medication(s)	653 (12%)	1,410 (12%)
Competing demands		
No competing demands	2,417 (52%)	3,790 (51%)
Caregiving only	317 (7%)	486 (7%)
Employment responsibilities only	1,670 (36%)	2,680 (36%)
Both caregiving and employment responsibilities	275 (6%)	431 (6%)

SUPPLEMENTARY DATA

Supplementary Table 2. Characteristics of the participants stratified by gender (N=5,478).

	Men	Women
	Mean (\pm SD)	Mean (\pm SD)
	or N (%)	or N (%)
N	2,604	2,874
Competing Demands/Independent Variables		
Missing	290	509
No competing demands	1,146 (49%)	1,271 (54%)
Caregiving only	111 (5%)	206 (9%)
Employment responsibilities only	909 (39%)	761 (32%)
Both caregiving and employment responsibilities	148 (6%)	127 (5%)
Demographic Characteristics		
Age (years)	61 (12)	60 (13)
Age categories		
< 45 years	289 (11%)	371 (13%)
45-64 years	1,346 (52%)	1,449 (50%)
\geq 65 years	969 (37%)	1,054 (37%)
Race/ethnicity		
Missing	151	144
Hispanic	333 (14%)	372 (14%)
Non-Hispanic Black	256 (10%)	496 (18%)
Non-Hispanic White	1,239 (50%)	1,231 (45%)
Asian/Pacific Islander	408 (17%)	397 (15%)
Other	217 (8%)	234 (9%)
Education		
Missing	40	39
Less than high school graduate	426 (17%)	588 (21%)
High school graduate	636 (25%)	942 (33%)
Some college	800 (31%)	852 (30%)
\geq College graduate	702 (27%)	453 (16%)
Income		
Missing	183	304
\leq \$15,000	405 (17%)	873 (34%)
\$15,000 - \$40,000	697 (19%)	837 (33%)
\$40,000 - \$75,000	759 (31%)	572 (22%)
\geq \$75,000	560 (23%)	288 (11%)
Spouse employment		
Missing	52	55
Not married	563 (22%)	1,400 (50%)
Employed	955 (37%)	678 (24%)
Retired	586 (23%)	632 (22%)
Homemaker	335 (13%)	0

SUPPLEMENTARY DATA

Not employed	113 (4%)	109 (4%)
<u>Spouse education</u>		
Missing	61	57
Not married	563 (22%)	1,400 (50%)
Less than high school graduate	254 (10%)	281 (10%)
High school graduate or some college	1,242 (49%)	842 (30%)
≥ College graduate	484 (19%)	294 (10%)
<u>Clinical characteristics</u>		
Time since diabetes diagnosis (years)	11 (10)	12 (10)
Missing	123	128
<u>Diabetes treatment</u>		
Diet/exercise	236 (9%)	227 (8%)
Oral medication(s) only	1,678 (65%)	1,692 (59%)
Insulin + oral medication	259 (10%)	394 (14%)
Insulin – type 1 diabetes	129 (5%)	195 (7%)
Insulin – type 2 diabetes	302 (12%)	366 (13%)
<u>Self-rated health</u>		
Missing	16	26
Excellent or very good	713 (28%)	537 (19%)
Good	1,048 (40%)	1,167 (41%)
Fair or poor	827 (42%)	1,144 (40%)
<u>Self-care behaviors</u>		
<u>Physical Activity</u>		
Missing	60	90
No physical activity or only light physical activity	1,317 (52%)	1,591 (57%)
Vigorous at least 1-2 times/week	1,227 (48%)	1,193 (43%)
<u>Daily foot self-care performed</u>		
Missing	291	274
<u>Self-monitoring blood glucose</u>		
<u>Oral medication users</u>		
Missing	45	37
<6 time/week or <1/day	1,012 (62%)	873 (53%)
At least 6-7 times/week and 1/day	621 (38%)	782 (47%)
<u>Insulin users</u>		
Missing	10	10
<6 time/week or <1/day	210 (31%)	259 (27%)
At least 6-7 times/week and 1/day	470 (69%)	686 (73%)
<u>Processes of care</u>		
Aspirin advised or taking aspirin	1,737 (67%)	1,823 (63%)
Dilated eye exam performed	2,016 (77%)	2,285 (80%)
Foot exam performed	2,212 (85%)	2,442 (85%)
Glycemic control assessed	2,236 (86%)	2,469 (86%)
Influenza immunization	1,838 (71%)	2,049 (72%)

SUPPLEMENTARY DATA

Missing	17	12
LDL-cholesterol assessed	1,983 (76%)	2,115 (74%)
Proteinuria assessed	2,129 (82%)	2,359 (82%)
<u>Intermediate outcomes</u>		
A1C (%)	7.8 ± 1.7	7.9 ± 1.6
Missing	187	212
Systolic blood pressure (mmHg)	135 ± 18	137 ± 19
Missing	258	213
LDL-cholesterol (mg/dl)	107 ± 32	113 ± 35
Missing	388	463