

Table S1. Baseline Characteristics of PROPEL Patients by Sex and Race.

	Male (n=123)	Female (n=677)	p-value	White (n=207)	African American (n=538)	Other (n=55)	p-value
BMI (kg/m <sup>2</sup> )	37.4 (4.5)	37.3 (4.7)	0.699	37.3 (4.6)	37.2 (4.6)	38.2 (5.0)	0.325
Waist circumference (cm)	122.7 (11.9)	111.8 (11.8)	<0.001	114.6 (13.3)	113.0 (12.3)	114.2 (10.6)	0.419
Systolic blood pressure (mmHg)	127.9 (16.8)	122.0 (16.2)	<0.001	120.0 (15.7)	124.1 (16.2)	121.6 (19.1)	0.003
Diastolic blood pressure (mmHg)	80.0 (10.7)	79.0 (10.6)	0.321	78.1 (9.8)	79.6 (10.5)	78.9 (13.8)	0.348
Total cholesterol (mg/dL)	169.4 (40.4)	181.6 (36.3)	0.001	181.4 (37.9)	178.3 (37.1)	187.0 (34.5)	0.157
Glucose (mg/dL)	120.3 (40.3)	107.1 (34.7)	<0.001	110.9 (37.5)	108.6 (35.7)	107.6 (31.1)	0.457
Food security [0-6]	0.9 (1.7)	1.4 (2.0)	0.010	1.0 (1.8)	1.5 (2.1)	1.4 (1.9)	0.002
Food secure	76.4 (94)	67.9 (460)	0.061	77.3 (160)	66.7 (359)	63.6 (65)	0.013
Food insecure	23.6 (29)	32.1 (217)		22.7 (47)	33.3 (179)	36.4 (20)	
Female	----	----		74.9 (155)	88.5 (476)	83.6 (46)	<0.001
African American	50.4 (62)	70.3 (476)	<0.001	----	----	----	
Health literacy [0-7]	6.3 (1.2)	6.4 (1.2)	0.388	6.7 (0.7)	6.3 (1.2)	6.3 (1.5)	<0.001
≤6 (≤8 <sup>th</sup> grade)	35.8 (44)	30.0 (203)	0.201	17.9 (37)	35.7 (192)	32.7 (18)	<0.001
7 (≥9 <sup>th</sup> grade)	64.2 (79)	70.0 (474)		82.1 (170)	64.3 (346)	67.3 (37)	
Age	54.0 (11.4)	48.6 (13.2)	<0.001	50.3 (13.8)	49.5 (12.7)	45.3 (13.5)	0.028
Education			0.001				0.053
Less than HS	7.3 (9)	7.7 (52)		8.2 (17)	6.7 (36)	14.5 (8)	
HS	15.4 (19)	23.5 (159)		25.6 (53)	21.0 (113)	21.8 (12)	
Some college	33.3 (41)	43.3 (293)		33.3 (69)	45.7 (246)	34.5 (19)	
Bachelor's degree	28.5 (35)	14.3 (97)		20.8 (43)	14.7 (79)	18.2 (10)	
Postgraduate degree	15.5 (19)	11.1 (75)		12.1 (25)	11.7 (63)	10.9 (6)	
Income (annual family)			<0.001				<0.001
< \$10,000	11.4 (14)	21.0 (142)		10.6 (22)	22.1 (119)	27.3 (15)	
\$10,000-\$19,999	10.6 (13)	22.9 (155)		19.3 (40)	21.6 (116)	21.8 (12)	
\$20,000-\$39,999	16.3 (20)	25.1 (170)		20.8 (43)	25.1 (135)	21.8 (12)	
\$40,000-\$59,999	17.9 (22)	14.0 (95)		12.6 (26)	15.8 (85)	10.9 (6)	
≥\$60,000	39.8 (49)	15.2 (103)		33.8 (70)	13.6 (73)	16.4 (9)	
Marital status			<0.001				0.019
Married	55.3 (68)	34.1 (231)		47.3 (98)	34.0 (183)	32.7 (18)	
Divorced/separated	19.5 (24)	27.6 (187)		23.7 (49)	27.9 (150)	21.8 (12)	

Never married	23.6 (29)	29.5 (200)	24.2 (50)	29.4 (158)	38.2 (21)
Widowed	1.6 (2)	8.7 (59)	4.8 (10)	8.7 (47)	7.3 (4)

Continuous variables are reported as mean (SD). Categorical variables are reported as n (%). Statistically significant differences were assessed using independent samples t-tests for continuous variables and chi-square tests for categorical variables. Boldface indicates statistical significance ( $p < 0.05$ ).

