

Appendix 4. Diabetes clinic participant characteristics

Characteristic	Total (n)	Males (n)	Females (n)
Smoking status			
Non-smoker	40	22	18
Alcohol consumption			
Non-drinker	16	8	8
Drinker ≤10 standard drinks/week	18	9	9
Drinker ≥10 standard drinks/week	6	5	1
Sleep total duration (h)			
6	5	3	2
7	16	7	9
8	15	10	5
9	4	2	2
Australian guide to healthy eating			
Self-reported knowledge	20	12	10
Self-reported compliance	19	12	7
Self-monitoring			
Blood glucose	22	12	10
Blood pressure	14	7	7
Family history of type 2 diabetes	29	13	16
Family history of cardiovascular disease	29	12	17
Cardiometabolic co-morbidities			
Cardiovascular disease	8	6	2
Stroke	2	2	0
Peripheral arterial disease	1	1	0
Hypertension	32	18	14
Hyperlipidaemia	34	17	17
Nephropathy	2	2	0
Retinopathy	2	0	2
Peripheral neuropathy	10	6	4
Healthcare professionals			
Endocrinologist	19	8	11
Cardiologist	24	13	11
Nephrologist	4	2	2
Ophthalmologist	34	20	14
Exercise physiologist	19	10	9
Dietitian	4	2	2
Diabetes educator	2	1	1
Podiatrist	20	9	11
Pharmacist	40	22	18
Psychologist	4	3	1
Medication			
Oral hypoglycaemics	36	19	17
Insulin	7	5	2
Injectable non-insulin	5	4	1
Anti-hypertensive	30	18	12
Anti-hyperlipidaemic	35	18	17
Previous Medicare referral to exercise physiology			
Type 2 diabetes group services	25	15	10
Individual services	2	1	1