

Supplementary Table 1. Baseline clinical and demographic characteristics according to diabetes criteria

Characteristic	Men			Women				
	NGT	Prediabetes	T2DM	P value	NGT	Prediabetes	T2DM	P value
Number	913 (49.3)	818 (44.2)	120 (6.5)		1,456 (59.7)	889 (36.4)	95 (3.9)	
Age, yr	45.2±17.1	55.3±14.2	58.1±12.5	<0.001	44.9±15.1	58.6±13.0	59.2±13.7	<0.001
BMI, kg/m ²	23.8±3.1	24.9±3.3	25.3±3.6	<0.001	22.5±3.2	24.7±3.4	26.7±4.1	0.003
WC, cm	83.9±8.4	88.1±8.6	90.3±9.6	<0.001	76.5±8.5	83.4±9.0	89.0±10.4	0.119
SBP, mm Hg	118±14	124±17	128±16	<0.001	112±17	122±18	126±18	0.010
DBP, mm Hg	77±9	78±10	80±11	0.001	73±10	75±10	76±10	0.510
FPG, mg/dL	91±6	103±9	117±6	<0.001	89±6	101±9	139±33	<0.001
HbA1c, %	5.3±0.2	5.7±0.3	7.2±1.4	<0.001	5.3±0.2	5.8±0.3	6.9±1.0	<0.001
Total cholesterol, mg/dL	185±33	194±36	200±40	<0.001	191±33	199±36	203±41	0.004
TG, mg/dL	112 (76–166)	137 (97–203)	171 (119–289)	<0.001	83 (59–120)	113 (83–164)	145 (112–205)	<0.001
HDL-C, mg/dL	49±11	47±12	44±10	<0.001	57±13	51±12	46±11	0.003
LDL-C, mg/dL	112±30	117±32	115±31	0.001	112±30	121±32	125±40	<0.001
Current smoker	260 (28.5)	228 (27.9)	36 (30.0)	<0.001	39 (2.7)	30 (3.4)	4 (4.4)	0.458
Heavy alcoholics	448 (59.4)	402 (59.5)	57 (57.6)	0.935	318 (31.0)	114 (22.9)	11 (21.6)	0.003
Regular aerobic exercise	522 (58.8)	365 (46.1)	57 (49.1)	<0.001	698 (48.8)	328 (37.7)	35 (37.2)	<0.001
Educational state, ≤HS	369 (41.5)	485 (61.0)	74 (63.2)	<0.001	722 (50.3)	692 (79.8)	78 (83.0)	<0.001
Fasting insulin, µIU/mL	5.6 (3.8–8.4)	7.4 (4.9–10.7)	8.7 (5.3–13.7)	<0.001	5.5 (3.9–7.9)	7.5 (5.3–11.1)	10.6 (6.8–18.3)	<0.001
HOMA-IR	1.24 (0.85–1.89)	1.88 (1.24–2.76)	3.13 (1.81–4.70)	<0.001	1.22 (0.84–1.76)	1.87 (1.26–2.80)	3.44 (2.07–6.14)	<0.001
HOMA-β	73.2 (51.0–108.0)	66.7 (45.1–99.3)	39.5 (21.8–68.6)	<0.001	78.1 (55.6–110.9)	75.8 (52.3–105.2)	56.8 (36.4–92.2)	<0.001
Metabolic syndrome								
Abdominal obesity	195 (21.4)	331 (40.5)	61 (50.8)	<0.001	464 (31.9)	563 (63.3)	80 (84.2)	<0.001
TG	263 (28.8)	359 (43.9)	67 (55.8)	<0.001	203 (13.9)	267 (30.0)	46 (48.4)	<0.001
HDL-C	211 (23.1)	232 (28.4)	39 (32.5)	0.011	452 (31.0)	460 (51.7)	65 (68.4)	<0.001
Blood pressure	338 (37.0)	453 (55.4)	77 (64.2)	<0.001	337 (23.1)	446 (50.2)	61 (64.2)	<0.001

Values are presented as number (%), mean ± standard deviation, or median (interquartile range).

NGT, normal glucose tolerance; T2DM, type 2 diabetes mellitus; BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; DBP, diastolic blood pressure; FPG, fasting plasma glucose; HbA1c, glycosylated hemoglobin; TG, triglyceride; HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol; HS, high school; HOMA-IR, homeostasis model assessment of insulin resistance; HOMA-β, homeostasis model assessment of β-cell function.