

Supplemental Table 1: Age- and sex-adjusted predicted probabilities of attendance at the DE-PLAN baseline examination among the 5297 HUNT3 participants with FINDRISC ≥ 15 and no previously known diabetes.

| | Attendants, n (%) | Age- and sex-adjusted predicted probability, % (95% CI) | Age- and sex-adjusted difference in predicted probability, percentage points (95% CI) |
|------------|----------------------|---|--|
| Overall | 2634 (49.7) | | |
| Age, years | | | |
| 20-49 | 362 (58.4) | 58.5 (54.6, 62.3) | Reference |
| 50-69 | 1491 (52.1) | 52.1 (50.2, 53.9) | - 6.4 (-10.7, -2.1) |
| ≥ 70 | 781 (43.0) | 43.1 (40.8, 45.4) | -15.4 (-19.9, -10.9) |
| Sex | | | |
| Female | 1569 (48.8) | 49.0 (47.2, 50.7) | Reference |
| Male | 1065 (51.1) | 50.9 (48.8, 53.0) | 1.9 (-0.8, 4.7) |
| HADS-D | | | |
| < 8 | 2044 (52.4) | 52.3 (50.7, 53.9) | Reference |
| ≥ 8 | 296 (46.9) | 47.4 (43.5, 51.2) | -4.9 (-9.1, -0.8) |

Supplemental Table 2: Age- and sex-adjusted predicted probabilities of participation in at least three DE-PLAN examinations among the 2380 participants of the intervention study.

| | Participants, n (%) | Age- and sex-adjusted predicted probability, % (95% CI) | Age- and sex-adjusted difference in predicted probability, percentage points (95% CI) |
|------------------|------------------------|---|--|
| Overall | 1212 (50.9) | | |
| Age, years | | | |
| 20-49 | 150 (43.6) | 43.9 (38.6, 49.1) | Reference |
| 50-69 | 727 (54.2) | 54.1 (51.4, 56.8) | 10.2 (4.3, 16.1) |
| ≥ 70 | 335 (48.27) | 48.3 (44.6, 52.0) | 4.4 (-2.0, 10.9) |
| Sex | | | |
| Female | 706 (48.8) | 48.8 (46.2, 51.4) | Reference |
| Male | 506 (54.3) | 54.3 (51.1, 57.5) | 5.5 (1.4, 9.6) |
| Education, years | | | |
| ≤ 10 | 618 (51.4) | 50.4 (47.4, 53.4) | Reference |
| 11-13 | 315 (57.5) | 58.4 (54.2, 62.6) | 8.0 (2.7, 13.4) |
| ≥ 13 | 220 (47.8) | 49.3 (44.5, 54.1) | -1.1 (-7.0, 4.8) |
| HADS-D | | | |
| < 8 | 990 (53.5) | 53.5 (51.3, 55.8) | Reference |
| ≥ 8 | 123 (46.6) | 46.6 (40.6, 52.6) | -6.9 (-13.4, -0.1) |

Supplemental Table 3: Changes in HbA_{1c}, fasting s-glucose, 2-h OGTT s-glucose, BMI, and waist circumference from baseline to 6-, 12- and 24-month follow-up overall and by sex and baseline levels of age, education and HADS-D.

