**Table 19. Participant characteristics in studies not reporting on groups with cardiovascular disease and type 2 Diabetes Mellitus**

| **Author, year** | **Total N** | **Follow-up period, months** | **% Women** | **Age** | **Race** | **Education** | **Smokers** | **Comments** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Abraira, 19801 | 30 | 24  | 0 | Arm2: mean : 49Arm3: mean : 52 |  |  |  | Duration of diabetes in years Arm2: mean : 11Arm3: mean : 12  All participants on insulin |
| Anderssen, 19952 Torjesen, 19973 | 97 | 12  |   |   |  |  |  |  |
| Babazono, 20074 | 99 | Not reported | Arm1: women : 51.1Arm2: women : 58  | Arm1: mean : 64.5Arm2: mean : 64.3  |  |  |  | ~30% with HTN at baseline in each group; 20% in intervention and 14.3% in control group with DM at baseline |
| Clark, 20045 | 100 | Not reported | Overall: women, : 42 | Overall: mean : 59.5 |  |  |  |  |
| Gram, 20106 | 68 | Not reported | Overall: women, N: 31  | Arm1: mean : 61Arm2: mean : 59Arm3: mean : 62  |  |  |  | At baseline in the three Arms, there was a statistically significant difference (P=0.04) for hip circumference (in cm):Arm 1: 114Arm 2: 111Arm 3: 107 |
| Kumanyika, 20057 | 1159 | Not reported | Sex reported differently by group: say that "approx two thirds "were male but don't give an exact number |   | Black overall: N: 203% : 17 | "about half" were college graduates |  |  |
| Plotnikoff, 20118 | Overall: 96Arm 1: 49Arm 2: 47 | 12  | Overall: 60  | Overall: 60(25-78) | NR | Some post secondary: 65% | NR |  |
| Razquin, 20099 | 187 | Not reported | Arm1: women, : 54Arm2: women, : 52Arm3: women, : 46 | Arm1: mean : 69Arm2: mean : 67.48Arm3: mean : 68.40 |  |  |  |  |
| Razquin, 201010 | 737 | Not reported | Arm1: women, : 57Arm2: women, : 56Arm3: women, : 52  | Arm1: mean : 68.3Arm2: mean : 67.7Arm3: mean : 67.6  |  |  | Arm1: % : 18Arm2: % : 16Arm3: % : 13 | 69%, 64% and 63% of patients in Arm 1, Arm 2 and Arm 3, respectively, had diabetes |
| Zazpe, 200811Razquin, 201010Razquin, 20099 | 1776 | Not reported | Arm1: women, : 57.7Arm2: women, : 53.8Arm3, : 49 | Arm1: mean: 68Arm2: mean: 67.2Arm3: mean: 67 | Not reported | Arm1: Less than high school, %: 75.9%Arm2: Less than high school, %: 76.0%Arm3: Less than high school, 5: 72.6% | Arm1: %: 16.9%Arm2: %: 19.5%Arm3: 5: 19.0%  | Prevalence of Diabetes, %:Arm1: 47.8%Arm2: 51%Arm3: 47.5% |
| Samaras, 199712 | 26 | 12  | Overall: women, N: 16Arm1: women, N: 7Arm2: women, N: 9  | Arm1: mean : 60.5Arm2: mean : 60.5  |  |  |  | Excluded current smokers |
| Stefanick, 199813 | 367 | Not reported | report characteristics stratified by sex | Arm1: mean : 56.9Arm2: mean : 47.8note this is stratified by sex and not intervention |  |  |  | all characteristics and results stratified by sex |
| Toobert, 201114 | Overall: 280Arm 1: 138Arm 2: 142Arm 3:  | 6-12  | Overall: 100 | Arm 1: 58.7Arm 2: 55.6Age differs by group P=0.009 | Latina: 100%  | HS diploma:Arm 1: 27.1Arm 2: 20Some College:Arm 1: 30.1Arm 2: 28.6 | Current:Arm 1: 12.6Arm 2: 9.2 |  |
| Yates, 201015 | 74 | Not reported | Overall: women, : 31  | Overall mean: 65 | Asian/Pacific Islander overall: % : 26 |  | Current smoker, overall: % : 11 | 36 (49%) were taking aspirin, 5 (7%) were taking non-steroidal anti-inflammatory medication, 43 (58%) were taking statins, 25 (34%) were taking beta-blockers and 14 (19%) were taking angiotensin-converting enzyme inhibitors. |

Cm = centimeter; DM = Diabetes Mellitus; HS = Highschool; HTN = Hypertension; N = Sample Size; NR = Not Reported

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