

Supplemental Table 2. Anthropometry and biochemical characteristics at follow-up

		Overall, n = 220
Waist circumference (cm)	Mean (SD)	110.5 (17.6)
Hip circumference (cm)	Mean (SD)	117.3 (16.1)
Waist-hip ratio	median (IQR)	0.94 (0.89-0.99)
Waist-height ratio	median (IQR)	0.68 (0.61-0.75)
BMI (kg/m <sup>2</sup> )	Mean (SD)	34.9 (8.7)
Systolic blood pressure (mmHg)	Mean (SD)	114 (14.6)
Diastolic blood pressure (mmHg)	Mean (SD))	79.7 (10.6)
Fasting blood glucose (mmol/l)	Median (IQR)	5.8 (5.0-8.1)
OGTT 2-hour glucose (mmol/l)	Median (IQR)	8.0 (6.2-11.7)
HbA1c (% , DCCT units)	Median (IQR)	6.0 (5.3-7.8)
Total cholesterol (mmol/l)	Median (IQR)	3.8 (3.2-4.5)
HDL-cholesterol (mmol/l)	Median (IQR)	1.2 (1.0-1.4)
LDL-cholesterol (mmol/l)	Median (IQR)	2.9 (2.3-3.6)
Triglycerides (mmol/l)	Median (IQR)	0.76 (0.55-1.06)
Fasting insulin (uIU/mL), N = 108	Median (IQR)	13.4 (9.3-20)
HOMA-IR, N = 108	Median (IQR)	3.0 (1.9 – 5.1)