| | Mean baseline level (95% CI) | Mean change from baseline to 6-month follow-up (95% CI) | Mean change from baseline to 12-month follow-up (95% CI) | Mean change from baseline to 24-month follow-up (95% CI) |
|------------------------------------|---------------------------------|---|--|--|
| HbA_{1c} (%) | | | | |
| Overall | 5.67 (5.65, 5.69) | 0.11 (0.09, 0.13) | 0.05 (0.04, 0.07) | 0.30 (0.29, 0.32) |
| Men | 5.74 (5.71, 5.78) | 0.11 (0.09, 0.14) | 0.06 (0.03, 0.09) | 0.33 (0.30, 0.36) |
| Women | 5.63 (5.60, 5.65) | 0.11 (0.09, 0.13) | 0.05 (0.03, 0.07) | 0.29 (0.26, 0.31) |
| Age (years) | | | | |
| <50 | 5.47 (5.41, 5.52) | 0.06 (0.02, 0.10) | 0.08 (0.03, 0.13) | 0.34 (0.29, 0.40) |
| 50-69 | 5.71 (5.68, 5.73) | 0.11 (0.09, 0.14) | 0.04 (0.01, 0.06) | 0.30 (0.27, 0.32) |
| ≥70 | 5.70 (5.67, 5.74) | 0.13 (0.10, 0.16) | 0.08 (0.05, 0.11) | 0.30 (0.26, 0.33) |
| Education (years) | | | | |
| ≤10 | 5.66 (5.64, 5.69) | 0.12 (0.10, 0.14) | 0.08 (0.05, 0.10) | 0.31 (0.29, 0.34) |
| 11-13 | 5.63 (5.59, 5.67) | 0.12 (0.09, 0.15) | 0.05 (0.01, 0.08) | 0.33 (0.29, 0.37) |
| ≥14 | 5.63 (5.59, 5.68) | 0.10 (0.06, 0.14) | 0.03 (-0.01, 0.07) | 0.30 (0.25, 0.34) |
| HADS-D | | | | |
| <8 | 5.67 (5.65, 5.69) | 0.11 (0.09, 0.13) | 0.06 (0.04, 0.07) | 0.31 (0.28, 0.33) |
| ≥8 | 5.65 (5.59, 5.71) | 0.13 (0.08, 0.18) | 0.08 (0.03, 0.14) | 0.34 (0.28, 0.40) |
| Fasting s-glucose (mmol/L) | | | | |
| Overall | 5.50 (5.47, 5.52) | 0.01 (-0.01, 0.04) | 0.05 (0.02, 0.07) | 0.13 (0.10, 0.16) |
| Men | 5.60 (5.56, 5.63) | 0.04 (0.00, 0.07) | 0.08 (0.04, 0.12) | 0.17 (0.12, 0.21) |
| Women | 5.43 (5.40, 5.46) | 0.00 (-0.04, 0.03) | 0.02 (-0.01, 0.06) | 0.11 (0.07, 0.14) |
| Age (years) | | | | |
| <50 | 5.41 (5.35, 5.46) | -0.03 (-0.09, 0.04) | 0.08 (0.01, 0.15) | 0.08 (0.00, 0.16) |
| 50-69 | 5.54 (5.51, 5.57) | 0.02 (-0.01, 0.05) | 0.05 (0.02, 0.09) | 0.17 (0.13, 0.20) |
| ≥70 | 5.46 (5.42, 5.51) | 0.01 (-0.04, 0.05) | 0.01 (-0.04, 0.06) | 0.07 (0.02, 0.12) |
| Education (years) | | | | |
| ≤10 | 5.50 (5.46, 5.53) | 0.04 (0.01, 0.08) | 0.05 (0.02, 0.09) | 0.13 (0.09, 0.16) |
| 11-13 | 5.48 (5.43, 5.53) | 0.02 (-0.03, 0.07) | 0.05 (0.00, 0.10) | 0.15 (0.09, 0.20) |
| ≥14 | 5.48 (5.43, 5.53) | -0.05 (-0.11, 0.00) | 0.05 (-0.01, 0.10) | 0.13 (0.06, 0.19) |
| HADS-D | | | | |
| <8 | 5.50 (5.48, 5.53) | 0.00 (-0.03, 0.03) | 0.03 (0.01, 0.06) | 0.11 (0.08, 0.14) |
| ≥8 | 5.48 (5.41, 5.54) | 0.06 (-0.02, 0.13) | 0.11 (0.03, 0.19) | 0.20 (0.11, 0.29) |
| 2-h OGTT s-glucose (mmol/L) | | | | |
| Overall | 6.16 (6.09, 6.23) | 0.02 (-0.06, 0.11) | 0.12 (0.03, 0.21) | 0.46 (0.36, 0.56) |
| Men | 6.13 (6.02, 6.25) | 0.06 (-0.07, 0.20) | 0.23 (0.09, 0.37) | 0.55 (0.39, 0.70) |
| Women | 6.18 (6.09, 6.27) | 0.00 (-0.12, 0.11) | 0.04 (-0.08, 0.16) | 0.40 (0.27, 0.53) |
| Age (years) | | | | |
| <50 | 5.66 (5.47, 5.85) | 0.00 (-0.23, 0.23) | 0.11 (-0.15, 0.37) | 0.32 (0.04, 0.60) |
| 50-69 | 5.96 (5.86, 6.05) | 0.06 (-0.06, 0.17) | 0.15 (0.03, 0.27) | 0.56 (0.43, 0.69) |
| ≥70 | 6.77 (6.63, 6.90) | -0.03 (-0.19, 0.14) | 0.08 (-0.09, 0.26) | 0.31 (0.12, 0.50) |
| Education (years) | | | | |
| ≤10 | 6.17 (6.06, 6.27) | 0.03 (-0.10, 0.15) | 0.16 (0.03, 0.29) | 0.52 (0.38, 0.66) |
| 11-13 | 6.03 (5.88, 6.18) | 0.14 (-0.03, 0.31) | 0.11 (-0.07, 0.30) | 0.55 (0.34, 0.75) |
| ≥14 | 6.21 (6.03, 6.38) | -0.16 (-0.36, 0.04) | 0.02 (-0.19, 0.23) | 0.21 (-0.03, 0.44) |
| HADS-D | | | | |
| <8 | 6.19 (6.10, 6.27) | 0.03 (-0.07, 0.12) | 0.12 (0.02, 0.22) | 0.45 (0.33, 0.56) |
| ≥8 | 6.07 (5.86, 6.29) | -0.08 (-0.34, 0.19) | 0.09 (-0.20, 0.37) | 0.47 (0.15, 0.79) |

