

Supplementary Table 3. Prevalence of risk-factor control and comorbidities among young and older adults with diabetes, KNHANES 2019 to 2022

Variable	Older adults, %			Young adults, %		
	Total	Men	Women	Total	Men	Women
HbA1c						
<6.5%	31.2±1.3	33.2±2.0	29.7±1.6	29.6±4.7	27.8±6.0	32.8±7.0
Hypertension ^a	72.6±1.2	68.2±1.8	76.1±1.5	34.7±5.1	43.9±6.7	18.8±6.1
BP <140/85 mm Hg	61.8±1.6	65.8±2.5	58.8±2.2	46.4±9.0	45.4±10.4	50.5±18.3
Hyper-LDL cholesterolemia ^b	70.5±1.3	64.3±2.0	75.6±1.6	74.4±4.9	67.8±6.7	85.7±5.7
LDL level <100 mg/dL	67.5±1.3	66.0±1.9	68.7±1.6	41.8±5.3	48.8±6.9	29.8±7.3
Hypertension+hyper LDL cholesterolemia	52.0±1.4	45.7±2.0	57.1±1.9	26.9±4.7	31.6±6.4	18.8±6.1
HbA1c <6.5%+BP <140/85 mm Hg+ LDL-C level <100 mg/dL	15.2±1.0	16.4±1.5	14.3±1.2	9.2±3.2	10.0±4.4	7.8±4.1
HbA1c <7.0% or <7.5%+BP <140/85 mm Hg+LDL-C level <100 mg/dL ^c	40.1±1.3	42.5±2.0	38.1±1.7	26.8±4.7	29.9±6.4	21.4±6.7
Weight status (BMI), kg/m ²						
Underweight (<18.5)	1.8±0.4	1.8±0.6	1.7±0.5	-	-	-
Normal weight (18.5–22.9)	28.3±1.3	27.5±1.8	29.0±1.7	4.9±2.1	1.1±1.1	11.9±5.5
Overweight (23.0–24.9)	26.4±1.3	28.4±1.9	24.7±1.6	8.0±2.4	8.0±2.9	7.9±4.1
Class I obesity (25.0–29.9)	37.9±1.3	39.0±1.9	37.1±1.9	37.0±4.9	40.4±6.5	30.7±6.9
Class II obesity (30.0–34.9)	4.9±0.6	3.3±0.6	6.3±0.8	30.1±4.8	27.2±6.2	35.6±7.2
Class III obesity (≥35.0)	0.7±0.2	0.1±0.1	1.1±0.4	20.0±4.4	23.4±5.9	13.9±5.6
Abdominal obesity (WC), cm						
Yes (≥90 in men, ≥85 in women)	62.9±1.3	58.8±2.0	66.2±1.8	84.0±3.7	88.8±4.0	75.5±7.1
Current smoking ^d	10.4±0.8	19.7±1.7	2.7±0.5	34.2±5.2	44.8±6.9	15.7±5.3
High-risk alcohol consumption ^e	6.3±0.7	13.4±1.4	0.4±0.2	16.1±3.6	17.6±4.9	13.5±5.1
Regular walking ^f	41.7±1.4	46.8±2.0	37.3±1.9	41.8±5.2	35.4±6.3	53.1±8.0

Values are presented as mean ± standard error.

KNHANES, Korea National Health and Nutrition Examination Survey; HbA1c, glycosylated hemoglobin; BP, blood pressure; LDL-C, low-density lipoprotein cholesterol; BMI, body mass index; WC, waist circumference.

^aHypertension was defined as systolic BP ≥140 mm Hg or diastolic BP ≥90 mm Hg or taking antihypertensive medications, ^bHyper-LDL-cholesterolemia was defined as LDL-C ≥100 mg/dL or taking lipid-lowering medications, ^cHbA1c <7.0% for young adults and <7.5% for older adults with diabetes, ^dCurrent smoking was defined as having smoked ≥100 cigarettes in a lifetime and currently smoking, ^eHigh-risk alcohol consumption was defined as >7 drinks twice per week for men and >5 drinks for women, ^fRegular walking was defined as walking ≥30 min per day, and ≥5 days per week.