

Supplementary Table 2. Glycemic status at the 4-year follow-up from the baseline dataset

Groups (at baseline dataset)	Glycemic status at 4-year follow-up (at follow-up dataset) ^{a,b}		
	Prediabetes	Diabetes	Normoglycemia
Prediabetes maintenance (<i>n</i> =325)	147 (45.2)	114 (35.1)	64 (19.7)
Prediabetes progression (<i>n</i> =249)	20 (8.0)	222 (89.2)	7 (2.8)
Prediabetes regression (<i>n</i> =289)	118 (40.8)	31 (10.7)	140 (48.9)

Values are presented as number (%).

^aThere were only 863 participants provided sufficient data to ascertain glycemic status, ^bGlycemic status was defined based on the glycosylated hemoglobin and self-reported history (only for diabetes).