

SUPPLEMENTARY DATA

**Supplementary Table 1.** Baseline characteristic of the total study participants and individuals who did or did not develop diabetes during the 10-year follow-up time.

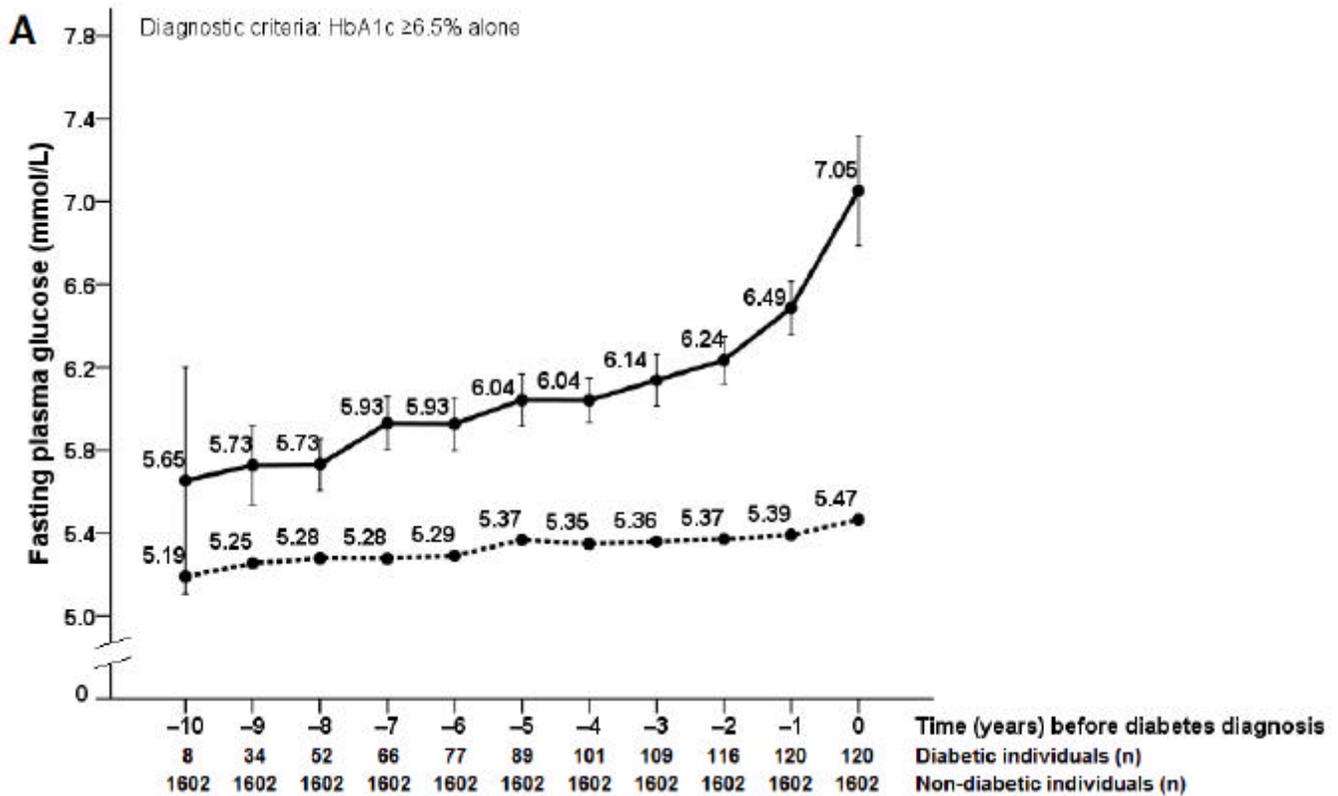
	Total (n=1722)	Incidence of diabetes		P value
		Non-diabetic individuals (n=1529)	Diabetic individuals (n=193)	
Age (years)	50.1 ± 8.7	49.8 ± 8.7	52.8 ± 8.7	<0.001
Sex (female)	464 (26.9)	434 (28.4)	30 (15.5)	<0.001
Parental history of diabetes	242 (14.1)	207 (13.5)	35 (18.1)	<0.001
Body mass index (kg/m <sup>2</sup> )	22.6 ± 2.7	22.5 ± 2.7	23.8 ± 2.8	<0.001
Systolic blood pressure (mm Hg)	125 ± 16	125 ± 15	129 ± 17	<0.001
Diastolic blood pressure (mm Hg)	76 ± 11	75 ± 11	79 ± 12	<0.001
Hypertension*	361 (21.0)	300 (19.6)	61 (31.6)	<0.001
Triglycerides (mmol/L)	1.26 ± 0.84	1.20 ± 0.78	1.67 ± 1.13	<0.001
Total cholesterol (mmol/L)	5.28 ± 0.84	5.27 ± 0.84	5.37 ± 0.85	0.117
HDL cholesterol (mmol/L)	1.41 ± 0.41	1.43 ± 0.41	1.30 ± 0.40	<0.001

Data are n (%), mean ± SD. \*Hypertension defined as systolic blood pressure ≥140 mm Hg and/or diastolic blood pressure ≥90 mm Hg or treatment. P values between non-diabetic individuals and diabetic individuals were tested by  $\chi^2$  test or t-test.

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**Supplementary Figure 1.** Trajectories of fasting plasma glucose (FPG) (A) and HbA1c (B) and differences in FPG and HbA1c values between cases and non-cases (C) before the diagnosis of type 2 diabetes (type 2 diabetes indicated by the definition HbA1c =6.5% alone).

The solid line represents individuals who developed diabetes and the dotted line represents who did not developed diabetes (in panels A, B). The value for HbA1c (%) was estimated as the National Glycohemoglobin Standardization Program (NGSP) equivalent value (%) calculated by the formula HbA1c (%) = HbA1c (Japan Diabetes Society (JDS)) (%) + 0.4%.



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