Supplemental materials for:

Sharma AE, Willard-Grace R, Hessler D, Bodenheimer T, Thom DH. What Happens After Health Coaching? Observational Study 1 Year Following a Randomized Controlled Trial. *Ann Fam Med*. 2016;14(2):200-207.

Characteristic	Enrollment (n=224)	24 month follow-up with clinical measures available at 12 and 24 months (n=157)	Patients without clinical measures available at 12 and 24 months (n=67)
Supplemental Table 1. Baseline Characteristics of RCT Health Coaching patients.			
Age, mean (SD), y	52.6 (10.7)	53.7 (10.2)	50.1 (11.3)
Gender (female), % (No.)	58.5 (117)	51.6 (81)	53.7 (36)
Married/long term relationship, % (No.)	49.1 (110)	47.1 (74)	53.7 (36)
Born in the US, % (No.)	26.3 (59)	27.4 (43)	23.9 (16)
Years in US, mean (SD)*	10.4 (18.5)	19.6 (10.3)	17 (9.8)
Primary Language, % (No.)			
English	28.6 (64)	29.3 (46)	26.9 (18)
Spanish	67.9 (152)	67.5 (106)	68.7 (46)
Other	3.6 (8)	3.2 (5)	4.5 (3)
Race/Ethnicity, % (No.)			
Asian/Pacific Islander	3.1 (7)	2.6 (4)	4.5 (3)
African American	19.6 (44)	20.4 (32)	17.9 (12)
Latino or Hispanic	69.2 (155)	68.2 (107)	71.6 (48)
White	2.7 (6)	2.6 (4)	3.0 (2)
Other	5.4 (12)	6.4 (10)	3.0 (2)
Working status, % (No.)			
Employed full time	21.0 (47)	19.1 (30)	25.4 (17)
Employed part time	25.0 (56)	27.4 (43)	19.4 (13)
Homemaker	10.7 (24)	10.8 (17)	10.5 (7)
Unemployed	16.1 (36)	12.7 (20)	23.9 (16)
Retired/Disabled / SSI/other	27.2 (61)	29.9 (47)	20.9 (14)
Education, % (No.)			
≤ 5th grade	22.3 (50)	20.4 (32)	26.9 (18)
6th to 8th grade	21.4 (48)	22.3 (35)	19.4 (13)
Some high school	14.3 (32)	14.0 (22)	14.9 (10)
High school grad or GED	18.8 (42)	19.8 (31)	16.4 (11)
Some college	12.1 (27)	12.7 (20)	10.5 (7)
College graduate	11.2 (25)	10.9 (17)	11.9 (8)
Income, % (No.)			
Less than 5K	36.6 (82)	35.7 (56)	38.8 (26)
5K-10K	23.2 (52)	23.6 (37)	22.4 (15)
10-20K	29.9 (67)	33.8 (53)	20.9 (14)
More than 20K	10.2 (23)	7.0 (11)	17.9 (12)
Number of PCP visits in year prior to enrollment, mean (SD)	5.4 (4.1)	5.3 (3.6)	4.6 (3.6)
Measures at baseline, mean (SD)			
BMI, kg/m2	31.5 (7.0)	31.8 (6.2)	31.6 (8.3)
A1c, (%)†	9.8 (1.5)	9.6 (1.4)	10.6 (1.8)
LDL, (mg/dL)†	146.3 (36.9)	142.6 (32.3)	153.5 (43.5)
SBP, (mmHg)†	157.7 (13.5)	158.3 (14.2)	154.5 (11.7)

