

Supplemental Table S7. Baseline Characteristics of Study Participants According to the Number of Outpatient Clinic Visits

| Variable | Visited the outpatient clinic > 1 time | | | Visit the outpatient clinic > 2 times | | | Visit the outpatient clinic > 3 times | | |
|-------------------------------------|--|------------------------|----------------|---------------------------------------|------------------------|----------------|---------------------------------------|------------------------|----------------|
| | No | Yes | <i>P</i> value | No | Yes | <i>P</i> value | No | Yes | <i>P</i> value |
| No. of patients | 264,773 (63.47) | 152,366 (36.53) | | 364,128 (87.29) | 53,011 (12.71) | | 393,224 (94.27) | 23,915 (5.73) | |
| Age, yr | 29.65±3.74 | 31.15±3.6 | <0.001 | 30.00±3.73 | 31.56±3.69 | <0.001 | 30.11±3.73 | 31.65±3.91 | <0.001 |
| <35 | 239,311 (90.38) | 129,002 (84.67) | <0.001 | 325,095 (89.28) | 43,218 (81.53) | <0.001 | 349,327 (88.84) | 18,986 (79.39) | <0.001 |
| ≥35 | 25,462 (9.62) | 23,364 (15.33) | | 39,033 (10.72) | 9,793 (18.47) | | 43,897 (11.16) | 4,929 (20.61) | |
| Prepregnancy BMI, kg/m ² | 20.87±2.75 | 21.21±3.00 | <0.001 | 20.91±2.78 | 21.55±3.25 | <0.001 | 20.94±2.80 | 21.89±3.48 | <0.001 |
| <18.5 | 42,904 (16.20) | 21,700 (14.24) | <0.001 | 57,775 (15.87) | 6,829 (12.88) | <0.001 | 61,824 (15.72) | 2,780 (11.62) | <0.001 |
| 18.5–22.9 | 175,065 (66.12) | 97,695 (64.12) | | 24,0142 (65.95) | 32,618 (61.53) | | 258,654 (65.78) | 14,106 (58.98) | |
| 23.0–24.9 | 26,212 (9.90) | 17,313 (11.36) | | 36,862 (10.12) | 6,663 (12.57) | | 40,361 (10.26) | 3,164 (13.23) | |
| 25.0–29.9 | 17,795 (6.72) | 13,042 (8.56) | | 25,264 (6.94) | 5,573 (10.51) | | 27,790 (7.07) | 3,047 (12.74) | |
| ≥30.0 | 2,797 (1.06) | 2,616 (1.72) | | 4,085 (1.12) | 1,328 (2.51) | | 4,595 (1.17) | 818 (3.42) | |
| Waist circumference, cm | 69.66±7.57 | 70.53±7.80 | <0.001 | 69.78±7.59 | 71.31±8.10 | <0.001 | 69.85±7.59 | 72.07±8.62 | <0.001 |
| Smoking status | | | <0.001 | | | <0.001 | | | <0.001 |
| Nonsmoker | 245,869 (92.86) | 141,218 (92.68) | | 338,282 (92.90) | 48,805 (92.07) | | 365,252 (92.89) | 21,835 (91.30) | |
| Ex-smoker | 9,291 (3.51) | 5,806 (3.81) | | 12,900 (3.54) | 2,197 (4.14) | | 14,039 (3.57) | 1,058 (4.42) | |
| Current smoker | 9,613 (3.63) | 5,342 (3.51) | | 12,946 (3.56) | 2,009 (3.79) | | 13,933 (3.54) | 1,022 (4.27) | |
| Drinking | | | <0.001 | | | <0.001 | | | <0.001 |
| None | 140,704 (53.14) | 82,636 (54.24) | | 194,386 (53.38) | 28,954 (54.62) | | 210,266 (53.47) | 13,074 (54.67) | |
| Mild (≤30 g/day) | 118,801 (44.87) | 67,067 (44.02) | | 162,770 (44.70) | 23,098 (43.57) | | 175,445 (44.62) | 10,423 (43.58) | |