| | | | | |
|---------------------------------|----------------------|---------------------|--------------------|--------------------|
| BMI (kg/m²) | | | | |
| Overall | 31.40 (31.19, 31.60) | 0.06 (-0.02, 0.14) | 0.23 (0.15, 0.31) | 0.30 (0.19, 0.40) |
| Men | 31.15 (30.89, 31.41) | 0.06 (-0.06, 0.18) | 0.32 (0.19, 0.45) | 0.34 (0.18, 0.50) |
| Women | 31.40 (31.19, 31.61) | 0.06 (-0.05, 0.16) | 0.17 (0.06, 0.28) | 0.27 (0.13, 0.40) |
| Age (years) | | | | |
| <50 | 32.58 (32.16, 33.01) | 0.19 (-0.02, 0.40) | 0.25 (0.02, 0.48) | 0.79 (0.51, 1.08) |
| 50-69 | 31.57 (31.35, 31.79) | 0.06 (-0.04, 0.17) | 0.27 (0.16, 0.38) | 0.31 (0.14, 0.44) |
| ≥70 | 30.21 (29.91, 30.51) | -0.02 (-0.17, 0.13) | 0.12 (-0.04, 0.28) | 0.05 (-0.14, 0.25) |
| Education (years) | | | | |
| ≤10 | 31.45 (31.21, 31.68) | 0.07 (-0.04, 0.18) | 0.25 (0.13, 0.37) | 0.25 (0.11, 0.39) |
| 11-13 | 31.22 (30.88, 31.56) | 0.07 (-0.08, 0.22) | 0.28 (0.12, 0.44) | 0.46 (0.26, 0.67) |
| ≥14 | 30.89 (30.51, 31.27) | 0.16 (-0.01, 0.33) | 0.27 (0.09, 0.46) | 0.35 (0.11, 0.58) |
| HADS-D | | | | |
| <8 | 31.26 (31.08, 31.44) | 0.01 (-0.08, 0.10) | 0.18 (0.08, 0.27) | 0.22 (0.11, 0.33) |
| ≥8 | 31.40 (30.92, 31.88) | 0.22 (-0.01, 0.46) | 0.37 (0.11, 0.63) | 0.53 (0.22, 0.84) |
| Waist circumference (cm) | | | | |
| Overall | 104.4 (104.0, 104.8) | -2.4 (-2.8, -2.0) | -2.9 (-3.4, -2.3) | -0.5 (-0.9, -0.2) |
| Men | 108.2 (107.6, 108.9) | -3.1 (-3.8, -2.5) | -2.9 (-3.8, -2.1) | -0.3 (-0.9, 0.3) |
| Women | 101.9 (101.4, 102.4) | -1.9 (-2.4, -1.3) | -2.8 (-3.5, -2.1) | -0.7 (-1.1, -0.2) |
| Age (years) | | | | |
| <50 | 106.5 (105.5, 107.6) | -2.4 (-3.5, -1.3) | -3.4 (-4.8, -2.1) | -0.5 (-1.5, 0.5) |
| 50-69 | 104.6 (104.1, 105.2) | -2.4 (-2.9, -1.9) | -2.6 (-3.4, -1.9) | -0.1 (-0.5, 0.4) |
| ≥70 | 103.1 (102.3, 103.8) | -2.3 (-3.1, -1.6) | -3.0 (-3.9, -2.1) | -1.5 (-2.2, -0.8) |
| Education (years) | | | | |
| ≤10 | 104.9 (104.3, 105.5) | -2.5 (-3.0, -1.9) | -2.6 (-3.3, -1.8) | -0.6 (-1.1, -0.1) |
| 11-13 | 104.1 (103.2, 105.0) | -2.5 (-3.3, -1.7) | -2.9 (-4.0, -1.9) | -0.5 (-1.2, 0.2) |
| ≥14 | 103.0 (102.0, 103.9) | -1.9 (-2.8, -1.0) | -3.0 (-4.3, -1.7) | 0.3 (-0.6, 1.2) |
| HADS-D | | | | |
| <8 | 104.3 (103.8, 104.7) | -2.5 (-2.9, -2.0) | -2.6 (-3.2, -2.0) | -0.5 (-0.9, -0.1) |
| ≥8 | 105.5 (104.3, 106.8) | -2.1 (-3.3, -1.0) | -4.2 (-5.9, -2.6) | -0.7 (-1.8, 0.4) |

