

Appendix A: Magnitude of change in outcomes for participants

| Outcome | Indicator | Unit of Change | Face-to-Face | | Online | |
|--|--|--------------------------|--|---------------------------------|--|---------------------------------|
| | | | Average magnitude of change (absolute) | Average magnitude of change (%) | Average magnitude of change (absolute) | Average magnitude of change (%) |
| Reduced cardio-metabolic risk | Reduction in waist circumference | Centimetres | -2.0 | -2.0% | -2.9 | -2.6% |
| Improved cardiorespiratory fitness | Improvement in 6MWT / 2MST | Metres / number of steps | 70.1 | 24.7% | 17.8 | 31.4% |
| Functional Independence | Improvement in One Legged Stand test | Seconds | 5.1 | 105% | 8.0 | 101% |
| | Improvement in Sit to Stand test | Number | 2.7 | 26.7% | 3.2 | 29.5% |
| | Improvement in Sit & Reach test | Centimetres | 3.3 | 81.0% | 3.2 | 86.6% |
| Increased diabetes self-efficacy | Increase in Diabetes Empowerment Scale score | Mean Score (1-5) | 0.3 | 7.4% | 0.3 | 9.0% |
| Greater social engagement | Agreement with "I am more involved with local activities/ groups" | Percentage (%) | n/a | 16.2% | n/a | 15.7% |
| | Agreement with "I have met someone new who I intend to keep in touch with" | Percentage (%) | n/a | 17.2% | n/a | 15.2% |
| Increased sense of connection | Agreement with "I feel more connected to a supportive community who understand my situation" | Percentage (%) | n/a | 27.6% | n/a | 27.3% |
| Increased digital engagement (online only) | Agreement with "Participating in the Beat It program online has improved my confidence in using online videoconferencing technology" | Percentage (%) | | | n/a | 63.2% |
| | Agreement with "Participating in the Beat It program online made it easier for me to access other services via videoconferencing technology" | Percentage (%) | | | n/a | 44.0% |
| Improved quality of life | Improvement in self-reported quality of life | Rating (1-7) | 0.22 | 4.2% | 0.11 | 2.2% |