

**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 6. Multivariable-adjusted odds ratio for the risk of new-onset diabetes mellitus of fast walking**

	Weight gain over 10kg from twenty				Weight change $\pm$ 3kg within 1year			
	-		+		-		+	
	OR* (95% CI)	<i>P</i>	OR* (95% CI)	<i>P</i>	OR* (95% CI)	<i>P</i>	OR* (95% CI)	<i>P</i>
Fast walking	0.91 (0.85-0.99)	<0.05	0.90 (0.83-0.98)	<0.05	0.90 (0.85-0.96)	<0.05	0.92 (0.83-1.03)	0.16

\*Adjusted for sex, age, BMI, SBP, FPG, exercise to sweat lightly, walking>1 hour/day