Characteristic	At enrollment (n=217)	24 month follow-up with clinical measures available at 12 and 24 months (n=133)	Patients without clinical measures available at 12 and 24 months (n=84)
Supplemental Table 2. Baseline Characteristics of RCT Usual Care patients.			
Age, mean (SD), y	52.9 (11.5)	54.2 (11.8)	53.2 (11.6)
Gender (female), % (No.)	56.6 (123)	62.4 (83)	47.6 (40)
Married/long term relationship, % (No.)	57.1 (124)	51.1 (76)	57.1 (48)
Born in the US, % (No.)	24.9 (54)	25.6 (34)	23.8 (20)
Years in US, mean (SD)*	17.9 (11.9)	17.4 (11.6)	18.3 (11.8)
Primary Language, % (No.)			
English	26.7 (58)	27.1 (36)	26.2 (22)
Spanish	69.5 (151)	70.7 (94)	67.9 (57)
Other	3.7 (8)	2.3 (3)	6.0 (5)
Race/Ethnicity, % (No.)			
Asian/Pacific Islander	5.1 (11)	4.5 (6)	6.0 (5)
African American	18.4 (40)	19.6 (26)	16.7 (14)
Latino or Hispanic	71.0 (154)	71.4 (95)	70.2 (59)
White	2.3 (5)	3.0 (4)	1.2 (1)
Other	3.2 (7)	1.5 (2)	6.0 (5)
Working status, % (No.)			
Employed full time	16.1 (35)	17.3 (23)	14.3 (12)
Employed part time	26.3 (57)	28.6 (38)	22.6 (19)
Homemaker	17.1 (37)	16.5 (22)	17.9 (15)
Unemployed	16.1 (35)	16.5 (22)	15.5 (13)
Retired/Disabled / SSI/other	25.9 (114)	28 (21.1)	25 (29.8)
Education, % (No.)			
$\leq 5^{th}$ grade	23.1 (50)	26.3 (35)	17.9 (15)
6th to 8th grade	20.7 (45)	19.6 (26)	22.6 (19)
Some high school	12.4 (27)	12.0 (16)	13.1 (11)
High school grad or GED	16.6 (36)	13.5 (18)	21.4 (18)
Some college	19.4 (42)	19.6 (26)	19.1 (16)
College graduate	7.8 (17)	9.0 (12)	6.0 (5)
Income, % (No.)			
Less than 5K	31.3 (68)	30.8 (41)	32.1 (27)
5K-10K	25.3 (55)	21.8 (29)	31.0 (26)
10-20K	29.0 (63)	33.1 (44)	22.6 (19)
More than 20K	14.2 (31)	14.3 (19)	14.3 (12)
Number of PCP visits in year prior to enrollment, mean (SD)	5.4 (3.9)	5.2 (4.2)	4.8 (3.2)
Measures at baseline, mean (SD)			

BMI, kg/m2	31.4 (6.7)	31.7 (5.7)	30.6 (8.2)
A1c, (%)†	9.9 (1.5)	10.0 (1.5)	9.9 (1.2)
LDL, (mg/dL)†	147.0 (35.6)	143.9 (32.5)	154.6 (34.6)
SBP, (mmHg)†	159.4 (15.4)	160.4 (16.6)	159.9 (16.0)

Characteristic	RCT health coaching arm) (n=157)	RCT usual care arm, coached post-RCT (n=48)	RCT usual care arm, never coached (n=85)
Supplemental Table 3. Baseline Characteristics of Patients, RCT Health Coaching Arm Patients and Usual Care Subgroups.			
Age, mean (SD), y	53.7 (10.2)	52.1 (11.3)	52.7 (11.7)
Gender (female), % (No.)	51.6 (81)	56.3 (27)	34.1 (29)
Married/long term relationship, % (No.)	47.1 (74)	62.5 (30)	54.1 (46)
Born in the US, % (No.)	27.4 (43)	14.6 (7)	31.8 (27)
Years in US, mean (SD)*	19.6 (10.3)	16.0 (10.6)	18.4 (12.3)
Primary Language, % (No.)			
English	29.3 (46)	14.6 (7)	34.1 (29)
Spanish	67.5 (106)	83.3 (40)	63.5 (54)
Other	3.2 (5)	2.1 (1)	2.4 (2)
Race/Ethnicity, % (No.)			
Asian/Pacific Islander	2.6 (4)	4.2 (2)	4.7 (4)
African American	20.4 (32)	10.4 (5)	24.7 (21)
Latino or Hispanic	68.2 (107)	83.3 (40)	64.7 (55)
White	2.6 (4)	0	4.7 (4)
Other	6.4 (10)	2.1 (1)	1.2 (1)
Working status, % (No.)			
Employed full time	19.1 (30)	22.9 (11)	14.1 (12)
Employed part time	27.4 (43)	22.9 (11)	31.8 (27)
Homemaker	10.8 (17)	12.5 (6)	18.8 (16)
Unemployed	12.7 (20)	10.4 (5)	20.0 (17)
Retired/Disabled / SSI/other	29.9 (47)	33.3 (16)	15.3 (13)
Education, % (No.)			
$\leq 5^{th}$ grade	20.4 (32)	29.2 (14)	24.7 (21)
6th to 8th grade	22.3 (35)	25.0 (12)	16.5 (14)
Some high school	14.0 (22)	16.7 (8)	9.4 (8)
High school grad or GED	19.8 (31)	6.3 (3)	17.7 (15)
Some college	12.7 (20)	12.5 (6)	23.5 (20)
College graduate	10.8 (17)	10.4 (5)	8.2 (7)
Income, % (No.)			
Less than 5K	35.7 (56)	37.5 (18)	27.1 (23)
5K-10K	23.6 (37)	20.8 (10)	22.4 (19)
10-20K	33.8 (53)	31.3 (15)	34.1 (29)
More than 20K	7.0 (11)	10.4 (5)	16.5 (14)
Number of PCP visits in year prior to enrollment, mean (SD)	5.3 (3.6)	4.7 (2.8)	5.5 (4.8)

