

Supplementary Table 1. Baseline characteristics according to insulin sensitivity (*kitt*%)

Characteristic	Men				Women			
	Low tertile	Middle tertile	High tertile	<i>P</i> value	Low tertile	Middle tertile	High tertile	<i>P</i> value
Age, yr	56.84±11.72	56.76±10.99	55.01±10.54 ^{a,b}	<0.001	60.22±9.92	60.30±9.31	58.67±9.54 ^{a,b}	<0.001
DM duration, yr	8.39±7.63	7.36±7.05 ^a	6.38±6.62 ^{a,b}	<0.001	9.02±6.76	7.57±6.70 ^a	6.48±6.42 ^{a,b}	<0.001
Body mass index, kg/m ²	24.69±3.35	24.54±3.35	24.34±3.16	0.071	24.58±3.28	24.63±3.26	24.76±3.59	0.52
Waist circumference, cm	89.25±7.85	87.59±7.17 ^a	85.05±7.12 ^{a,b}	<0.001	83.64±8.15	81.87±7.50 ^a	79.48±8.10 ^{a,b}	<0.001
<i>Kitt</i> , %/min	1.04±0.29	1.86±0.23 ^a	3.08±0.64 ^{a,b}	<0.001	1.06±0.29	1.86±0.22 ^a	3.04±0.68 ^{a,b}	<0.001
Fasting glucose, mg/dL	184.82±65.57	153.65±50.30 ^a	137.87±41.19 ^{a,b}	<0.001	184.28±64.10	149.74±50.52 ^a	134.65±43.01 ^{a,b}	<0.001
C-peptide, ng/mL	2.35±0.92	2.08±0.73 ^a	1.88±0.75 ^{a,b}	<0.001	2.29±0.98	2.03±0.78 ^a	1.77±0.67 ^{a,b}	<0.001
HbA1c, %	9.07±2.02	8.17±1.74 ^a	7.75±1.70 ^{a,b}	<0.001	9.10±1.83	8.20±1.69 ^a	7.63±1.45 ^{a,b}	<0.001
Total cholesterol, mg/dL	198.39±44.22	193.35±37.21 ^a	186.56±37.91 ^{a,b}	<0.001	209.65±44.00	204.43±40.82 ^a	199.37±39.44 ^{a,b}	<0.001
Triglyceride, mg/dL	189.50±143.78	161.09±109.20 ^a	134.80±83.53 ^{a,b}	<0.001	184.68±119.44	155.30±93.79 ^a	128.25±77.02 ^{a,b}	<0.001
HDL-C, mg/dL	46.42±12.25	46.75±11.72	48.27±12.17 ^{a,b}	0.001	49.39±12.16	51.34±13.24 ^a	52.32±13.07 ^a	<0.001
LDL-C, mg/dL	115.53±36.53	113.63±31.09	109.77±31.34 ^a	0.001	122.74±36.71	120.26±35.54	118.92±33.72	0.09
VFT, mm	54.36±18.66	50.50±17.19 ^a	45.25±16.13 ^{a,b}	<0.001	46.81±17.86	43.05±16.46 ^a	37.24±15.39 ^{a,b}	<0.001
CIMT, mm	0.857±0.205	0.850±0.186	0.823±0.184 ^{a,b}	<0.001	0.824±0.185	0.807±0.171	0.794±0.178 ^a	0.001
MetS components ^c								
Hypertriglyceridemia	641 (57.4)	560 (50.0)	408 (36.7)	<0.001	670 (64.4)	540 (51.9)	404 (38.9)	<0.001
Low HDL-C	306 (27.6)	279 (25.1)	238 (21.6)	0.004	568 (55.0)	530 (51.6)	478 (47.0)	0.001
Hypertension	871 (79.4)	836 (75.5)	760 (69.7)	<0.001	801 (77.7)	770 (75.8)	711 (70.1)	<0.001
More than 2 factors	623 (56.7)	539 (48.8)	414 (37.8)	<0.001	730 (71.1)	639 (62.8)	510 (50.7)	<0.001

Values are presented as mean ± standard deviation or number (%).

DM, diabetes mellitus; HbA1c, glycosylated hemoglobin; HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol; VFT, visceral fat thickness; CIMT, carotid intima-media thickness; MetS, metabolic syndrome.

^a*P*<0.05 vs. low tertile, ^b*P*<0.05 vs. middle tertile, ^cHypertriglyceridemia, triglycerides ≥150 mg/dL or taking medication; low HDL-C, <40 mg/dL for men and <50 mg/dL for women; hypertension, blood pressure ≥130/85 mm Hg or taking antihypertensive medication.