

Supplemental Table S3. Multivariable Adjusted HR and 95% CI of Type 2 Diabetes in Subgroups in MHNW and MHO Group

Variable	Stable MHNW (reference) vs. unstable MHNW		Stable MHO (reference) vs. unstable MHO	
	HR (95% CI)	<i>P</i> for interaction	HR (95% C.I.)	<i>P</i> for interaction
Total	3.11 (3.04–3.17)		2.68 (2.61–2.76)	
Age, yr		<0.001		<0.001
<65	3.41 (3.34–3.50)		2.76 (2.69–2.84)	
≥65	1.83 (1.74–1.93)		1.96 (1.79–2.13)	
Sex		<0.001		<0.001
Men	2.94 (2.86–3.02)		2.58 (2.50–2.67)	
Women	3.46 (3.34–3.59)		3.05 (2.90–3.20)	
Weight change		<0.001		<0.001
Weight loss (<–5%)	2.43 (2.28–2.60)		2.17 (2.01–2.33)	
Weight stable (–5% to 5%)	3.08 (3.00–3.17)		2.59 (2.51–2.67)	
Weight gain (≥5%)	3.61 (3.45–3.78)		2.97 (2.77–3.19)	

Adjusted for age, sex, smoking, alcohol consumption, regular exercise, family history of type 2 diabetes, and mean fasting plasma glucose. HR, hazard ratio; CI, confidence interval; MHNW, metabolically healthy normal weight; MHO, metabolically healthy obese.