

ESM Table 7. Summary of Results for Females Baseline age 40 to 66 years

Outcome	Trajectory	Difference from Sex Specific Mean Baseline Weight	n	Interaction p -value	Overall p -value	Group Differences			
Glucose	1	-5.5	41	0.0415	0.0161				
	2	-5.5	434						
	3	-5.5	365						
	4	-5.5	48						
	1	0	41						
	2	0	434						
	3	0	365						
	4	0	48						
	1	6	41						
	2	6	434				4		
	3	6	365				4		
	4	6	48				2 3		
	HbA _{1c}	1	-5.5			41	0.0027	0.0027	
		2	-5.5			432			
		3	-5.5			365			
		4	-5.5			48			
1		0	41						
2		0	432						
3		0	365						
4		0	48						
1		6	41						
2		6	432						
3		6	365						
4		6	48						
Insulin		1	0	41	0.7394	0.4397			
		2	0	433					
		3	0	366					
		4	0	48					
log HOMA-IR	1	0	41	0.2331	0.0007	4			
	2	0	433			4			
	3	0	365			4			
	4	0	48			1 2 3			