Table 2: Comparison of Baseline Characteristics between Control and Intervention Group Participants

| Variable | Overall $(\mathrm{n}=117)$ | Control group ( $\mathrm{n}=61$ ) | Intervention group $(\mathrm{n}=56)$ | p-value |
| :---: | :---: | :---: | :---: | :---: |
| Demographics |  |  |  |  |
| Age, mean years | $59.0 \pm 10.0$ | $59.2 \pm 9.2$ | $58.8 \pm 10.8$ | . 869 |
| Years since diabetes diagnosis, mean years | $12.2 \pm 8.9$ | $11.0 \pm 7.3$ | $13.5 \pm 10.1$ | . 133 |
| Gender, n (\%) <br> Male <br> Female | $\begin{aligned} & 53(45.3) \\ & 64(54.7) \\ & \hline \end{aligned}$ | $\begin{aligned} & 32(52.5) \\ & 29(47.5) \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 21 \text { (37.5) } \\ 35 \text { (62.5) } \\ \hline \end{array}$ | . 104 |
| Race, n (\%) <br> White <br> African American or Hispanic | $\begin{aligned} & 89(76.1) \\ & 28(23.9) \\ & \hline \end{aligned}$ | $\begin{aligned} & 47 \text { (77.0) } \\ & 14(23.0) \\ & \hline \end{aligned}$ | $\begin{aligned} & 42 \text { (75.0) } \\ & 14(25.0) \\ & \hline \end{aligned}$ | . 795 |
| Marital status, n (\%) <br> Married <br> Single | $\begin{array}{\|l} 69(59.0) \\ 49(41.0) \\ \hline \end{array}$ | $\begin{array}{\|l\|} \hline 36(59.0) \\ 25(41.0) \\ \hline \end{array}$ | $\begin{array}{\|l\|} \hline 33 \text { (58.9) } \\ 23 \text { (41.1) } \\ \hline \end{array}$ | . 992 |
| Level of education, n (\%) Less than college graduate College graduate | $\begin{array}{\|l} \hline 73 \text { (62.4) } \\ 44(37.6) \\ \hline \end{array}$ | $\begin{aligned} & 39 \text { (63.9) } \\ & 22(36.1) \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 34 \text { (60.7) } \\ 22(39.3) \\ \hline \end{array}$ | . 719 |
| Income, n (\%)* <br> Less than \$70,000 <br> $\$ 70,000$ or greater | $\begin{aligned} & 76 \text { (68.5) } \\ & 35 \text { (31.5) } \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 40(69.0) \\ 18(31.0) \\ \hline \end{array}$ | $\begin{array}{\|l} \hline 36 \text { (67.9) } \\ 17 \text { (32.1) } \\ \hline \end{array}$ | . 906 |
| Employment status, n (\%) Not currently employed Currently employed | $\begin{aligned} & 62(53.0) \\ & 55(47.0) \\ & \hline \end{aligned}$ | $\begin{aligned} & 33 \text { (54.1) } \\ & 28(45.9) \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 29(51.8) \\ 27(48.2) \\ \hline \end{array}$ | . 802 |
| Diabetes-Related Clinical Measures |  |  |  |  |
| Hemoglobin A1c, \% | $7.69 \pm 1.75$ | $7.53 \pm 1.53$ | $7.86 \pm 1.96$ | . 301 |
| Blood glucose, mean mg/dL* | $174.9 \pm 82.4$ | $173.7 \pm 80.1$ | $176.4 \pm 85.6$ | . 864 |
| Body mass index, mean* | $36.2 \pm 8.4$ | $35.1 \pm 8.3$ | $37.4 \pm 8.3$ | . 137 |
| Low-density lipoprotein level, mean $\mathrm{mg} / \mathrm{dL}^{*}$ | 95.7 $\pm 35.2$ | $97.0 \pm 37.2$ | $94.4 \pm 33.5$ | . 718 |
| High-density lipoprotein level, mean $\mathrm{mg} / \mathrm{dL}$ * | $44.6 \pm 14.0$ | $42.8 \pm 11.7$ | $46.5 \pm 16.0$ | . 184 |
| Triglyceride level, mean mg/dL* | $227.4 \pm 164.3$ | $236.0 \pm 185.0$ | $218.3 \pm 140.3$ | . 594 |
| Systolic blood pressure, mean mmHg | $131.1 \pm 16.7$ | $132.5 \pm 17.8$ | $129.6 \pm 15.4$ | . 358 |
| Diastolic blood pressure, mean mmHg | $77.7 \pm 11.0$ | $77.9 \pm 12.0$ | $77.5 \pm 9.9$ | . 832 |
| Serum creatinine, mean mg/dL* | $1.0 \pm 1.1$ | $1.2 \pm 1.5$ | $0.9 \pm 0.2$ | . 220 |
| Charlson Co-morbidity Index score, mean | $3.3 \pm 1.6$ | $3.4 \pm 1.6$ | $3.2 \pm 1.5$ | . 399 |

