

**Supplementary Table 2.** ORs and 95% CIs of visceral-to-subcutaneous fat ratio for incident T2DM in men and women in unadjusted and adjusted models

	Men				Women				P for trend
	Quartile 1 (<0.80)	Quartile 2 (0.80–1.07)	Quartile 3 (1.07–1.39)	Quartile 4 (>1.39)	Quartile 1 (<0.30)	Quartile 2 (0.30–0.42)	Quartile 3 (0.42–0.59)	Quartile 4 (>0.59)	
Incident T2DM	76 (4.5)	120 (6.8)	149 (8.8)	209 (12.4)	4 (0.4)	18 (1.8)	41 (4.1)	113 (11.0)	<0.001
Unadjusted	1	1.56 (1.16–2.09)	2.04 (1.53–2.71)	3.00 (2.29–3.94)	1	4.72 (1.59–13.99)	11.02 (3.93–30.89)	31.65 (11.63–86.12)	<0.001
Model 1	1	1.44 (1.07–1.93)	1.78 (1.33–2.38)	2.54 (1.91–3.36)	1	4.36 (1.47–12.95)	9.78 (3.47–27.56)	23.10 (8.36–63.81)	<0.001
Model 2	1	1.32 (0.98–1.78)	1.58 (1.18–2.12)	2.22 (1.67–2.95)	1	3.74 (1.25–11.15)	7.74 (2.73–21.97)	16.88 (6.05–47.14)	<0.001
Model 3	1	1.29 (0.95–1.75)	1.48 (1.10–1.99)	2.01 (1.50–2.68)	1	3.52 (1.18–10.54)	6.73 (2.36–19.19)	13.06 (4.65–36.68)	<0.001
Model 4	1	1.17 (0.85–1.62)	1.28 (0.94–1.74)	1.55 (1.14–2.11)	1	3.12 (1.02–9.57)	6.39 (2.20–18.57)	11.07 (3.89–31.50)	<0.001

Values are presented as number (%) or odds ratio (95% confidence interval). Model 1: Adjusted for age, smoking, alcohol consumption, regular aerobic exercise, regular resistance exercise, hypertension, use of lipid-lowering medication, family history of T2DM and menopausal status (only adjusted in women); Model 2: Model 1+body fat mass; Model 3: Model 2+homeostasis model assessment of insulin resistance; Model 4: Model 2+fasting glucose.

OR, odds ratio; CI, confidence interval; T2DM, type 2 diabetes mellitus.