Supplemental Table 4: Changes in HbA_{1c}, fasting s-glucose, 2-h OGTT s-glucose, BMI, and waist circumference from baseline to 6-, 12- and 24-month follow-up by baseline levels of BMI, physical activity* and family history of diabetes.

| | Mean baseline level (95% CI) | Mean change from baseline to 6- month follow-up (95% CI) | Mean change from baseline to 12- month follow-up (95% CI) | Mean change from baseline to 24- month follow-up (95% CI) |
|---|---------------------------------|---|--|--|
| HbA_{1c} (%) | | | | |
| BMI (kg/m²) | | | | |
| <30.0 | 5.62 (5.59, 5.66) | 0.09 (0.06, 0.12) | 0.05 (0.02, 0.08) | 0.30 (0.26, 0.33) |
| 30.0-34.9 | 5.67 (5.64, 5.70) | 0.12 (0.10, 0.14) | 0.06 (0.04, 0.09) | 0.30 (0.27, 0.32) |
| ≥35.0 | 5.79 (5.74, 5.84) | 0.12 (0.08, 0.16) | 0.03 (-0.01, 0.08) | 0.35 (0.30, 0.39) |
| Physical activity | | | | |
| <30 min/d | 5.65 (5.62, 5.68) | 0.11 (0.08, 0.13) | 0.04 (0.02, 0.07) | 0.31 (0.28, 0.34) |
| ≥30 min/d | 5.69 (5.66, 5.72) | 0.11 (0.09, 0.14) | 0.06 (0.04, 0.08) | 0.30 (0.28, 0.33) |
| 1st or 2nd degree relatives with diabetes | | | | |
| None | 5.70 (5.64, 5.76) | 0.15 (0.10, 0.20) | 0.09 (0.04, 0.14) | 0.36 (0.31, 0.42) |
| 2 nd , but not 1 st degree relative with diabetes | 5.66 (5.61, 5.71) | 0.09 (0.05, 0.13) | 0.03 (-0.01, 0.07) | 0.28 (0.24, 0.33) |
| 1 st degree relative with diabetes | 5.67 (5.65, 5.70) | 0.11 (0.09, 0.13) | 0.05 (0.03, 0.07) | 0.30 (0.28, 0.32) |
| Fasting s-glucose (mmol/L) | | | | |
| BMI (kg/m²) | | | | |
| <30.0 | 5.41 (5.37, 5.45) | 0.04 (0.00, 0.09) | 0.04 (0.00, 0.08) | 0.14 (0.09, 0.19) |
| 30.0-34.9 | 5.51 (5.47, 5.54) | -0.01 (-0.04, 0.03) | 0.04 (0.00, 0.07) | 0.11 (0.07, 0.14) |
| ≥35.0 | 5.66 (5.61, 5.72) | 0.00 (-0.06, 0.06) | 0.09 (0.03, 0.16) | 0.19 (0.12, 0.26) |
| Physical activity | | | | |
| <30 min/d | 5.46 (5.43, 5.49) | 0.01 (-0.03, 0.05) | 0.04 (0.00, 0.08) | 0.12 (0.07, 0.16) |
| ≥30 min/d | 5.52 (5.49, 5.55) | 0.01 (-0.02, 0.04) | 0.05 (0.01, 0.08) | 0.14 (0.10, 0.18) |
| 1st or 2nd degree relatives with diabetes | | | | |
| None | 5.50 (5.44, 5.57) | 0.10 (0.03, 0.17) | 0.10 (0.03, 0.18) | 0.18 (0.09, 0.26) |
| 2 nd , but not 1 st degree relative with diabetes | 5.53 (5.47, 5.58) | -0.05 (-0.11, 0.00) | -0.05 (-0.11, 0.01) | 0.08 (0.01, 0.14) |
| 1 st degree relative with diabetes | 5.49 (5.46, 5.51) | 0.02 (-0.01, 0.04) | 0.06 (0.03, 0.09) | 0.14 (0.10, 0.17) |

