Supplementary Online Content


eFigure 1. Flowchart of the systematic literature search of prospective studies on physical activity and mortality in individuals with diabetes mellitus published up to December 2010. The key words used were diabetes AND (physical activity OR exercise OR lifestyle) AND (mortality OR death OR survival); limits: humans.

eFigure 2. Funnel plot for 5 studies of total physical activity and total mortality.

eTable. Quality Assessment of the Included Studies (Newcastle-Ottawa Scale)

This supplementary material has been provided by the authors to give readers additional information about their work.
Articles identified from electronic searches: n=4,344
- Medline (n=2,977)
- ISI Web of Knowledge (n=2,916)

Articles retrieved for full-text review (n=45)

Excluded based on full-text (n=33):
- Exposure physical fitness instead of habitual physical activity (n=12)
- No original publication (Review, Letter-to-the-Editor, Editorial) (n=14)
- Meeting abstract (full report included) (n=3)
- No clear distinction between individuals with and without diabetes (n=1)
- Outcome not mortality (n=1)
- Exposure energy expenditure instead of physical activity (n=1)

Articles eligible for inclusion from electronic searches (n=12)

Additional articles included after manually searching references (n=0)

Articles included (n=12)

eFigure 1
eFigure 2
### eTable. Quality Assessment of the Included Studies (Newcastle-Ottawa Scale)

<table>
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<th>Study</th>
<th>Selection</th>
<th>Representativeness of cohort</th>
<th>Selection of non-exposed cohort</th>
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<th>Outcome not present at start</th>
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*a For these items, information was obtained from publications about the design and methodology of that study.

**Selection**
- Representativeness of cohort: A* Truly representative of the average diabetes patient in the community; B* Somewhat representative of the average diabetes patient in the community; C Selected group of users, e.g. nurses, volunteers.
- Selection of non-exposed cohort: A* Drawn from the same community as the exposed cohort.
- Ascertainment of exposure: B* Structured interview; C Written self-report.
- Outcome not present at start: A* Yes

**Comparability**
- * Study controls for smoking (selected as most important confounding factor); * Study controls for additional factors

**Outcome**
- Assessment: A*Independent blind assessment, B* Record linkage
- Follow-up length: A* Follow-up was long enough (>5 years) for outcomes to occur; B Follow-up was not long enough (<5 years)
- Attrition: A* Complete follow-up, all subjects accounted for; B* >95% follow-up, small number lost and not likely to introduce bias; C Follow-up rate <95% and no description of those lost; D No description provided

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