

**Supplemental Table S1.** Baseline Characteristics of Study Participants According to Age

Variable	Age, yr					P value
	<25	25–29	30–34	35–39	≥40	
No. of patients	20,630	165,534	182,149	38,547	10,279	
Age, yr	22.89±1.34	27.54±1.29	31.56±1.35	36.30±1.26	40.68±1.24	<0.001
Prepregnancy body mass index, kg/m <sup>2</sup>	20.78±2.90	20.65±2.68	21.09±2.86	21.74±3.09	22.51±3.24	<0.001
<18.5	4,012 (19.45)	29,910 (18.07)	26,087 (14.32)	3,918 (10.16)	677 (6.59)	<0.001
18.5–22.9	12,966 (62.85)	110,278 (66.62)	119,764 (65.75)	23,981 (62.21)	5,771 (56.14)	
23.0–24.9	1,981 (9.60)	14,402 (8.70)	19,821 (10.88)	5,438 (14.11)	1,883 (18.32)	
25.0–29.9	1,408 (6.83)	9,376 (5.66)	13,986 (7.68)	4,431 (11.50)	1,636 (15.92)	
≥30.0	263 (1.27)	1,568 (0.95)	2,491 (1.37)	779 (2.02)	312 (3.04)	
Waist circumference, cm	68.94±8.47	68.99±7.11	70.35±7.53	72.02±9.11	73.67±8.06	<0.001
Smoking status						<0.001
Nonsmoker	16,928 (82.06)	154,717 (93.47)	170,547 (93.63)	35,781 (92.82)	9,114 (88.67)	
Ex-smoker	1,299 (6.30)	5,380 (3.25)	6,307 (3.46)	1,477 (3.83)	634 (6.17)	
Current smoker	2,403 (11.65)	5,437 (3.28)	5,295 (2.91)	1,289 (3.34)	531 (5.17)	
Drinking						<0.001
None	8,049 (39.02)	81,460 (49.21)	103,081 (56.59)	23,817 (61.79)	6,933 (67.45)	
Mild (≤30 g/day)	11,248 (54.52)	80,397 (48.57)	76,674 (42.09)	14,343 (37.21)	3,206 (31.19)	
Heavy (>30 g/day)	1,333 (6.46)	3,677 (2.22)	2,394 (1.31)	387 (1.00)	140 (1.36)	
Income						<0.001
Medical aid beneficiaries	724 (3.51)	6,067 (3.67)	9,612 (5.28)	2,050 (5.32)	464 (4.51)	
Q1	6,359 (30.82)	28,204 (17.04)	24,981 (13.71)	6,526 (16.93)	1,939 (18.86)	
Q2	7,631 (36.99)	66,052 (39.90)	55,095 (30.25)	8,975 (23.28)	2,181 (21.22)	
Q3	4,885 (23.68)	53,712 (32.45)	70,125 (38.50)	12,820 (33.26)	2,750 (26.75)	
Q4	1,031 (5.00)	11,499 (6.95)	22,336 (12.26)	8,176 (21.21)	2,945 (28.65)	
Regular exercise	2,300 (11.15)	16,570 (10.01)	16,292 (8.94)	3,856 (10.00)	1,298 (12.63)	<0.001
Family history of diabetes	1,572 (10.28)	13,914 (11.78)	19,621 (14.97)	5,113 (18.2)	1,507 (21.21)	<0.001
History of hypertension	170 (0.82)	1,638 (0.99)	2,548 (1.40)	967 (2.51)	477 (4.64)	<0.001
History of dyslipidemia	355 (1.72)	3,811 (2.30)	5,625 (3.09)	1,644 (4.26)	654 (6.36)	<0.001
History of prediabetes	1,333 (6.46)	10,888 (6.58)	14,426 (7.92)	3,800 (9.86)	1,397 (13.59)	<0.001
Systolic blood pressure, mm Hg	110.27±10.43	109.79±10.50	109.93±10.90	111.05±11.60	112.71±12.62	<0.001
Diastolic blood pressure, mm Hg	69.28±7.75	69.02±7.91	69.14±8.17	69.94±8.64	70.86±9.22	<0.001
Fasting plasma glucose, mg/dL	86.57±9.33	86.91±9.17	87.83±9.23	88.90±9.42	90.57±9.70	<0.001
Total cholesterol, mg/dL	170.01±28.03	174.82±30.24	178.17±30.99	181.76±31.85	187.04±31.68	<0.001
Triglyceride, mg/dL	65.88 (65.49–66.28)	66.50 (66.36–66.64)	70.59 (70.44–70.73)	75.54 (75.18–75.89)	82.79 (82.03–83.57)	<0.001
HDL-C, mg/dL	63.87±20.50	64.07±21.89	62.85±21.68	61.32±20.26	60.12±19.75	<0.001
LDL-C, mg/dL	96.84±181.43	97.54±77.87	100.35±36.02	104.36±61.54	108.90±37.84	<0.001

Values are expressed as mean±standard deviation, number (%), or median (interquartile range).

Q, quartile; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol.