

Supplementary Table 3. Factors associated with glycemic durability among patients who initially attained HbA1c goal (HbA1c <7%) at 6 months

Variable	Unadjusted OR (95% CI)	Adjusted OR ^a (95% CI)
Age	1.01 (0.98–1.04)	1.01 (0.97–1.05)
Body mass index, kg/m ²		
≥23, <25 (reference)	1	1
<23	0.78 (0.26–2.37)	0.67 (0.16–2.76)
≥25, <30	1.63 (0.59–4.52)	1.36 (0.37–5.05)
≥30	2.04 (0.45–9.24)	2.10 (0.31–14.26)
Education level		
Lower than middle school (reference)	1	1
High school	1.65 (0.62–4.38)	1.59 (0.46–5.51)
Higher than college	3.18 (1.10–9.20)	4.12 (0.88–19.31)
Physical activity		
None (reference)	1	1
<twice a week	0.40 (0.11–1.50)	0.53 (0.08–3.36)
≥three times a week	1.55 (0.66–3.60)	0.95 (0.36–2.67)
HbA1c at baseline, % ^b		
≥9 (reference)	1	1
≥8, <9	1.06 (0.34–3.27)	0.96 (0.30–3.06)
≥7, <8	1.74 (0.67–4.52)	1.44 (0.53–3.90)
<7	5.79 (1.58–21.20)	7.49 (1.60–35.09)
HbA1c at 1st follow-up visit, %		
≥8 (reference)	1	1
≥7, <8	2.28 (0.27–19.66)	1.60 (0.33–11.82)
≥6, <7	2.82 (1.37–21.23)	2.17 (1.07–17.73)
<6	4.88 (1.35–23.92)	3.78 (0.94–24.77)
Baseline C-peptide, ng/mL	1.55 (1.04–2.31)	1.43 (0.85–2.40)
HOMA-β ^c	1.44 (1.05–2.93)	1.37 (1.00–3.03)
HOMA-IR ^c	1.07 (0.90–1.28)	1.04 (0.85–1.26)

HbA1c, glycosylated hemoglobin; OR, odds ratio; CI, confidence interval; HOMA-β, homeostasis model assessment for β-cell function; HOMA-IR, homeostasis model assessment for insulin resistance.

^aAdjusted for age, sex, body mass index, glucose lowering agents, and baseline HbA1c, ^bAdjusted for age, sex, body mass index, and glucose lowering agents, ^cOR shows effect per 1-unit increase for each variable.