2-h OGTT s-glucose**(mmol/L)****BMI (kg/m²)**

| | | | | |
|---|-------------------|---------------------|--------------------|-------------------|
| <30.0 | 6.03 (5.91, 6.15) | 0.06 (-0.10, 0.21) | 0.02 (-0.14, 0.17) | 0.39 (0.22, 0.56) |
| 30.0-34.9 | 6.14 (6.04, 6.24) | -0.05 (-0.17, 0.07) | 0.13 (0.00, 0.26) | 0.42 (0.28, 0.56) |
| ≥35.0 | 6.52 (6.34, 6.70) | 0.19 (-0.03, 0.40) | 0.33 (0.09, 0.57) | 0.71 (0.45, 0.96) |
| Physical activity | | | | |
| <30 min/d | 6.20 (6.09, 6.31) | 0.04 (-0.09, 0.18) | 0.19 (0.05, 0.33) | 0.46 (0.31, 0.62) |
| ≥30 min/d | 6.13 (6.04, 6.23) | 0.01 (-0.10, 0.13) | 0.07 (-0.05, 0.19) | 0.46 (0.33, 0.59) |
| 1st or 2nd degree relatives with diabetes | | | | |
| None | 6.37 (6.17, 6.58) | 0.18 (-0.08, 0.45) | 0.43 (0.16, 0.69) | 0.51 (0.21, 0.81) |
| 2 nd , but not 1 st degree relative with diabetes | 6.11 (5.94, 6.29) | -0.02 (-0.22, 0.18) | 0.00 (-0.22, 0.22) | 0.30 (0.07, 0.53) |
| 1 st degree relative with diabetes | 6.13 (6.05, 6.22) | 0.01 (-0.09, 0.12) | 0.10 (-0.01, 0.21) | 0.49 (0.37, 0.61) |

