

APPENDIX: The risk score for DM from the population based SUNSET cohort

Original risk score ^a		Characteristic	Simplified score for practice	
Alpha	-1.638	Constant		
Beta1X1	0	age < 45	x1	0
	0.293	age ≥ 45 year		2
Beta2X2	0	BMI ≤ 25 kg/m ²	x2	0
	0.317	BMI > 25 kg/m ² ^b		2
Beta3X3	0	waist circumference ≤ 80 cm for all women and ≤ 94 cm for black and white European men	x3	0
	0.411	waist circumference > 80 cm for all women and > 94 cm for black and white European men ^c		2
Beta4X4	0	resting heart rate < 90 bpm	x4	0
	0.433	resting heart rate ≥ 90 bpm		2
Beta5X5	0	no first-degree relative with DM	x5	0
	0.497	first-degree relative with DM		3
Beta6X6	0	no hypertension	x6	0
	0.433	hypertension ^d		2
Beta7X7	0	no history of CVD	x7	0
	0.555	history of CVD		3
Beta8X8	0	ethnic group: Ethnic Dutch	x8	0
	-0.084	African Surinamese		2
	0.547	Hindustani Surinamese		3

^a Estimated probability of having DM: $1/1 + e^{-(\alpha + \text{Beta1X1} + \text{Beta2X2} + \text{Beta3X3} + \text{Beta4X4} + \text{Beta5X5} + \text{Beta6X6} + \text{Beta7X7} + \text{Beta8X8})}$

^b > 23 kg/m² for Hindustani Surinamese

^c >90 cm for Hindustani Surinamese men.

^d blood pressure > 140/90 mm Hg and/or being on anti-hypertensive therapy.

DM = diabetes mellitus (fasting plasma glucose ≥ 7.0 mmol/l and/or being on anti-diabetic therapy),

BMI= body mass index, bpm= beats per minute, CVD = cardiovascular disease (myocardial infarction and/or stroke)