Supplementary Table 1. Clinical characteristics according to glucose tolerance status at last follow-up

Glucose tolerance status	Normal (n=151)	Prediabetes (n=128)	T2DM (n=26)	P value
Body mass index, kg/m^2	22.2±3.1	23.8±3.9[a]	24.9±4.4[a]	<0.001
HbA1c, %	5.3±0.3	5.5±0.3[a]	6.3±0.7[a,b]	<0.001
Fasting plasma glucose, mg/dL	91.5±6.2	106.5±7.3[a]	123.7±24.7[a,b]	<0.001
Insulin, μIU/mL	6.6±2.2	9.0±5.9[a]	10.0±5.0[a]	<0.001
C-peptide, ng/mL	1.6±0.7	2.2±0.9[a]	3.0±1.8[a,b]	<0.001
Total cholesterol, mg/dL	187.2±31.0	191.6±34.7	210.6±27.5[a]	0.029
Triglyceride, mg/dL	75.4±42.4	96.0±49.6	190.4±183.8[a]	<0.001
HDL cholesterol, mg/dL	63.5±14.6	59.2±13.8	54.9±16.9	0.040
LDL cholesterol, mg/dL	108.3±23.7	114.4±27.3	120.9±28.6	0.107
Blood urea nitrogen, mg/dL	12.3±2.7	11.7±2.7	10.6±3.0	0.099
Creatinine, mg/dL	0.6±0.1	0.6±0.1	0.6±0.1	0.717
Aspartate transaminase, U/L	20.4±5.0	20.8±5.6	28.5±20.8[a,b]	0.002
Alanine transaminase, U/L	15.3±6.7	18.0±9.7	32.6±27.0[a,b]	<0.001

Values are presented as mean±standard deviation. Statistical significance for ANOVA (Bonferroni method for *post hoc* analysis) with significance set at $P<0.05$.

T2DM, type 2 diabetes mellitus; HbA1c, glycosylated hemoglobin; HDL, high-density lipoprotein; LDL, low-density lipoprotein.

[a]Significant difference ($P<0.05$) compared to the lowest group, [b]Compared to the middle group.