

Supplementary Table 5. HRs and 95% CIs of new-onset diabetes mellitus with variables and change in predicted body composition index (per kg/m² increase) (participants with normal fasting glucose, excluding pre-diabetics)

Variable	Male		Female	
	Adjusted HR (95% CI)	P value	Adjusted HR (95% CI)	P value
Age, yr	1.043 (1.041–1.044)	<0.0001	1.036 (1.034–1.037)	<0.0001
Baseline body mass index, kg/m ²	1.027 (1.000–1.054)	0.0472	0.967 (0.919–1.018)	0.2039
Secondary body mass index, kg/m ²	1.125 (1.096–1.155)	<0.0001	1.143 (1.086–1.203)	<0.0001
Household income				
T1, lowest	1 (ref)		1 (ref)	
T2	0.931 (0.883–0.981)	0.0078	0.947 (0.910–0.985)	0.0068
T3	0.899 (0.857–0.943)	<0.0001	0.921 (0.887–0.957)	<0.0001
T4, highest	0.780 (0.745–0.817)	<0.0001	0.89 (0.859–0.923)	<0.0001
Smoking				
Never	1 (ref)		1 (ref)	
Former	1.097 (1.055–1.141)	<0.0001	1.202 (1.071–1.350)	0.0019
Current	1.441 (1.386–1.497)	<0.0001	1.632 (1.511–1.762)	<0.0001
Alcohol consumption, day/wk				
<1	1 (ref)		1 (ref)	
1–2	0.848 (0.818–0.880)	<0.0001	0.842 (0.808–0.878)	<0.0001
3–4	0.875 (0.833–0.919)	<0.0001	0.787 (0.710–0.873)	<0.0001
≥5	0.895 (0.839–0.955)	0.0007	0.840 (0.715–0.988)	0.0348
Physical activity, day/wk				
<1	1 (ref)		1 (ref)	
1–2	0.936 (0.902–0.971)	0.0005	0.944 (0.910–0.980)	0.0027
3–4	0.955 (0.909–1.004)	0.0687	1.010 (0.965–1.058)	0.6625
≥5	0.996 (0.940–1.055)	0.8981	1.023 (0.968–1.081)	0.4223
Fasting serum glucose, mg/dL	1.023 (1.020–1.025)	<0.0001	1.026 (1.024–1.029)	<0.0001
Comorbidity				
		<0.0001		
Hypertension	1.684 (1.627–1.742)	<0.0001	1.623 (1.574–1.673)	<0.0001
Dyslipidemia	1.642 (1.589–1.696)	<0.0001	1.672 (1.626–1.718)	<0.0001
Atrial fibrillation	1.194 (1.065–1.338)	<0.0001	1.022 (0.891–1.173)	0.7552
Charlson comorbidity index				
0	1 (ref)		1 (ref)	
1	1.412 (1.360–1.467)	<0.0001	1.445 (1.401–1.491)	<0.0001
≥2	1.775 (1.684–1.860)	<0.0001	1.805 (1.743–1.870)	<0.0001
Change in predicted body composition index, kg/m ²				
pASMMI	0.903 (0.827–0.987)	0.0238	0.698 (0.526–0.925)	0.0123
pBFMI	1.055 (1.008–1.103)	0.0202	1.156 (1.038–1.287)	0.0083
pLBMI	0.947 (0.905–0.992)	0.0200	0.876 (0.794–0.966)	0.0081

Multivariate analysis adjusted for age, baseline and secondary body mass index, household income, smoking, alcohol consumption, regular exercise, fasting serum glucose, hypertension, dyslipidemia, atrial fibrillation, estimated glomerular filtration rate, and Charlson comorbidity index. HR, hazard ratio; CI, confidence interval; pASMMI, predicted appendicular skeletal muscle mass index; pBFMI, predicted body fat mass index; pLBMI, predicted lean body mass index.