

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 5. Characteristics at baseline or at follow-up or onset of diabetes

	Diabetes onset –			Diabetes onset +		
	Baseline	At follow-up	<i>P</i>	Baseline	At onset	<i>P</i>
n	161,455			6,229		
Age, years	63.6 (7.8)	65.6 (7.7)	<0.05	65.2 (6.5)	66.8 (6.4)	<0.05
BMI, kg/m ²	22.9 (3.1)	22.9 (3.1)	0.053	24.3 (3.5)	24.6 (3.6)	<0.05
Waist circumference, cm	83.1 (8.8)	83.1 (8.8)	0.47	86.8 (9.1)	87.4 (9.4)	<0.05
Fasting plasma glucose, mg/dl	92.9 (9.3)	93.0 (9.8)	<0.05	105.1 (11.6)	118.0 (23.4)	<0.05
HbA1c, %	5.57 (0.32)	5.59 (0.32)	<0.05	6.01 (0.34)	6.35 (0.64)	<0.05

Mean (SD) or %