Supplementary Table 1. Overview of incident cases of type 2 diabetes in study population, stratified by type of visit and treatment

	Spouses			Unaffected relatives			FCHL patients		
	self-reported	confirmed[*]	newly diagnosed[#]	self-reported	confirmed[*]	newly diagnosed[#]	self-reported	confirmed[*]	newly diagnosed[#]
Questionnaire only, n	2	2	-	1	1	-	5	5	-
- *Diet (n)*	*(1)*	*(1)*	-	*(0)*	*(0)*	-	*(0)*	*(0)*	-
- *Oral (n)*	*(1)*	*(1)*	-	*(1)*	*(1)*	-	*(3)*	*(3)*	-
- *Insulin (n)*	*(0)*	*(0)*	-	*(0)*	*(0)*	-	*(2)*	*(2)*	-
Clinical visit, n	3	3	0	9	9	1	16	16	2
- *Diet (n)*	*(0)*	*(0)*	-	*(0)*	*(0)*	-	*(2)*	*(2)*	-
- *Oral (n)*	*(3)*	*(3)*	-	*(7)*	*(7)*	-	*(12)*	*(12)*	-
- *Insulin (n)*	*(0)*	*(0)*	-	*(2)*	*(2)*	-	*(2)*	*(2)*	-
Total	**5**	**5**	**0**	**10**	**10**	**1**	**21**	**21**	**2**

* Used as the primary outcome measure in this study

Diagnosed by fasting plasma glucose measurement during the clinical visit

Supplementary Table 2. Cox's proportional hazard regression models of incident type 2 diabetes* in overall cohort and ultrasound subcohort

OVERALL COHORT	Unaffected relatives versus spouses			FCHL patients versus spouses		
Model, adjusted for	HR	95%CI	p	HR	95%CI	p
1. Crude	1.0	0.3-2.8	0.97	6.8	2.6-18.0	<0.001
2. Age + sex	1.1	0.4-3.3	0.10	6.5	2.5-17.2	<0.001
3. model 2 + alcohol	1.5	0.5-4.8	0.52	6.9	2.3-20.4	0.001
4. model 3 + waist	1.4	0.4-4.7	0.41	5.0	1.6-15.1	0.005
5. model 4 + HOMA2-IR	2.2	0.6-8.4	0.23	4.0	1.1-14.7	0.04
6. model 5 + FLI $\geq$ 60	2.0	0.5-7.4	0.31	3.1	0.8-11.7	0.09
ULTRASOUND SUBCOHORT	Unaffected relatives versus spouses			FCHL patients versus spouses		
Model, adjusted for	HR	95%CI	p	HR	95%CI	p
1. Crude	3.6	0.4-29.7	0.23	10.5	1.3-85.5	0.03
2. Age + sex	3.7	0.4-30.5	0.22	9.2	1.1-76.1	0.04
3. model 2 + VAT-US + SAT-US	2.9	0.3-24.3	0.33	5.5	0.6-47.2	0.12
4. model 3 + HOMA2-IR	3.0	0.4-26.1	0.31	4.8	0.6-41.0	0.15
5. model 4 + fatty liver[#]	2.5	0.3-21.7	0.41	3.8	0.4-33.0	0.23

* clinically diagnosed and newly diagnosed T2D were combined as an outcome measure in this sensitivity analysis

determined by ultrasound

Abbreviations: HOMA2-IR: homeostasis model assessment insulin resistance; FLI: fatty liver index VAT-US: visceral adipose tissue determined by ultrasound; SAT-US: subcutaneous adipose tissue determined by ultrasound