Measures at baseline, mean (SD)			
BMI, kg/m2	31.8 (6.2)	32.0 (6.1)	31.5 (5.5)
A1c, (%)†	9.6 (1.4)	10.3 (1.4)	9.6 (1.5)
LDL, (mg/dL)†	142.6 (32.3)	135.1 (35.1)	148.9 (30.2)
SBP, (mmHg)†	158.3 (14.2)	162.8 (14.5)	159.6 (17.3)

Supplemental Table 4. Baseline Characteristics Of Patients Without Both 12 Month and 24 Month Clinical Data.			
Characteristic	RCT Coaching arm (n=67)	RCT Usual Care arm (n=84)	p-value
Age, mean (SD), y	50.1 (11.3)	53.2 (11.6)	0.11
Gender (female), % (No.)	53.7 (36)	47.6 (40)	0.87
Married/long term relationship, % (No.)	53.7 (36)	57.1 (48)	0.66
Born in the US, % (No.)	23.9 (16)	23.8 (20)	0.99
Years in US, mean (SD)*	17 (9.8)	18.3 (11.8)	0.59
Primary Language, % (No.)			
English	26.9 (18)	26.2 (22)	0.92
Spanish	68.7 (46)	67.9 (57)	
Other	4.5 (3)	6.0 (5)	
Race/Ethnicity, % (No.)			
Asian/Pacific Islander	4.5 (3)	6.0 (5)	0.83
African American	17.9 (12)	16.7 (14)	
Latino or Hispanic	87.6 (48)	70.2 (59)	
White	3.0 (2)	1.2 (1)	
Other	3.0 (2)	6.0 (5)	
Working status, % (No.)			
Employed full time	25.4 (17)	14.3 (12)	0.21
Employed part time	19.4 (13)	22.6 (19)	
Homemaker	10.5 (7)	17.9 (15)	
Unemployed	23.9 (16)	15.5 (13)	
Retired/Disabled / SSI/other	20.9 (14)	25 (29.8)	
Education, % (No.)			
$\leq 5^{th}$ grade	26.9 (18)	17.9 (15)	0.48
6th to 8th grade	19.4 (13)	22.6 (19)	
Some high school	14.9 (10)	13.1 (11)	
High school grad or GED	16.4 (11)	21.4 (18)	
Some college	10.5 (7)	19.1 (16)	
College graduate	11.9 (8)	6.0 (5)	
Income, % (No.)			
Less than 5K	38.8 (26)	32.1 (27)	0.77
5K-10K	22.4 (15)	31.0 (26)	
10-20K	20.9 (14)	22.6 (19)	
More than 20K	17.9 (12)	14.3 (12)	
Number of PCP visits in year prior to enrollment, mean (SD)	4.6 (3.6)	4.8 (3.2)	0.68
Measures at baseline, mean (SD)			
BMI, kg/m2	31.6 (8.3)	30.6 (8.2)	0.55
A1c, (%)†	10.6 (1.8)	9.9 (1.2)	0.16
LDL, (mg/dL)†	153.5 (43.5)	154.6 (34.6)	0.92
SBP, (mmHg)†	154.5 (11.7)	159.9 (16.0)	0.27