

**ESM Table 1 Characteristics of the ERA JUMP participants with normoglycaemia**

Characteristics	Whites	Japanese	<i>p</i> value
Participants (n)	151	93	
Age (years)	44.8 (2.8)	44.8 (2.8)	NS
BMI (kg/m <sup>2</sup> )	27.0 (3.8)	22.4 (2.9)	<0.01
VAT (cm <sup>2</sup> )	158.8 (65.8)	108.1 (49.3)	<0.01
Systolic BP (mmHg)	120.9 (10.7)	122.5 (15.3)	NS
Current smokers <sup>a</sup> (%)	5.3	52.7	<0.01
Alcohol drinkers <sup>b</sup> (%)	45.0	63.4	<0.01
Hypertension <sup>c</sup> (%)	10.6	17.2	NS
Glucose (mmol/l)	5.2 (5.0, 5.4)	5.3 (5.1, 5.4)	NS
Insulin (pmol/l)	82.7 (70.8, 105.6)	57.6 (40.3, 68.1)	<0.01
Triacylglycerol (mmol/l)	1.4 (0.99, 1.9)	1.4 (1.1, 1.9)	NS
LDL-cholesterol (mmol/l)	3.5 (0.82)	3.3 (0.98)	NS
HDL-cholesterol (mmol/l)	1.3 (0.32)	1.5 (0.38)	<0.01
CRP (nmol/l)	8.3 (4.2, 18.1)	3.1 (1.4, 5.7)	<0.01
Adiponectin (mg/l)	11.1 (8.7, 13.8)	7.4 (5.1, 8.9)	<0.01
Hypertension medication (%)	6.6	3.2	NS
Lipid medication (%)	9.3	2.2	NS
Physical activity <sup>d</sup> (%)	78.2	21.5	<0.01
Family history of type 2 diabetes <sup>e</sup> (%)	20.5	21.5	NS

Values are mean (SD) unless specified otherwise

<sup>a</sup> Current smokers were defined as having reported current use of cigarettes or having stopped smoking within the past 30 days

<sup>b</sup> Alcohol drinkers were defined as those who consumed alcohol  $\geq 2$  times/week

<sup>c</sup> Hypertension was defined as systolic blood pressure  $\geq 140$  mm Hg, diastolic blood pressure  $\geq 90$  mm Hg, or use of antihypertensive medications

<sup>d</sup> Physical activity was defined as exercise  $\geq 1$  hour in a week

<sup>e</sup> Family history of type 2 diabetes was defined as either father or mother of participant having type 2 diabetes  
NS, not significant