Diabetes-Related Complications and Education

| Presence of retinopathy, n (\%) <br> Retinopathy present <br> Retinopathy not present | $\begin{aligned} & 12(10.3) \\ & 105(89.7) \\ & \hline \end{aligned}$ | $\begin{array}{\|l\|l} \hline 4 \text { (6.6) } \\ 57(93.4) \\ \hline \end{array}$ | $\begin{aligned} & 8(14.3) \\ & 48(85.7) \\ & \hline \end{aligned}$ | . 169 |
| :---: | :---: | :---: | :---: | :---: |
| Presence of nephropathy, $n$ (\%) <br> Nephropathy present <br> Nephropathy not present | $\begin{aligned} & 9(7.7) \\ & 108(92.3) \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 7 \text { (11.5) } \\ 54(88.5) \\ \hline \end{array}$ | $\begin{aligned} & 2(3.6) \\ & 54(96.4) \\ & \hline \end{aligned}$ | . 166 |
| Presence of chronic renal failure, n (\%) <br> Chronic renal failure present Chronic renal failure not present | $\begin{aligned} & 2(1.7) \\ & 115(98.3) \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 2(3.3) \\ 59(96.7) \\ \hline \end{array}$ | $\begin{aligned} & 0(0) \\ & 56(100) \\ & \hline \end{aligned}$ | . 497 |
| Presence of neuropathy, n (\%) <br> Neuropathy present <br> Neuropathy not present | $\begin{array}{\|l} \hline 29(24.8) \\ 88(75.2) \\ \hline \end{array}$ | $\begin{array}{\|l} \hline 18 \text { (29.5) } \\ 43 \text { (70.5) } \\ \hline \end{array}$ | $\begin{aligned} & 11 \text { (19.6) } \\ & 45(80.4) \\ & \hline \end{aligned}$ | . 217 |
| Blood glucose testing, n (\%) Tests blood glucose Does not test blood glucose | $\begin{aligned} & 107 \text { (91.5) } \\ & 10(8.5) \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline 58(95.1) \\ 3(4.9) \\ \hline \end{array}$ | $\begin{aligned} & 49 \text { (87.5) } \\ & 7(12.5) \\ & \hline \end{aligned}$ | . 191 |
| Diabetes education, n (\%) Foot care education No foot care education | $\begin{aligned} & 101(86.3) \\ & 16(13.7) \\ & \hline \end{aligned}$ | $\begin{array}{\|l\|} \hline 51(83.6) \\ 10(16.4) \\ \hline \end{array}$ | $\begin{aligned} & 50(89.3) \\ & 6(10.7) \\ & \hline \end{aligned}$ | . 372 |
| Diabetes education, n (\%) <br> Exercise education <br> No exercise education | $\begin{aligned} & 105(89.7) \\ & 12(10.3) \\ & \hline \end{aligned}$ | $\begin{array}{\|l\|} \hline 54 \text { (88.5) } \\ 7(11.5) \\ \hline \end{array}$ | $\begin{aligned} & 51(91.1) \\ & 5(8.9) \\ & \hline \end{aligned}$ | . 650 |
| Diabetes education, n (\%) <br> Dietary education <br> No dietary education | $\begin{aligned} & 104 \text { (88.9) } \\ & 13 \text { (11.1) } \\ & \hline \end{aligned}$ | $\begin{aligned} & 56(91.8) \\ & 5(8.2) \\ & \hline \end{aligned}$ | $\begin{aligned} & 48 \text { (85.7) } \\ & 8(14.3) \\ & \hline \end{aligned}$ | . 295 |

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[^0]:    * = Non-responses present

