

ESM Table 2: Baseline Characteristics of Participants by Development of Type 2 Diabetes Mellitus in the Multi-Ethnic Study of Atherosclerosis 2000-2012.

Characteristic <sup>a</sup>	No n=4,761	Yes n=587	p value <sup>b</sup>
Age	62.0 (10.4)	61.0 (9.5)	p=0.026
Female, %	53.8	51.5	p=0.287
Education $\geq$ bachelor's degree, %	38.8	32.4	p=0.042
Employed, % full time	39.4	39.0	p=0.231
Current smoking, %	14.0	14.0	p=0.865
Current alcohol use, %	58.8	54.5	p=0.131
Exercise, physical activity MET min/week <sup>c</sup>	1619 (2405)	1473 (2450)	p=0.166
Body-mass index (kg/m <sup>2</sup> )	27.5 (5.1)	30.8 (5.7)	p<0.0001
eGFR CKD-EPI, ml min <sup>-1</sup> 1.73 m <sup>-2</sup> <sup>d</sup>	77 (15)	80 (16)	p<0.0001
Systolic blood pressure, mmHg	125 (21)	130 (20)	p<0.0001
Diastolic blood pressure, mmHg	72 (10)	74 (11)	p<0.0001
Fasting plasma glucose, mmol/L (mg/dL)	4.9 (0.5), 88 (9)	5.6 (0.7), 101 (13)	p<0.0001
Total cholesterol, mmol/L (mg/dL)	5.1 (0.9), 195 (35)	5.1 (0.9), 195 (37)	p=0.930
Ideal cardiovascular diet score, 0-5 <sup>e</sup>	1.5 (0.9)	1.5 (0.9)	p=0.704
Participants with Ideal Cardiovascular Diet Intake (%)	1.5	1.9	p=0.740

<sup>a</sup> Values are mean (SD) or percentages unless otherwise indicated

<sup>b</sup> p values calculated using  $\chi^2$  (categorical variables), ANOVA (continuous variables)

<sup>c</sup> Adapted for MESA: MET (metabolic equivalent of task) min/week

<sup>d</sup> eGFR CKD-EPI = Estimated glomerular filtration rate based on the Chronic Kidney Disease Epidemiology Collaboration

<sup>e</sup> Adapted for MESA: fruits and vegetables,  $\geq 1.08$  L (4.5 cups)/day; fish, two or more 98 g (3.5 ounce) servings per week (non-fried); fibre-rich whole grains, three or more 28 g (1 ounce)-equivalent servings/day; sodium, <1,500 mg/day; sugar-sweetened beverages,  $\leq 1,884$  kJ (1008 g)/week