

Supplementary Table 4. Baseline characteristics of the study participant (participants with normal fasting glucose, excluding pre-diabetics)

Variable	Total	Male	Female	P value
Number	1,018,523	479,362	539,161	<0.0001
Age, yr	47.11±13.1	45.69±13.23	48.38±13.23	<0.0001
Waist circumference, cm	78.32±7.48	82.61±7.72	74.5±7.72	<0.0001
Health screening period 1 (2010–2011)				
Body mass index, kg/m ²	23.14±3.01	23.8±3.06	22.56±3.06	<0.0001
pASMMI, kg/m ²	7.13±0.63	8.23±0.52	6.16±0.52	<0.0001
pBFMI, kg/m ²	6.26±1.58	5.14±1.76	7.25±1.76	<0.0001
pLBMI, kg/m ²	16.7±1.43	18.45±1.27	15.14±1.27	<0.0001
Health screening period 2 (2012–2013)				
Body mass index, kg/m ²	23.27±3.05	23.95±3.10	22.67±3.10	<0.0001
pASMMI, kg/m ²	7.14±0.64	8.24±0.53	6.17±0.53	<0.0001
pBFMI, kg/m ²	6.34±1.61	5.23±1.79	7.32±1.79	<0.0001
pLBMI, kg/m ²	16.75±1.45	18.52±1.28	15.18±1.28	<0.0001
Household income				
T1, lowest	164,633 (16.2)	49,222 (10.3)	115,411 (21.4)	<0.0001
T2	216,523 (21.3)	88,896 (18.5)	127,627 (23.7)	
T3	289,925 (28.5)	151,401 (31.6)	138,524 (25.7)	
T4, highest	347,442 (34.1)	189,843 (39.6)	157,599 (29.2)	
Smoking				
Never	667,134 (65.5)	151,493 (31.6)	515,641 (95.6)	<0.0001
Former	138,578 (13.6)	129,449 (27.0)	9,129 (1.7)	
Current	212,811 (20.9)	198,420 (41.4)	14,391 (2.7)	
Alcohol consumption, day/wk				
<1	549,237 (53.9)	157,091 (32.8)	392,146 (72.7)	<0.0001
1–2	361,474 (35.5)	234,828 (49.0)	126,646 (23.5)	
3–4	82,086 (8.1)	65,757 (13.7)	16,329 (3.0)	
≥5	25,726 (2.5)	21,686 (4.5)	4,040 (0.8)	
Physical activity, day/wk				
<1	580,097 (57.0)	232,288 (48.5)	347,809 (64.5)	<0.0001
1–2	270,684 (26.6)	158,782 (33.1)	111,902 (20.8)	
3–4	110,277 (10.8)	58,702 (12.3)	51,575 (9.6)	
≥5	57,465 (5.6)	29,590 (6.2)	27,875 (5.2)	
Fasting serum glucose, mg/dL				
	87.66±5.77	88.12±5.77	87.26±5.77	<0.0001
Comorbidity				
Hypertension	222,135 (21.8)	114,098 (23.8)	108,037 (20.0)	<0.0001
Dyslipidemia	198,269 (19.5)	84,587 (17.7)	113,682 (21.1)	<0.0001
Atrial fibrillation	4,345 (0.4)	2,619 (0.6)	1,726 (0.3)	<0.0001

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Supplementary Table 4. Continued

Variable	Total	Male	Female	<i>P</i> value
Estimated glomerular filtration rate, mL/min/1.73 m ²				<0.0001
<30	631 (0.1)	310 (0.1)	321 (0.1)	
30–60	41,366 (4.1)	17,786 (3.7)	23,580 (4.4)	
60–90	621,698 (61.0)	302,075 (63.0)	319,623 (59.3)	
≥90	354,828 (34.8)	159,191 (33.2)	195,637 (36.3)	
Charlson comorbidity index				<0.0001
0	766,491 (75.3)	384,083 (80.1)	382,408 (70.9)	
1	176,748 (17.4)	69,349 (14.5)	107,399 (19.9)	
≥2	75,284 (7.4)	25,930 (5.4)	49,354 (9.2)	

Values are expressed as mean ± standard deviation or number (%). *P* value by independent *t*-test or chi-square test.

pASMMI, predicted appendicular skeletal muscle mass index; pBFMI, predicted body fat mass index; pLBMI, predicted lean body mass index.