

Supplementary Material

Table S1. Cardiovascular events described during the study in the control (CG) and intervention (IG) groups.

Cardiovascular event	CG	IG	All participants	P value
Cerebrovascular disease	2	1	3	
Angina / myocardial infarction	2	0	2	
Heart failure	0	0	0	
Arteriopathy	1	1	2	
Syncope	0	0	0	
Atrial fibrillation	1	0	1	
Need pacemaker	1	0	1	
Revascularization	3	0	3	
Others	2	2	4	
Total n (%)	12 (2.4)	2 (0.35)	14 (1.3)	0.006

Abbreviations: CG, control group; IG, intervention group.

Table S2. Infections recorded during the study in the control (CG) and intervention (IG) groups.

	CG	IG	All participants	P value
Sepsis	4	0	4	
Pneumonia	3	1	4	
Others	10	4	14	
Total (n; %)	17 (56.0%)	5 (17.2%)	22	p=0.03

Abbreviations: CG, control group; IG, intervention group.

Table S3. Analytical parameters collected during the study in the control (CG) and intervention (IG) groups.

	CG	IG	All participants	P value
High Hba1c (n/N; %)	34/57 (59.6))	29/71 (40.80)	63/128 (49.2)	0.03
High HDL (n/N; %)	5/43 (11.6)	18/55 (32.7)	23/98 (23.5)	0.01
High LDL (n/N; %)	0/43 (0)	1/55 (1.8)	1/98 (1.0)	0.5
High TG (n/N; %)	21/58 (36.2)	22/71 (30.9)	43/129 (33.3)	0.3

Abbreviations: CG, control group; IG, intervention group; Hba1c, glycated haemoglobin A1c; HDL, high-density lipoprotein; LDL, low-density lipoprotein; TG, triglycerides.