

Fast walking is a preventive factor against new-onset diabetes mellitus in a large cohort from a Japanese general population

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Additional File 3. Baseline characteristics of participants with or without exercise to sweat lightly

	Exercise to sweat lightly –	Exercise to sweat lightly +	<i>P</i>
n	97,770	69,914	
Age, years	62.4(8.3)	65.5(6.6)	<0.01
Male, %	35.9	42.8	<0.01
BMI, kg/m ²	23.0(3.2)	23.0(2.9)	N.S.
Waist circumference, cm	83.3(9.1)	83.2(8.4)	N.S.
Systolic blood pressure, mmHg	128.4(17.6)	129.8(17.2)	<0.01
Diastolic blood pressure, mmHg	76.3(10.8)	76.5(10.4)	<0.01
Fasting plasma glucose, mg/dl	93.1(9.7)	93.7(9.8)	<0.01
HbA1c, %	5.58(0.33)	5.59(0.33)	<0.01
LDL cholesterol, mg/dL	126.8(30.1)	126.2(29.2)	<0.01
HDL cholesterol, mg/dL	62.4(15.9)	63.1(16.1)	<0.01
Triglycerides, mg/dL	114.2(72.3)	110.4(65.5)	<0.01
AST, U/L	23.9(9.4)	24.1(8.8)	<0.01
ALT, U/L	21.5(13.0)	20.9(11.5)	<0.01
γGTP, U/L	34.7(41.8)	33.6(38.7)	<0.01
Current smoker, %	14.8	10.6	<0.01
Every day drinking, %	20.8	23.8	<0.01
Weight gain over 10kg from twenty,%	31.7	30.5	<0.01
Weight change ± 3kg within 1year, %	20.5	19.0	<0.01

Mean (SD) or %, N.S. not significant