

**Supplementary Table 1.** Correlation between changes in obesity indices and changes in levels of glucose homeostasis variables

Obesity indices	$\Delta$ Fasting glucose		$\Delta$ Insulin		$\Delta$ HOMA-IR	
	<i>r</i>	<i>P</i> value	<i>r</i>	<i>P</i> value	<i>r</i>	<i>P</i> value
Male ( <i>n</i> =458)						
$\Delta$ BMI	0.043	0.393	0.214	<0.001	0.209	0.001
$\Delta$ WC	0.127	0.012	0.331	<0.001	0.317	<0.001
$\Delta$ WHR	0.134	0.008	0.320	<0.001	0.304	0.003
$\Delta$ WHtR	0.126	0.012	0.327	<0.001	0.313	0.001
Female ( <i>n</i> =426)						
$\Delta$ BMI	0.136	0.004	0.246	<0.001	0.244	<0.001
$\Delta$ WC	0.138	0.004	0.176	<0.001	0.185	<0.001
$\Delta$ WHR	0.062	0.196	0.165	0.001	0.156	0.001
$\Delta$ WHtR	0.124	0.009	0.159	0.001	0.167	<0.001

Adjusted for age, smoking status, alcohol intake, and physical activity at baseline.

$\Delta$ , change between baseline and follow-up; HOMA-IR, homeostasis model assessment of insulin resistance; BMI, body mass index; WC, waist circumference; WHR, waist-hip ratio; WHtR, waist-height ratio.