

Table A1. Demographic and metabolic characteristics at baseline

	Overall n = 2397	ILI n = 1211	DSE n = 1186
Gender			
Male: Female (%)	41	40	41
Female (%)	59	60	59
Age (years)			
45-55 (%)	57 (6.4)	57 (6.6)	57 (7.2)
55-65 (%)	43	44	42
66-75 (%)	43	42	44
	14	14	15
Race/ethnicity			
Caucasian (%)	65	64	65
African American (%)	14	14	13
Hispanic (%)	13	13	13
Native American (%)	5	5	5
Other (%)	3	3	3
Duration of Diabetes (years)	7.2 (5.9)	7.2 (6.0)	6.5 (6.0)
History of CVD (%)	11.5	11.9	11
History of Smoking			
Never (%)	51.4	49.8	53.0
Past (%)	44.4	45.3	43.4
Current (%)	4.3	4.9	3.6
Lipid Medication Use (%)	43.9	44.7	43.0
Adiposity			
Weight (Kg)	101.2 (19.6)	101.0 (19.9)	101.4 (19.3)
BMI (Kg/m ²)	36.1 (6.0)	36.0 (6.1)	36.2 (5.9)
Waist Circumference (cm)	114 (14.6)	114 (14.8)	114 (14.3)
Glycemic Control			
HbA1c (%)	7.4 (1.2)	7.4 (1.2)	7.4 (1.3)
Glucose (mg/dl)	157 (47.0)	156 (45.3)	158 (48.7)
Lipids			
Total Cholesterol (mg/dl)	193 (37.8)	194 (38.1)	192 (37.5)
Triglycerides (mg/dl)	186 (125.6)	189 (127.4)	182 (123.6)
HDL (mg/dl)	43 (11.3)	43 (11.2)	42 (11.3)
LDL (mg/dl)	115 (32.3)	115 (32.3)	114 (32.4)
Non-HDL (mg/dl)	151 (37.6)	152 (38.0)	150 (37.2)
Fitness (METS)*	5.2 (1.54)	5.2 (1.51)	5.2 (1.57)

ILI: Intensive lifestyle intervention; DSE: Diabetes, Support and Education; CVD: Cardiovascular Disease; S.D.: Standard Deviation. Data shown as mean (S.D.) unless otherwise specified.

*On sub-maximal stress test

Look AHEAD changed the age eligibility criteria during the second year of recruitment to increase the anticipated cardiovascular event rate. Dietary assessment was done in the first half of enrollees, resulting in slightly mean younger age in the dietary vs. the non-dietary subgroup (57 vs. 60 years of age), a lower prevalence of CVD (11.5 vs 16%) and less use of lipid-lowering medications (43.9 vs 52.9%). There were no significant differences in gender, race/ethnicity, adiposity or fitness.

Table A2. Marine omega-3 fatty acid intake at baseline and its association with HDL and triglyceride levels after multiple metabolic and dietary variable adjustments

Predictors	Model with HDL as Outcome*			Model with log triglycerides as Outcome*		
	B	SE	p	B	SE	p
mO-3FA (mg/day)	4.14	2.12	0.050	-0.41	0.11	<0.001
Lipid medication use	-0.28	0.45	0.538	0.044	0.02	0.062
HbA1c (%)	-0.67	0.18	<0.001	0.066	0.01	<0.001
Weight (Kg)	-0.04	0.01	0.004	0.00	0.00	0.953
Fitness (METS)	-0.17	0.16	0.292	-0.01	0.01	0.207
Dietary Fat (g/day)	-0.11	0.05	0.045	0.00	0.00	0.414
Saturated Fat (g/day)	0.128	0.07	0.060	-0.01	0.00	0.020
Linolenic Acid (g/day)	0.11	0.08	0.142	-0.01	0.00	0.164
Linoleic Acid (g/day)	-0.88	0.48	0.067	0.008	0.03	0.756
Calories (kcal/day)	0.007	0.05	0.135	0.00	0.00	0.581
Carbohydrates (g/day)	-0.04	0.02	0.039	0.00	0.00	0.956
Protein (g/day)	-0.05	0.03	0.056	0.00	0.00	0.809
Fiber (g/day)	0.125	0.050	0.012	0.00	0.00	0.184
Race/ethnicity	-	-	<0.001	-	-	<0.001

*Multiple variable regression models adjust for all predictor variables listed and for age, gender and study site