

Supplemental Table S1. Baseline Demographic, Clinical, and Metabolic Characteristics of Study Subjects

Characteristics	All	Lifestyle	Control	P Value
Number	223	151	72	
AA/EA	117/106	81/70	36/36	0.61
Female/Male	156/67	100/51	56/16	0.078
Age (year)	53.3 ± 9.28	53.9 ± 9.09	51.9 ± 9.60	0.50
Weight (kg)	86.4 ± 20.7	89.2 ± 20.7	80.4 ± 19.4	0.0029
BMI (kg/m ²)	30.6 ± 6.70	31.5 ± 6.74	28.7 ± 6.26	0.0043
Waist (cm)	96.3 ± 16.5	99.5 ± 16.0	89.8 ± 15.8	<0.0001
FPG (mg/dl)	91.9 ± 7.87	93.3 ± 7.77	88.7 ± 7.19	<0.0001
2hPG (mg/dl)	137 ± 30.7	142 ± 31.5	126 ± 25.3	0.0002
HbA1c (%)	5.69 ± 0.33	5.74 ± 0.37	5.63 ± 0.28	0.013
Total fat mass (kg)	34.9 ± 15.2	36.6 ± 16.8	32.5 ± 12.4	0.069
Trunk fat mass (kg)	18.6 ± 8.34	19.8 ± 8.55	17.1 ± 7.83	0.032
Total cholesterol (mg/dl)	180 ± 34.2	179 ± 34.7	182 ± 33.3	0.62
LDL cholesterol (mg/dl)	108 ± 29.4	107 ± 30.2	109 ± 27.6	0.70
HDL cholesterol (mg/dl)	53.7 ± 14.0	52.7 ± 14.3	55.9 ± 13.1	0.11
Triglycerides (mg/dl)	92.5 ± 43.7	96.7 ± 45.8	83.6 ± 37.3	0.037
Matsuda index	4.24 ± 2.78	3.82 ± 2.71	5.13 ± 2.75	0.0042
HOMA-IR	2.64 ± 2.46	2.88 ± 2.45	2.11 ± 2.81	0.0047
Insulinogenic index	1.30 ± 0.82	1.30 ± 0.81	1.29 ± 0.84	0.35
AIRg (uU/ml)	76.0 ± 60.2	69.2 ± 53.3	84.8 ± 67.7	0.085
REE (kcal)	1435 ± 341	1464 ± 348	1394 ± 328	0.17

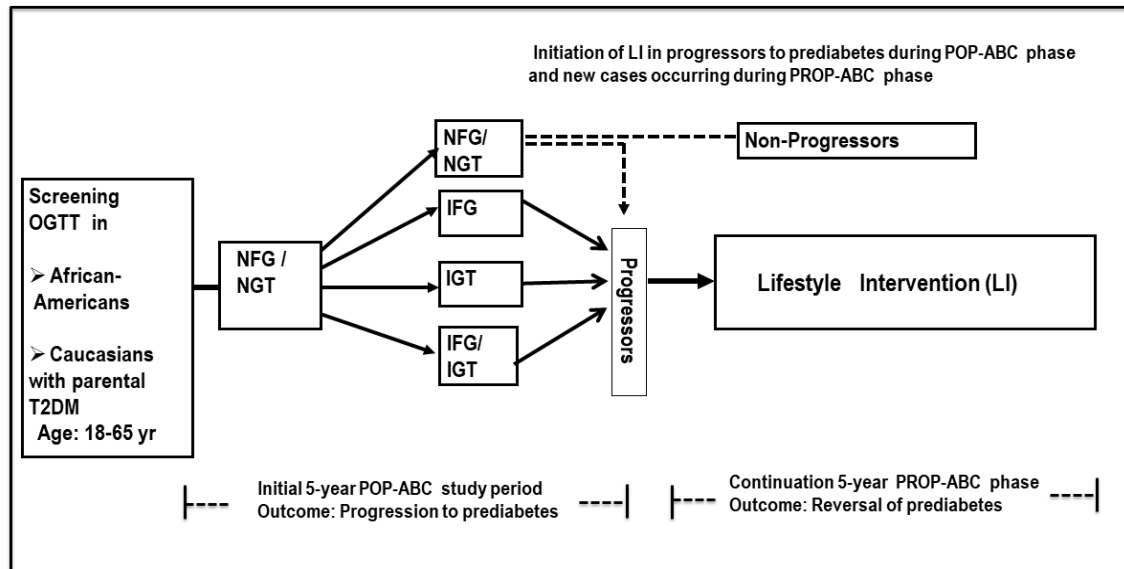
AA, African American; EA, European American; BMI, body mass index; FPG, fasting plasma glucose; 2hPG, two-hour plasma glucose; HbA1c, hemoglobin A1c; HOMA-IR, homeostasis model of insulin resistance; AIRg, acute insulin response to i.v. glucose; REE, resting energy expenditure. To convert the values for glucose to mmol/l, multiply by 0.056. To convert the values for triglycerides to millimoles per liter, multiply by 0.01129. To convert the values for cholesterol to millimoles per liter, multiply by 0.02586.

Supplemental Table S2. Five-Year Changes in Clinical and Biochemical Measures in Lifestyle Intervention and Control Groups

	Lifestyle Intervention	Control	P Value
Measures			
FPG (mg/dl)	-7.76± 10.8	1.23 ±6.10	0.0008
2hPG (mg/dl)	-6.60 ± 33.1	-3.90 ± 15.6	0.48
Weight (kg)	-2.91 ± 6.56	1.24 ± 4.28	0.001
Waist circumference (cm)	-1.63 ± 11.9	1.56 ± 6.63	0.03
Total fat mass (kg)	-2.10 ± 11.7	1.16 ± 12.7	0.10
Trunk fat mass (kg)	-1.89 ± 4.34	0.49 ± 3.66	0.025
Total cholesterol (mg/dl)	2.16 ± 25.8	4.11 ± 27.0	0.73
LDL cholesterol (mg/dl)	-4.88 ± 21.8	-2.11 ± 21.7	0.56
HDL cholesterol (mg/dl)	7.39 ± 10.6	5.11 ± 8.31	0.31
Triglycerides (mg/dl)	-0.50 ± 36.2	3.74 ± 32.7	0.59

FPG, fasting plasma glucose; 2hPG, two-hour plasma glucose; REE, resting energy expenditure. To convert the values for glucose to mmol/l, multiply by 0.056. To convert the values for triglycerides to millimoles per liter, multiply by 0.01129. To convert the values for cholesterol to millimoles per liter, multiply by 0.02586.

Supplemental Figure S1



Supplemental Figure S1. Schematic showing design of the Pathobiology of Prediabetes in a Biracial Cohort (POP-ABC) study and its sequel, the Pathobiology and Reversibility of Prediabetes in a Biracial Cohort (PROP-ABC) study. LI, lifestyle intervention; IFG, impaired fasting glucose; IGT, impaired glucose tolerance; NFG, normal fasting glucose; NGT, Normal glucose tolerance.