ESM Table 1: Relationship of 21-year fasting glucose, fasting insulin and HOMA-IR with 21-year CVD risk factors

	Fasting glucose	Fasting insulin	HOMA-IR
BMI	0.30 (0.16, 0.44)	0.37 (0.27, 0.47)	0.36 (0.26, 0.47)
Waist-hip ratio	0.29 (0.14, 0.43)	0.31 (0.21, 0.41)	0.30 (0.20, 0.41)
Systolic blood pressure	0.28 (0.14, 0.43)	0.12 (0.01, 0.22)	0.12 (0.01, 0.22)
Diastolic blood pressure	0.17 (0.03, 0.32)	0.21 (0.10, 0.31)	0.20 (0.10, 0.31)
Cholesterol	0.07 (-0.06, 0.21)	0.15 (0.05, 0.25)	0.15 (0.05, 0.25)
Triglycerides	0.32 (0.18, 0.46)	0.31 (0.21, 0.41)	0.32 (0.21, 0.42)
HDL cholesterol	-0.13 (-0.27, 0.01)	-0.16 (-0.27, -0.06)	-0.17 (-0.27, -0.06)
Intima media thickness	-0.02 (-0.17, 0.11)	-0.03 (-0.13, 0.07)	-0.03 (-0.14, 0.07)
Pulse wave velocity	0.17 (0.02, 0.33)	0.13 (0.02, 0.24)	0.14 (0.03, 0.25)

Values are β regression coefficients (95% CI). All dependent and independent variables in a linear regression model are Z standardized.