Supplementary Table S1. Multivariable-Adjusted Mean (95% CI) Trait Score Change Associated with a 1-Quintile Baseline Difference in Waist Circumference or/and HOMA-IR, or/and a 1-Quintile Change in Waist Circumference or/and HOMA-IR over 7-Years

Waist or HOMA-IR	*1-quintile baseline difference or/and 1-quintile 7-year change in predictor variable considered*	*Multivariable-adjusted mean (95% CI) trait score change*				
		All predictors modeled individually in these columns			*Predictors modeled in pairs*	*All 4 predictors modeled together*
Waist	Baseline difference	0.10 (0.07–0.12)			0.16 (0.13–0.18)	0.06 (0.03–0.09)
	7-year change		0.16 (0.13–0.20)		0.23 (0.20–0.27)	0.13 (0.09–0.17)
HOMA-IR	Baseline difference			0.09 (0.07–0.12)	0.25 (0.22–0.29)	0.22 (0.18–0.25)
	7-year change			0.16 (0.14–0.19)	0.28 (0.25–0.30)	0.24 (0.21–0.27)

All trait score change P values < 0.0001 for the test that trait score change $= 0$.

All models are adjusted for age, sex, and baseline cluster score.

In models that included individual predictors, the trait socre change assoicated with a 1-quintile difference in baseline waist circumference was 0.10 traits, and with a 1-quintile 7-year change in waist was 0.16 traits, and with a 1-quintile difference in HOMA-IR was 0.09 traits, and with a 1-quintile change in HOMA-IR was 0.16 traits. In a model that included both baseline waist and 7-year change in waist, the trait score change associated with a 1-quintile difference in baseline waist was 0.16 traits and for 7-year change in waist was 0.23 traits. Similarly, in a model that included both baseline HOMA-IR and 7-year change in HOMA-IR, the trait score change associated with a 1-quintile difference in baseline HOMA-IR was 0.25 traits and for 7-year change in HOMA-IR was 0.28 traits. In a model that included 1-quintile baseline differences and 1-quintile prospective changes in waist and HOMA-IR, all predictors were positively associated with trait score change (waist difference: 0.06 traits, waist change: 0.13 traits, HOMA-IR difference: 0.22 traits, HOMA-IR change: 0.24 traits).

CI, confidence interval; HOMA-IR, homeostasis model assessment of insulin resistance.