

**Supplementary Table 3.** Prediabetes progression and regression on physical function over 4 years by using glycosylated hemoglobin of 6.0% to 6.4% to ascertain prediabetes

Binary outcomes	No. of cases/ participants	Odds ratio and 95% confidence interval		
		Model 1	Model 2	Model 3
Development of weak grip strength				
Prediabetes maintenance	11/114	1 (Ref)	1 (Ref)	1 (Ref)
Prediabetes progression	21/152	1.50 (0.69–3.25)	1.85 (0.82–4.18)	2.53 (0.97–6.60)
Prediabetes regression	27/249	1.14 (0.54–2.38)	1.38 (0.63–3.01)	0.77 (0.29–2.05)
Development of low walking speed				
Prediabetes maintenance	15/33	1 (Ref)	1 (Ref)	1 (Ref)
Prediabetes progression	27/49	1.47 (0.61–3.57)	1.47 (0.60–3.59)	1.01 (0.35–2.91)
Prediabetes regression	42/84	1.20 (0.54–2.69)	1.24 (0.55–2.82)	2.21 (0.76–6.42)
Development of poor standing balance				
Prediabetes maintenance	32/104	1 (Ref)	1 (Ref)	1 (Ref)
Prediabetes progression	39/115	1.15 (0.65–2.04)	1.20 (0.66–2.18)	1.27 (0.66–2.42)
Prediabetes regression	53/196	0.83 (0.49–1.41)	0.85 (0.49–1.47)	0.90 (0.48–1.69)

Model 1: without adjustment; Model 2: adjusted for age, sex, and body mass index; Model 3: additionally adjusted for history of smoking and drinking (yes or no), taking physical exercise (yes or no), history of chronic lung disease (with or without), arthritis (with or without), and Alzheimer's disease (with or without), diastolic blood pressure, glycosylated hemoglobin, total cholesterol/high-density lipoprotein cholesterol, and C-reactive protein, and corresponding physical function (except standing balance) at baseline.