

**Supplementary Table 2.** Incident prediabetes and T2DM according to ASM/BMI tertiles (adjusting for estimated visceral fat area)

Variable	ASM/BMI tertiles (range)			P value
	Lowest (0.51–0.66)	Middle (0.67–0.73)	Highest (0.74–0.94)	
Total number	103	111	91	
Prediabetes and T2DM	59 (57.3)	62 (55.9)	33 (36.3)	0.004
Model 1	Ref	0.68 (0.40–1.16)	0.39 (0.22–0.69)	
Model 2	Ref	0.67 (0.35–1.29)	0.35 (0.17–0.76)	
Model 3	Ref	0.69 (0.33–1.46)	0.36 (0.15–0.85)	
Prediabetes	47 (45.6)	53 (47.7)	28 (30.8)	0.004
Model 1	Ref	0.79 (0.45–1.38)	0.43 (0.23–0.78)	
Model 2	Ref	0.74 (0.37–1.47)	0.37 (0.17–0.83)	
Model 3	Ref	0.78 (0.36–1.68)	0.37 (0.15–0.91)	
T2DM	12 (11.7)	9 (8.1)	5 (5.5)	0.004
Model 1	Ref	0.31 (0.10–0.90)	0.28 (0.10–0.82)	
Model 2	Ref	0.41 (0.11–1.47)	0.30 (0.07–1.29)	
Model 3	Ref	0.43 (0.10–1.95)	0.32 (0.05–2.06)	
BMI <23 kg/m <sup>2</sup> (n=169)	31	62	76	
Incident prediabetes and T2DM	16 (51.6)	30 (48.4)	25 (32.9)	0.040
Model 1	Ref	0.68 (0.30–1.52)	0.44 (0.20–0.97)	
Model 2	Ref	0.48 (0.18–1.32)	0.24 (0.08–0.67)	
Model 3	Ref	0.47 (0.14–1.55)	0.21 (0.06–0.71)	
BMI ≥23 kg/m <sup>2</sup> (n=136)	72	49	15	
Incident prediabetes and T2DM	43 (59.7)	32 (65.3)	8 (53.3)	0.956
Model 1	Ref	0.88 (0.41–1.92)	0.67 (0.22–2.04)	
Model 2	Ref	0.81 (0.32–2.08)	0.70 (0.20–2.51)	
Model 3	Ref	0.89 (0.30–2.64)	0.85 (0.16–4.45)	

Values are presented as number (%) or odds ratio (95% confidence interval) using a logistic regression model. Model 1 is unadjusted; Model 2 is adjusted for age, family history of diabetes, systolic blood pressure, and estimated visceral fat area; and Model 3 is adjusted for the variables listed for Model 2 plus breast feeding, exercise after delivery, fasting plasma glucose concentration during pregnancy, and postpartum BMI change. P values for linear by linear association analysis.

T2DM, type 2 diabetes mellitus; ASM, appendicular skeletal muscle mass; BMI, body mass index.