

Supplementary Table 2. Baseline characteristics of patients who initially attained HbA1c goal (HbA1c <7%) at 6 months

Characteristic	Durability group (n=103)	Non-durability group (n=39)	P value
Age, yr	55.2±11.3	54.4±13.2	0.733
Male sex	64 (62.1)	25 (64.1)	0.829
Body weight, kg	71.4±13.9	67.1±10.7	0.084
Body mass index, kg/m ²	26.2±4.17	24.7±3.21	0.047
Waist circumference, cm	90.2±11.5	83.2±16.5	0.006
Smoking status			0.849
Non-smoker	45 (43.7)	17 (43.6)	
Ex-smoker	19 (18.4)	6 (15.4)	
Current-smoker	39 (37.9)	16 (41.0)	
Alcohol			0.347
No	49 (47.6)	22 (56.4)	
Yes	54 (52.4)	17 (43.6)	
Education			0.029
Lower than middle school	15 (16.7)	11 (30.6)	
High school	36 (40.0)	16 (44.4)	
Higher than college	39 (43.3)	9 (25.0)	
Physical activity			0.383
None	58 (56.9)	23 (60.5)	
≤ Twice per week	5 (4.9)	5 (13.2)	
≥ Three times per week	39 (38.2)	10 (26.3)	
Fasting plasma glucose, mg/dL	150.3±55.5	186.4±72.0	0.002
Postprandial glucose, mg/dL	223.4±100.2	276.8±110.7	0.008
HbA1c, %	8.5±2.2	9.7±2.3	0.005
HbA1c at 6 months, %	6.2±0.41	6.4±0.37	0.003
C-peptide, basal, ng/mL ^a	2.37±1.15	1.88±1.18	0.028
Insulin, basal, μIU/mL ^a	9.90±5.48	8.05±4.68	0.097
HOMA-β ^{a,b}	53.8±5.7	36.0±5.8	0.032
HOMA-IR ^{a,c}	3.84±0.34	3.40±0.37	0.567
Creatinine, mg/dL	0.89±0.18	0.88±0.21	0.753
Estimated GFR, mL/min/1.73 m ²	88.22±18.15	92.35±20.68	0.248
Systolic blood pressure, mm Hg	126.6±15.2	124.8±12.6	0.506
Total cholesterol, mg/dL	187.7±48.1	177.3±39.5	0.237
HDL-C, mg/dL	46.6±10.2	46.5±11.9	0.962
Triglyceride, mg/dL	157.1±141.7	157.8±108.9	0.977
Initial treatment			
Life style modification	14 (13.6)	1 (2.6)	0.068
Insulin	19 (18.4)	13 (33.3)	0.058
Metformin	81 (78.6)	33 (84.6)	0.424
Sulfonylurea	27 (26.2)	15 (38.5)	0.153
Meglitinide	4 (3.9)	2 (5.1)	0.666
DPP4-inhibitor	10 (9.7)	7 (17.9)	0.177
Thiazolidinedione	10 (9.7)	3 (7.7)	1.000
α-Glucosidase inhibitor	1 (1.0)	1 (2.6)	0.475

Values are presented as mean ± standard deviation or number (%).

HbA1c, glycosylated hemoglobin; HOMA-β, homeostasis model assessment for β-cell function; HOMA-IR, homeostasis model assessment for insulin resistance; GFR, glomerular filtration rate; HDL-C, high density lipoprotein cholesterol; DPP4, dipeptidyl peptidase 4.

^aStatistical significance was estimated after log transformation, ^bHOMA-β was calculated by $[20 \times \text{fasting plasma insulin } (\mu\text{IU/mL})] / [\text{fasting plasma glucose } (\text{mmol/L}) - 3.5]$, ^cHOMA-IR was calculated by $[\text{fasting insulin } (\mu\text{IU/mL}) \times \text{fasting plasma glucose } (\text{mmol/L})] / 22.5$.