Supplementary Table 1. Clinical and laboratory characteristics according to gender

Characteristic	Total	Male	Female	P value[a]
Number	3,294	1,927 (58.5)	1,367 (41.5)	
Age, yr	52 (46–58)	51 (45–57)	54 (49–60)	<0.001
Diabetes duration, yr	4 (1–10)	4 (1–9)	4 (1–10)	0.386
BMI, kg/m²	25.0 (23.0–27.1)	25.0 (23.1–26.9)	24.9 (22.8–27.4)	0.734
SBP, mm Hg	125 (116–134)	126 (117–135)	123 (113–133)	0.028
DBP, mm Hg	80 (70–85)	80 (71–85)	80 (70–83)	<0.001
FPG, mg/dL	136 (116–167)	138 (119–173)	132 (112–162)	<0.001
2-Hour PPG, mg/dL	250 (185–327)	249 (180–327)	253 (193–328)	0.564
HbA1c, %	7.4 (6.6–8.8)	7.4 (6.5–8.9)	7.4 (6.7–8.6)	0.829
Triglyceride, mg/dL	135 (91–197)	140 (92–205)	130 (90–184)	<0.001
HDL-C, mg/dL	46 (39–54)	45 (38–53)	48 (41–56)	<0.001
LDL-C, mg/dL	102 (80–126)	100 (78–123)	105 (83–105)	<0.001
LTPA, kcal/day	266.3 (138.1–447.3)	265.7 (131.0–441.9)	266.5 (146.1–457.2)	0.270
BEPSI score	2.0 (1.0–2.0)	2.0 (1.0–2.0)	2.0 (1.0–3.0)	0.003
Energy intake, kcal/day	1,793.7 (1,560.7–2,055.3)	1,917.6 (1,689.8–2,162.3)	1,639.4 (1,426.2–1,873.5)	<0.001
Protein intake, % energy	16.9 (14.9–19.1)	17.1 (14.9–19.2)	16.7 (14.7–19.1)	0.066
Carbohydrate intake, % energy	60.6 (54.2–66.4)	59.1 (52.4–64.6)	62.4 (56.4–68.4)	<0.001
Fat intake, % energy	21.9 (17.2–26.8)	22.3 (18.1–27.2)	21.2 (16.2–25.9)	<0.001
Fiber intake, g/1,000 kcal	14.9 (11.8–14.9)	14.0 (11.3–17.0)	16.0 (13.0–19.4)	<0.001
UACR, mg/g Cr	10.0 (5.4–26.4)	10.9 (5.4–30.4)	9.2 (5.4–21.8)	0.009
Current drinking, %	53.8	72.7	27.0	<0.001
Current smoking, %	24.1	38.2	4.2	<0.001
Education level, %				
Less than high school	34.8	22.1	52.7	<0.001
High school graduation	36.6	38.5	34.0	
College graduation	28.6	39.5	13.3	
Monthly household income, %				
<1,700 US$	37.2	28.1	50.4	<0.001
1,700–3,400 US$	35.4	37.0	33.0	
>3,400 US$	27.5	34.9	16.6	
Medication use, %				
Insulin	18.3	18.5	18.0	0.770
Sulfonylureas	44.1	44.9	43.0	0.161
Metformin	63.8	61.4	67.2	0.001
ARB or ACE inhibitor	37.7	38.1	37.0	0.560
Statin	38.2	36.7	40.3	0.052
Diabetic retinopathy, %	19.7	19.4	20.0	0.730
Albuminuria, %	22.6	25.4	18.7	<0.001
HbA1c (≥7.5%), %	45.6	45.8	45.5	0.887
Obesity, %	50.1	50.8	49	0.338

Values are presented as number (%) or median (interquartile range).

BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; FPG, fasting plasma glucose; PPG, postprandial glucose; HbA1c, glycosylated hemoglobin; HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol; LTPA, leisure time physical activity; BEPSI, Brief Encounter Psychosocial Instrument; UACR, urinary albumin creatinine ratio; ARB, angiotensin receptor blocker; ACE, angiotensin converting enzyme.

[a]P value was obtained by Mann-Whitney U test or chi-sqaure test as appropriate.