

SUPPLEMENTARY DATA

Supplementary Table S1.
Comparison of responders versus non-responders in the study cohort

Variables	Responders (n=2944)	Non- responders (n=645)	p value
Age (years)	46.0 ± 13.7	44.9 ± 12.2	0.058
Male n(%)	1280 (43.5%)	254 (39.4%)	0.059
Body mass index (kg/m ²)	24.4 ± 4.6	24.6 ± 4.5	0.322
Systolic blood pressure (mmHg)	124 ± 20	123 ± 20	0.187
Diastolic blood pressure (mmHg)	76 ± 11	76 ± 12	0.250
Fasting plasma glucose (mmol)	6.83 ± 3.55	6.66 ± 3.89	0.353
Serum cholesterol (mg/dl)	4.91 ± 1.09	4.91 ± 1.09	0.885

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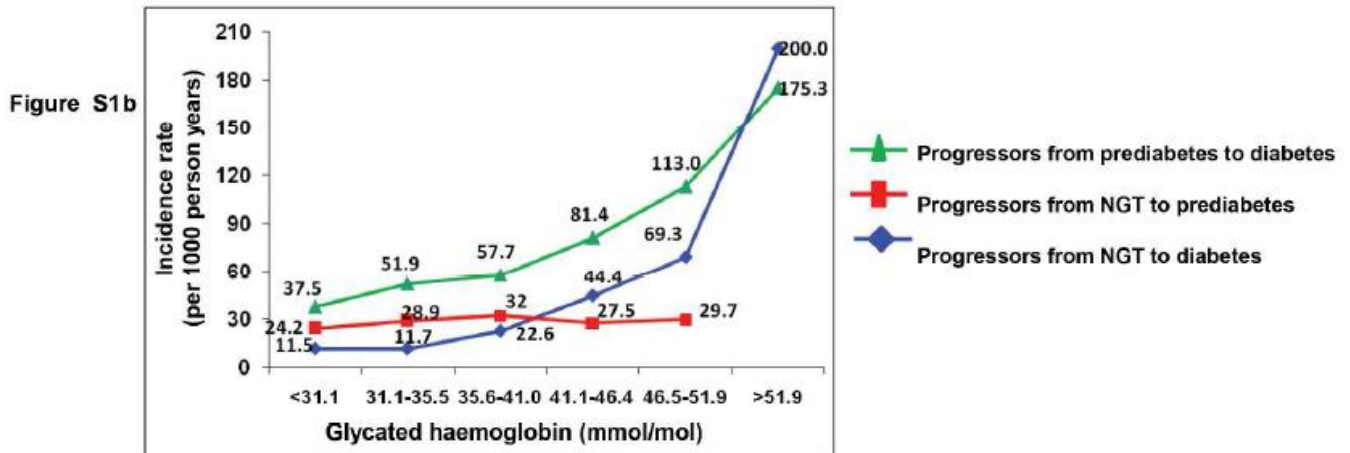
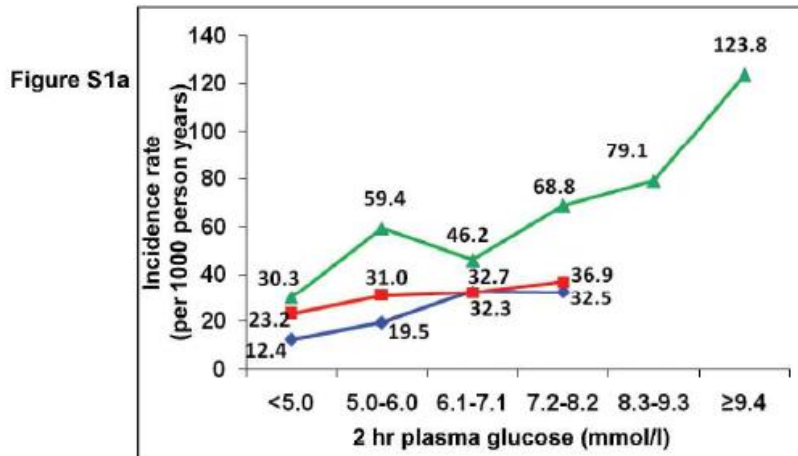
Supplementary Table S2.

Sex specific diabetes and prediabetes conversion rates in the study cohort

Conversion rates	Among NGT (n=1,077)	Among prediabetes (n=299)
Progressed to diabetes	209 (19.4)	176 (58.9)
Male	82 (18.4)	72 (56.3)
Female	127 (20.1)	104 (60.8)
Progressed to prediabetes	277 (25.7)	-
Male	107 (24.0)	-
Female	170 (26.9)	-
Progressed to dysglycemia	486 (45.1)	-
Male	189 (42.5)	-
Female	297 (47.0)	-
Remained as prediabetes	-	71 (23.7)
Male	-	30 (23.4)
Female	-	41 (24.0)
Remained as NGT	591 (54.9)	-
Male	256 (57.5)	-
Female	335 (53.0)	-
Reverted to NGT	-	52 (17.4)
Male	-	26 (20.3)
Female	-	26 (15.2)
Conversion rates	Among i-IGT (n=163)	Among i-IFG (n=67)
Progressed to diabetes	86 (52.8)	32 (47.8)
Male	25 (39.7)	16 (55.2)
Female	61 (61.0)	16 (42.1)
Conversion rates	Among combined IFG + IGT (n=69)	
Progressed to diabetes	58 (84.1)	-
Male	31 (86.1)	-
Female	27 (81.8)	-

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Supplementary Figure S1. Incidence of diabetes and pre-diabetes (new cases/1000 person years) by baseline 2 hr plasma glucose and glycated hemoglobin among progressors from pre-diabetes to diabetes, progressors from normal glucose tolerance (NGT) to pre-diabetes and progressors from NGT to diabetes



HbA1c concentration: <5.0% (<31.1 mmol/mol), 5.0–5.4% (31.1-35.5 mmol/mol), 5.5–5.9% (35.6-41.0 mmol/mol) 6.0–6.4% (41.1-46.4 mmol/mol), 6.5–6.9% (46.5-51.9 mmol/mol) and >6.9% (>51.9 mmol/mol)