| Heavy (>30 g/day) | 5,268 (1.99) | 2,663 (1.75) | | 6,972 (1.91) | 959 (1.81) | | 7,513 (1.91) | 418 (1.75) | |
| Income | | | <0.001 | | | <0.001 | | | <0.001 |
| Medical aid beneficiaries | 11,742 (4.43) | 7,175 (4.71) | | 16,566 (4.55) | 2,351 (4.43) | | 17,913 (4.56) | 1,004 (4.20) | |
| Q1 | 45,621 (17.23) | 22,388 (14.69) | | 60,042 (16.49) | 7,967 (15.03) | | 64,306 (16.35) | 3,703 (15.48) | |
| Q2 | 91,842 (34.69) | 48,092 (31.56) | | 123,554 (33.93) | 16,380 (30.90) | | 13,2524 (33.70) | 7,410 (30.98) | |
| Q3 | 88,719 (33.51) | 55,573 (36.47) | | 125,153 (34.37) | 19,139 (36.10) | | 135,781 (34.53) | 8,511 (35.59) | |
| Q4 | 26,849 (10.14) | 19,138 (12.56) | | 38,813 (10.66) | 7,174 (13.53) | | 42,700 (10.86) | 3,287 (13.74) | |
| Regular exercise | 25,425 (9.60) | 14,891 (9.77) | 0.073 | 34,963 (9.60) | 5,353 (10.10) | <0.001 | 37,773 (9.61) | 2,543 (10.63) | <0.001 |
| Family history of diabetes | 23,671 (12.55) | 18,056 (16.27) | <0.001 | 34,464 (13.24) | 7,263 (18.53) | <0.001 | 38,068 (13.51) | 3,659 (20.47) | <0.001 |
| History of hypertension | 3,218 (1.22) | 2,582 (1.69) | <0.001 | 4,678 (1.28) | 1,122 (2.12) | <0.001 | 5,203 (1.32) | 597 (2.50) | <0.001 |
| History of dyslipidemia | 6,886 (2.60) | 5,203 (3.41) | <0.001 | 9,885 (2.71) | 2,204 (4.16) | <0.001 | 10,912 (2.78) | 1,177 (4.92) | <0.001 |
| History of prediabetes | 17,853 (6.74) | 13,991(9.18) | <0.001 | 25,422 (6.98) | 6,422 (12.11) | <0.001 | 28,182 (7.17) | 3,662 (15.31) | <0.001 |
| Systolic blood pressure, mm Hg | 109.90±10.71 | 110.34±11.07 | <0.001 | 109.94±10.77 | 110.94±11.31 | <0.001 | 109.97±10.80 | 111.54±11.53 | <0.001 |
| Diastolic blood pressure, mm Hg | 69.09±8.04 | 69.44±8.28 | <0.001 | 69.12±8.08 | 69.88±8.44 | <0.001 | 69.15±8.10 | 70.27±8.60 | <0.001 |
| Fasting plasma glucose, mg/dL | 87.15±9.13 | 88.3±9.47 | <0.001 | 87.31±9.14 | 89.34±9.99 | <0.001 | 87.39±9.16 | 90.50±10.48 | <0.001 |
| Total cholesterol, mg/dL | 175.79±30.67 | 179.06±30.93 | <0.001 | 176.38±30.72 | 181.14±31.07 | <0.001 | 176.59±30.67 | 183.47±32.34 | <0.001 |
| Triglyceride, mg/dL | 68.22 (68.10–68.33) | 71.51 (71.35–71.68) | <0.001 | 68.63 (68.53–68.73) | 74.95 (74.64–75.25) | <0.001 | 68.89 (68.8–68.99) | 78.34 (77.84–78.83) | <0.001 |
| HDL-C, mg/dL | 63.38±22.33 | 62.83±20.14 | <0.001 | 63.31±21.74 | 62.26±20.23 | <0.001 | 63.28±21.73 | 61.47±18.28 | <0.001 |
| LDL-C, mg/dL | 98.93±82.86 | 100.88±41.66 | <0.001 | 99.19±72.96 | 102.73±52.07 | <0.001 | 99.34±72.17 | 104.60±37.67 | <0.001 |

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

BMI, body mass index; Q, quartile; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol.