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

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

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

* = Non-responses present