Online Supplemental Table 2 Association between heath care provider's advice and participants' behavior of lifestyle change to reduce the risk for diabetes after adjusting for participants' characteristics (n=1,039)

Independent variables	Dependent variable: lifestyle change, OR (95% CI)		
	Diet	Exercise	Losing weight
Health professional's advice			
No	1.00	1.00	1.00
Yes	3.00 (1.82, 4.96)	1.63 (1.12, 2.38)	1.36 (0.86, 2.15)
Age (years)			
20-44	1.00	1.00	1.00
45-64	0.92 (0.56, 1.49)	0.86 (0.48, 1.56)	1.02 (0.63, 1.65)
65+	1.12 (0.46, 2.74)	0.75 (0.41, 1.37)	0.99 (0.57, 1.71)
Gender (female)			
Male	1.00	1.00	1.00
Female	1.41 (1.00, 2.01)	1.26 (0.84, 1.91)	1.31 (0.78, 2.20)
BMI			
Overweight	1.00	1.00	1.00
Obese	1.52 (1.00, 2.30)	0.79 (0.50, 1.24)	1.31 (0.89, 1.94)
Race			
Non-Hispanic White	1.00	1.00	1.00
Non-Hispanic Black	0.98 (0.59, 1.62)	1.13 (0.78, 1.62)	0.88 (0.52, 1.47)
Hispanic	1.00 (0.63, 1.59)	1.13 (0.78, 1.62)	1.20 (0.74, 1.96)
Other	0.69 (0.41, 1.17)	0.77 (0.46, 1.29)	0.93 (0.45, 1.92)
Education			
Less than high school	1.00	1.00	1.00
High school/GED	1.02 (0.60, 1.74)	0.96 (0.65, 1.42)	1.48 (0.71, 3.08)
Some college/associate degree	0.97 (0.56, 1.69)	1.07 (0.71, 1.62)	1.61 (0.83, 3.10)
College graduate or above	1.56 (0.80, 3.07)	1.23 (0.67, 2.26)	1.93 (0.80, 4.63)
Family income			
Poor	1.00	1.00	1.00
Low	0.67 (0.38, 1.18)	0.91 (0.56, 1.49)	0.85 (0.55, 1.32)
Medium	0.95 (0.50, 1.79)	1.03 (0.60, 1.75)	0.91 (0.51, 1.64)
High	1.18 (0.61, 2.26)	0.98 (0.52, 1.82)	0.99 (0.49, 2.20)
Health insurance			
Private	1.00	1.00	1.00
Public	0.89 (0.51, 1.53)	0.85 (0.44, 1.63)	1.08 (0.58, 1.99)
Uninsured	0.89 (0.51, 1.56)	1.12 (0.65, 1.93)	0.82 (0.36, 1.87)
Routine place for healthcare			
No	1.00	1.00	1.00
Yes	2.19 (1.09, 4.39)	1.21 (0.62, 2.37)	1.53 (0.81, 2.88)
Activity limitation			
No	1.00	1.00	1.00
Yes	1.31 (0.83, 2.08)	0.79 (0.56, 1.11)	1.17 (0.62, 2.19)
Family history of diabetes			
No	1.00	1.00	1.00
Yes	1.15 (0.71, 1.86)	1.26 (0.83, 1.92)	0.83 (0.57, 1.20)
History of CVD			