

Table S1. Mean of baseline values and changes in total weekly alcohol consumption from baseline to year 1 and baseline to year 4 based on baseline alcohol consumption and year 4 alcohol consumption trajectory for participants who were assigned to intensive lifestyle intervention program (ILI) or diabetes support and education (DSE)

| Baseline Alcohol Consumption | | | | | | | | | | | | |
|---|--------------|-----------|----------|------------------|-----------|----------|---------------------|----------|----------|------------------|----------|----------|
| | <u>None</u> | | | <u>Light</u> | | | <u>Moderate</u> | | | <u>Heavy</u> | | |
| | ILI | DSE | <i>p</i> | ILI | DSE | <i>p</i> | ILI | DSE | <i>p</i> | ILI | DSE | <i>p</i> |
| Baseline | 0±0 | 0±0 | --- | 1.1±0.04 | 1.1±0.04 | 0.35 | 8.0±0.3 | 8.2±0.2 | 0.49 | 18.4±1.2 | 14.0±1.2 | 0.01 |
| Change to Year 1 | 0±0 | 0±0 | --- | +0.2±0.1 | +0.1±0.1 | 0.44 | -1.6±0.5 | -0.4±0.5 | 0.10 | -8.4±1.7 | -3.7±1.7 | 0.052 |
| Change to Year 4 | +0.1±0.03 | +0.1±0.03 | 0.62 | +0.5±0.1 | +0.3±0.1 | 0.08 | -1.0±0.6 | -0.6±0.6 | 0.67 | -4.3±1.8 | -1.6±1.8 | 0.28 |
| Alcohol Consumption over 4 Years ^a | | | | | | | | | | | | |
| | Inconsistent | | | Consistent-Light | | | Consistent-Moderate | | | Consistent-Heavy | | |
| | ILI | DSE | <i>p</i> | ILI | DSE | <i>p</i> | ILI | DSE | <i>p</i> | ILI | DSE | <i>p</i> |
| Baseline | 0.8±0.1 | 0.7±0.1 | 0.38 | 1.9±0.1 | 2.0±0.1 | 0.60 | 7.3±0.4 | 8.0±0.4 | 0.23 | 14.0±1.1 | 12.2±1.1 | 0.26 |
| Change to Year 1 | -0.2±0.1 | -0.2±0.1 | 0.67 | +0.04±0.1 | -0.01±0.1 | 0.83 | +0.3±0.6 | -0.1±0.6 | 0.67 | -2.0±1.6 | +1.1±1.6 | 0.18 |
| Change to Year 4 | -0.2±0.1 | -0.03±0.1 | 0.43 | +0.3±0.1 | +0.1±0.1 | 0.14 | +1.9±0.6 | +0.6±0.5 | 0.10 | +2.9±1.5 | +2.6±1.5 | 0.88 |

Note. Values shown are the mean ± SE in number of drinks per week. ^aTable does not show alcohol abstainers who did not drink alcohol at any time over the 4 years.

Table S2. Mean of baseline values and changes in weekly alcohol consumption from baseline to year 1 and baseline to year 4 for women and men who were assigned to intensive lifestyle intervention program (ILI) or diabetes support and education (DSE)

| Variable | Women | | | Men | | |
|------------------|-----------------|-----------------|---------|-----------------|-----------------|---------|
| | ILI (n = 1,434) | DSE (n = 1,437) | p-value | ILI (n = 1,014) | DSE (n = 1,016) | p-value |
| Total alcohol | | | | | | |
| Baseline | 0.6±0.05 | 0.6±0.05 | 0.99 | 2.4±0.1 | 2.4±0.1 | 0.81 |
| Change to year 1 | -0.04±0.04 | -0.04±0.04 | 0.93 | -0.2±0.1 | +0.1±0.1 | 0.27 |
| Change to year 4 | +0.1±0.1 | +0.1±0.1 | 0.75 | +0.2±0.2 | +0.1±0.2 | 0.66 |
| Wine | | | | | | |
| Baseline | 0.6±0.1 | 0.7±0.1 | 0.67 | 1.2±0.1 | 1.3±0.1 | 0.75 |
| Change to year 1 | +0.03±0.1 | +0.1±0.1 | 0.72 | +0.2±0.1 | +0.1±0.1 | 0.34 |
| Change to year 4 | +0.2±0.1 | +0.2±0.1 | 0.36 | +0.4±0.1 | +0.2±0.1 | 0.06 |
| Beer | | | | | | |
| Baseline | 0.2±0.03 | 0.2±0.03 | 0.64 | 1.3±0.1 | 1.1±0.1 | 0.32 |
| Change to year 1 | -0.02±0.03 | -0.04±0.03 | 0.63 | -0.3±0.1 | +0.0±0.1 | 0.054 |
| Change to year 4 | +0.02±0.03 | -0.0±0.03 | 0.54 | +0.02±0.1 | -0.1±0.1 | 0.51 |

Liquor

| | | | | | | |
|------------------|------------|-----------|------|-----------|----------|------|
| Baseline | 0.3±0.03 | 0.3±0.04 | 0.93 | 0.8±0.1 | 0.9±0.1 | 0.87 |
| Change to year 1 | -0.02±0.03 | +0.0±0.03 | 0.58 | +0.02±0.1 | +0.1±0.1 | 0.44 |
| Change to year 4 | +0.1±0.04 | +0.1±0.04 | 0.43 | +0.04±0.1 | +0.1±0.1 | 0.45 |

Note. Values shown are the mean ± SE for number of drinks per week.