

SUPPLEMENTARY DATA

**Supplementary Table 1.** Difference between baseline and follow-up levels of metabolic syndrome components by baseline serum adiponectin.

	Mean difference follow-up minus baseline (SD)				<i>P for trend</i>
	Adiponectin Quartile 1	Adiponectin Quartile 2	Adiponectin Quartile 3	Adiponectin Quartile 4	
All men					
Waist circumference, cm	1.55 (4.81)	1.55 (4.91)	0.50 (6.41)	0.79 (5.44)	0.049
HDL cholesterol, mg/dL	-2.01 (9.23)	-1.98 (9.57)	-1.67 (8.50)	-2.87 (11.32)	0.453
Triglycerides, mg/dL	20.23 (99.67)	6.82 (88.11)	6.70 (70.39)	-5.73 (49.15)	0.002
Systolic blood pressure, mmHg	-3.80 (17.70)	-7.44 (16.79)	-7.67 (16.82)	-5.06 (15.38)	0.442
Fasting glucose, mg/dL	2.79 (19.89)	1.14 (13.33)	0.50 (12.61)	1.47 (16.40)	0.349
Men without each component at baseline <sup>a</sup>					
Waist circumference, cm	2.10 (4.72)	1.87 (5.03)	0.68 (6.70)	1.00 (5.54)	0.018
HDL cholesterol, mg/dL	-2.61 (9.93)	-3.93 (9.20)	-2.36 (8.87)	-3.62 (11.58)	0.662
Triglycerides, mg/dL	33.06 (70.12)	27.93 (77.31)	17.93 (61.69)	4.53 (38.57)	<0.001
Systolic blood pressure, mmHg	3.62 (13.36)	1.26 (13.42)	1.64 (12.11)	-0.69 (13.56)	0.035
Fasting glucose, mg/dL	2.71 (8.29)	1.55 (7.82)	1.76 (7.40)	2.43 (10.77)	0.899
All women					
Waist circumference, cm	3.28 (5.31)	3.14 (5.22)	3.10 (5.81)	2.43 (6.25)	0.075
HDL cholesterol, mg/dL	-0.20 (8.30)	-0.73 (8.15)	-1.68 (10.96)	-2.38 (9.15)	0.002
Triglycerides, mg/dL	14.03 (59.34)	11.10 (50.68)	1.92 (53.35)	6.58 (45.92)	0.020
Systolic blood pressure, mmHg	-2.73 (17.03)	-4.75 (14.72)	-4.17 (16.51)	-4.04 (16.52)	0.418
Fasting glucose, mg/dL	1.72 (10.82)	1.14 (9.10)	1.03 (7.07)	2.13 (8.07)	0.627
Women without each component at baseline <sup>a</sup>					
Waist circumference, cm	3.79 (5.24)	3.91 (4.80)	3.74 (5.52)	2.95 (5.87)	0.070
HDL cholesterol, mg/dL	-3.85 (8.63)	-3.60 (9.23)	-3.89 (12.61)	-4.90 (9.28)	0.324

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Triglycerides, mg/dL	20.95 (50.14)	17.20 (41.54)	7.86 (43.71)	11.92 (38.87)	0.002
Systolic blood pressure, mmHg	1.77 (12.89)	0.07 (12.46)	1.40 (13.38)	1.49 (14.35)	0.934
Fasting glucose, mg/dL	2.55 (6.37)	1.68 (7.32)	1.36 (6.52)	2.20 (7.81)	0.467

<sup>a</sup> Subjects with each component of metabolic syndrome at baseline have been excluded.

**Supplementary Table 2.** Predicted risk for new-onset metabolic syndrome before and after reclassification with baseline serum adiponectin in men who did (A) or did not (B) experience new-onset metabolic syndrome within 2.6 years.

A	Model with baseline serum adiponectin				
	0-<5%	5-<10%	10-<20%	≥20%	Total
Model without baseline serum adiponectin					
0-<5%	3*	0	0	0	3
5-<10%	1	7*	1	0	9
10-<20%	0	2	27*	10	39
≥20%	0	0	10	92*	102
Total	4	9	38	102	153
B					
Model without baseline serum adiponectin					
0-<5%	96*	15	0	0	111
5-<10%	33	105*	28	0	166
10-<20%	4	31	144*	17	196
≥20%	0	1	32	172*	205
Total	133	152	204	189	678

\* Values along the diagonal were classified by both models in the same risk category. For each row, values to the right of the value with an asterisk were classified in higher risk categories after adding adiponectin to the prediction model, and values to the left were classified in lower risk categories after adding adiponectin to the prediction model.

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**Supplementary Table 3.** Predicted risk for new-onset metabolic syndrome before and after reclassification with baseline serum adiponectin in women who did (A) or did not (B) experience new-onset metabolic syndrome within 2.6 years.

A	Model with baseline serum adiponectin				
	0-<5%	5-<10%	10-<20%	≥20%	Total
Model without baseline serum adiponectin					
0-<5%	0*	0	0	0	0
5-<10%	2	19*	3	0	24
10-<20%	0	2	47*	1	50
≥20%	0	0	0	125*	125
Total	2	21	50	126	199
B					
Model without baseline serum adiponectin					
0-<5%	272*	6	0	0	278
5-<10%	8	206*	19	0	233
10-<20%	0	12	252*	5	269
≥20%	0	0	9	225*	234
Total	280	224	280	230	1014

\* Values along the diagonal were classified by both models in the same risk category. For each row, values to the right of the value with an asterisk were classified in higher risk categories after adding adiponectin to the prediction model, and values to the left were classified in lower risk categories after adding adiponectin to the prediction model.

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**Supplementary Table 4.** Odds ratios for new-onset diabetes according to gender-specific baseline serum adiponectin in subjects with metabolic syndrome at baseline.

	Odds ratio <sup>a</sup> (95% CI)	
	Men (n=595)	Women (n=748)
Adiponectin		
Quartile 1	1.00	1.00
Quartile 2	0.79 (0.44-1.39)	0.75 (0.42-1.36)
Quartile 3	0.75 (0.43-1.33)	0.84 (0.46-1.55)
Quartile 4	0.71 (0.39-1.29)	0.47 (0.23-0.94)

Gender-specific quartiles of serum adiponectin levels with cut-points 4.05, 5.86, and 7.88  $\mu\text{g/mL}$  for men and 6.60, 9.31, and 12.53  $\mu\text{g/mL}$  for women.

<sup>a</sup> Adjusted for age, baseline body mass index, LDL cholesterol, smoking, regular exercise, hs-CRP, HOMA-IR, and follow-up body mass index.

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**Supplementary Table 5.** Odds ratios for new-onset diabetes according to gender-specific baseline serum adiponectin in subjects with pre-diabetes at baseline.

	Odds ratios <sup>a</sup> (95% CI)	
	Men (n=318)	Women (n=235)
Adiponectin		
Quartile 1	1.00	1.00
Quartile 2	0.68 (0.27-1.72)	1.20 (0.43-3.35)
Quartile 3	0.38 (0.13-1.09)	0.15 (0.03-0.79)
Quartile 4	0.53 (0.18-1.60)	0.22 (0.05-0.97)

Gender-specific quartiles of serum adiponectin levels with cut-points 4.21, 6.16, and 8.68 µg/mL for men and 6.29, 9.67, and 13.65 µg/mL for women.

<sup>a</sup>Adjusted for age, baseline body mass index, LDL cholesterol, smoking, regular exercise, hs-CRP, HOMA-IR, and follow-up body mass index.

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Supplementary Figure 1. Flowchart of study population.

Supplementary figure-Flowchart of study population

