

Supplementary Table 1. Hazard ratios for diabetes development in 40-year-old group according to the fasting glucose level, after further adjustment with a family history of diabetes

| | Normoglycemia (fasting glucose level <100 mg/dL) | | | | Impaired fasting glucose (fasting glucose level 100–125 mg/dL) | | | |
|---|---|-------|--|------------------------|---|--------|--|---------------------|
| | Number | DM | Incidence rate, 1,000 person- year | Model 4 | Number | DM | Incidence rate, 1,000 person- year | Model 4 |
| BMI (per 1) | | | | 1.188 (1.184–1.191) | | | | 1.160 (1.157–1.163) |
| Obesity ^a (BMI ≥25 kg/m ²) | | | | | | | | |
| No | 1,134,656 | 4,636 | 0.710 | 1 (ref) | 250,021 | 7,085 | 5.011 | 1 (ref) |
| Yes | 414,271 | 8,663 | 3.672 | 3.797 (3.653–3.946) | 192,384 | 17,756 | 17.145 | 2.947 (2.862–3.034) |
| BMI, kg/m ² | | | | | | | | |
| <18.5 | 67,185 | 162 | 0.430 | 0.902 (0.766–1.061) | 9,198 | 124 | 2.408 | 0.733 (0.610–0.881) |
| 18.5–22.9 | 725,446 | 2,164 | 0.518 | 1 (ref) | 137,907 | 2,727 | 3.477 | 1 (ref) |
| 23–24.9 | 342,025 | 2,309 | 1.168 | 1.924 (1.811–2.044) | 102,916 | 4,234 | 7.324 | 1.952 (1.858–2.051) |
| 25–29.9 | 365,524 | 6,041 | 2.888 | 4.143 (3.932–4.365) | 160,523 | 12,465 | 14.241 | 3.541 (3.390–3.698) |
| ≥30 | 48,747 | 2,622 | 9.821 | 12.223 (11.495–12.997) | 31,861 | 5,291 | 32.988 | 7.735 (7.367–8.121) |
| <i>P</i> for trend | | | | <0.0001 | | | | <0.0001 |
| WC (per 5) | | | | 1.515 (1.502–1.529) | | | | 1.391 (1.382–1.400) |
| Abdominal obesity ^b | | | | | | | | |
| No | 1,345,860 | 7,474 | 0.964 | 1 (ref) | 337,242 | 12,946 | 6.835 | 1 (ref) |
| Yes | 203,067 | 5,825 | 5.102 | 3.722 (3.586–3.863) | 105,163 | 11,896 | 21.412 | 2.655 (2.586–2.726) |
| WC (male/female), cm | | | | | | | | |
| <80/75 | 750,289 | 2,196 | 0.509 | 0.324 (0.305–0.343) | 139,141 | 2,703 | 3.421 | 0.337 (0.321–0.353) |
| <80–84.9/75–79.9 | 353,125 | 2,462 | 1.207 | 0.651 (0.616–0.688) | 104,991 | 4,311 | 7.315 | 0.666 (0.640–0.693) |
| <85–89.9/80–84.9 | 242,445 | 2,816 | 2.023 | 1 (ref) | 93,110 | 5,932 | 11.531 | 1 (ref) |
| <90–94.9/85–89.9 | 123,603 | 2,523 | 3.590 | 1.629 (1.542–1.721) | 58,001 | 5,152 | 16.435 | 1.366 (1.315–1.419) |
| <95–99.9/90–94.9 | 50,872 | 1,645 | 5.782 | 2.443 (2.295–2.601) | 28,098 | 3,365 | 22.840 | 1.848 (1.769–1.929) |
| ≥100/95 | 28,593 | 1,657 | 10.733 | 4.267 (4.006–4.545) | 19,064 | 3,378 | 35.659 | 2.791 (2.671–2.916) |
| <i>P</i> for trend | | | | <0.0001 | | | | <0.0001 |

Risk of DM development was expressed as hazard ratio with (95% confidence interval). Model 4 was adjusted for age, sex, smoking status, alcohol consumption, physical activity, income, hypertension, dyslipidemia, and family history of diabetes.

DM, diabetes mellitus; BMI, body mass index; WC, waist circumference.

^aGeneral obesity: BMI ≥25 kg/m², ^bAbdominal obesity: waist circumference ≥90 cm for men and ≥85 cm for women.