Table S2. LS7 Scores for PROPEL Patients by Sex and Race.

	Male (n=123)	Female (n=677)	<i>p-value</i>	White (n=207)	African American (n=538)	Other (n=55)	<i>p-value</i>
LS7 [0-14]	6.3 (1.7)	6.8 (1.9)	<b>0.016</b>	6.6 (1.9)	6.8 (1.9)	6.7 (1.6)	0.386
Poor	83.7 (103)	75.5 (511)	0.094	76.8 (159)	76.2 (140)	81.8 (45)	0.794
Intermediate	9.8 (12)	17.4 (118)		17.4 (36)	16.4 (88)	10.9 (6)	
Ideal	0.8 (1)	1.0 (7)		1.0 (2)	0.9 (5)	1.8 (1)	
Smoking			0.407				<b>0.013</b>
Poor	7.3 (9)	11.2 (76)		15.5 (32)	8.0 (43)	18.2 (10)	
Intermediate	3.3 (4)	3.7 (25)		3.9 (8)	3.5 (19)	3.6 (2)	
Ideal	89.4 (101)	84.9 (575)		80.2 (166)	88.5 (476)	78.2 (43)	
Healthy diet			0.111				0.154
Poor	76.0 (94)	68.2 (462)		68.6 (142)	70.4 (379)	63.6 (35)	
Intermediate	23.6 (29)	29.8 (202)		31.3 (65)	27.5 (148)	32.7 (18)	
Ideal	0.0 (0)	1.6 (11)		0.0 (0)	1.7 (9)	3.6 (2)	
Physical activity			<b>0.002</b>				0.829
Poor	33.3 (41)	47.7 (323)		43.0 (89)	46.5 (250)	45.5 (25)	
Intermediate	12.2 (15)	14.2 (96)		15.5 (32)	13.0 (70)	3.6 (2)	
Ideal	52.8 (65)	36.2 (245)		40.1 (83)	38.5 (207)	49.1 (27)	
BMI			----				----
Poor	100 (123)	100 (677)		100 (207)	100 (538)	100 (55)	
Intermediate	0.0 (0)	0.0 (0)		0.0 (0)	0.0 (0)	0.0 (0)	
Ideal	0.0 (0)	0.0 (0)		0.0 (0)	0.0 (0)	0.0 (0)	
Blood pressure			<b>&lt;0.001</b>				0.498
Poor	28.5 (35)	21.1 (143)		19.3 (40)	23.8 (128)	18.2 (10)	
Intermediate	64.2 (79)	55.1 (373)		58.5 (121)	55.9 (301)	54.5 (30)	
Ideal	7.3 (9)	23.6 (160)		22.2 (46)	20.1 (108)	27.3 (15)	
Total cholesterol			<b>0.016</b>				<b>0.040</b>
Poor	7.3 (9)	6.8 (46)		7.2 (15)	6.5 (35)	9.1 (5)	

Intermediate	51.2 (63)	38.0 (257)		48.8 (101)	36.8 (198)	38.2 (21)	
Ideal	38.2 (47)	51.6 (349)		41.1 (85)	52.8 (284)	49.1 (27)	
Glucose			<b>&lt;0.001</b>				0.956
Poor	30.9 (38)	15.1 (102)		18.4 (38)	16.9 (91)	20.0 (11)	
Intermediate	34.1 (42)	33.1 (224)		33.3 (69)	33.6 (181)	29.1 (16)	
Ideal	31.7 (39)	49.5 (335)		47.3 (98)	46.5 (250)	47.3 (26)	

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