

**Supplementary Table 1.** Baseline clinical characteristics of the study participants

Characteristic	Euglycemic (n=1,209)	Prediabetes (n=1,190)	P value
Age, yr	38.2±14.0	48.2±13.5	<0.01
BMI, kg/m <sup>2</sup>	23.6±3.2	24.9±3.4	<0.01
Prediabetes			
FPG, mg/dL	89.6±5.8	100.8±9.3	<0.01
HbA1c, %	5.32±0.23	5.76±0.30	<0.01
Thyroid function			
FT4, ng/dL	1.31±0.16	1.26±0.16	<0.01
TSH, $\mu$ IU/mL	2.23±1.07	2.25±1.07	0.58
Thyroid peroxidase antibody, IU/mL	10.3±26.4	16.8±70.4	<0.01
Metabolic syndrome			
Waist circumference, cm	82.2±8.7	86.3±9.1	<0.01
Systolic BP, mm Hg	116.0±12.4	121.2±14.9	<0.01
Diastolic BP, mm Hg	76.6±9.6	79.6±10.2	<0.01
HDL-C, mg/dL	49.3±10.9	47.4±11.2	<0.01
Triglycerides, mg/dL	141.8±120.4	172.4±137.4	<0.01
Metabolic syndrome	77 (9.1)	280 (36.1)	<0.01
Biochemistry			
Blood urea nitrogen, mg/dL	14.1±3.8	14.9±3.9	<0.01
Creatinine, mg/dL	0.96±0.19	0.96±0.13	0.62
Urine iodine: creatinine ratio	4.28±16.86	4.51±11.81	0.70
Past history			
Past history of HTN	62 (7.7)	136 (17.4)	<0.01
Past history of hyperlipidemia	36 (4.5)	71 (10.3)	<0.01
Family history			
Family history of diabetes	124 (16.4)	162 (20.7)	<0.01
Family history of thyroid disease	30 (4.4)	32 (4.0)	0.59
Social history			
Heavy alcohol consumers	149 (18.8)	171 (23.3)	0.10
Smoking history (never/ex-/current)	238/235/307	164/274/322	<0.01

Values are presented as mean  $\pm$  standard deviation or number (%). All *P* values were obtained using analysis of variance or the chi-square test. BMI, body mass index; FPG, fasting plasma glucose; HbA1c, glycosylated hemoglobin; FT4, free thyroxine; TSH, thyrotropin; BP, blood pressure; HDL-C, high density lipoprotein cholesterol; HTN, hypertension.