BMI (kg/m²)**BMI (kg/m²)**

| | | | | |
|---|----------------------|--------------------|--------------------|-------------------|
| <30.0 | 27.34 (27.20, 27.47) | 0.06 (-0.08, 0.19) | 0.18 (0.04, 0.32) | 0.22 (0.04, 0.39) |
| 30.0-34.9 | 31.97 (31.86, 32.08) | 0.05 (-0.06, 0.16) | 0.28 (0.16, 0.40) | 0.29 (0.14, 0.43) |
| ≥35.0 | 37.94 (37.74, 38.14) | 0.12 (-0.07, 0.31) | 0.20 (-0.02, 0.41) | 0.50 (0.24, 0.76) |
| Physical activity | | | | |
| <30 min/d | 31.21 (30.97, 31.46) | 0.07 (-0.05, 0.19) | 0.24 (0.11, 0.37) | 0.31 (0.15, 0.47) |
| ≥30 min/d | 31.36 (31.15, 31.58) | 0.05 (-0.05, 0.15) | 0.22 (0.11, 0.33) | 0.29 (0.15, 0.42) |
| 1st or 2nd degree relatives with diabetes | | | | |
| None | 32.56 (32.10, 33.02) | 0.09 (-0.15, 0.32) | 0.30 (0.06, 0.54) | 0.34 (0.03, 0.65) |
| 2 nd , but not 1 st degree relative with diabetes | 31.95 (31.56, 32.33) | 0.03 (-0.15, 0.21) | 0.14 (-0.06, 0.33) | 0.32 (0.08, 0.56) |
| 1 st degree relative with diabetes | 30.91 (30.72, 31.10) | 0.06 (-0.03, 0.16) | 0.24 (0.14, 0.34) | 0.28 (0.16, 0.40) |

Waist circumference (cm)**BMI (kg/m²)**

| | | | | |
|---|----------------------|-------------------|-------------------|-------------------|
| <30.0 | 96.7 (96.2, 97.2) | -2.2 (-2.8, -1.5) | -3.4 (-4.3, -2.6) | -0.9 (-1.5, -0.3) |
| 30.0-34.9 | 105.5 (105.0, 105.9) | -2.3 (-2.8, -1.7) | -2.2 (-3.0, -1.5) | -0.3 (-0.8, 0.2) |
| ≥35.0 | 118.3 (117.6, 119.0) | -3.2 (-4.1, -2.2) | -2.9 (-4.4, -1.5) | -0.4 (-1.3, 0.5) |
| Physical activity | | | | |
| <30 min/d | 104.7 (104.1, 105.4) | -2.2 (-2.8, -1.5) | -2.9 (-3.7, -2.0) | -0.7 (-1.3, -0.2) |
| ≥30 min/d | 104.2 (103.7, 104.8) | -2.5 (-3.1, -2.0) | -2.9 (-3.5, -2.2) | -0.4 (-0.9, 0.1) |
| 1st or 2nd degree relatives with diabetes | | | | |
| None | 107.5 (106.3, 108.7) | -3.2 (-4.4, -2.1) | -2.8 (-4.5, -1.1) | -0.7 (-1.8, 0.4) |
| 2 nd , but not 1 st degree relative with diabetes | 105.5 (104.5, 106.5) | -2.5 (-3.4, -1.5) | -2.5 (-3.8, -1.3) | -0.5 (-1.4, 0.3) |
| 1 st degree relative with diabetes | 103.6 (103.1, 104.1) | -2.2 (-2.7, -1.7) | -2.9 (-3.6, -2.3) | -0.5 (-0.9, -0.1) |

* Physical activity at work or during leisure time

Supplemental Table 5: Changes in glycemia from baseline to 6-, 12- and 24-month follow-up according to weight reduction and physical activity during follow-up.

| Weight reduction * | Physical activity† | Mean baseline level (95% CI) | Mean change from baseline to 6-month follow-up (95% CI) | Mean change from baseline to 12-month follow-up (95% CI) | Mean change from baseline to 24-month follow-up (95% CI) |
|------------------------------------|--------------------|------------------------------|---|--|--|
| HbA_{1c} (%) | | | | | |
| No | No | 5.72 (5.69, 5.75) | 0.12 (0.09, 0.15) | 0.06 (0.03, 0.10) | 0.32 (0.29, 0.36) |
| No | Yes | 5.63 (5.60, 5.66) | 0.13 (0.10, 0.15) | 0.07 (0.05, 0.09) | 0.32 (0.30, 0.35) |
| Yes | No | 5.61 (5.48, 5.74) | 0.07 (-0.02, 0.16) | 0.01 (-0.09, 0.11) | 0.28 (0.18, 0.38) |
| Yes | Yes | 5.65 (5.57, 5.73) | 0.02 (-0.03, 0.08) | -0.03 (-0.09, 0.03) | 0.20 (0.13, 0.26) |
| Fasting s-glucose (mmol/L) | | | | | |
| No | No | 5.50 (5.47, 5.53) | 0.07 (0.02, 0.11) | 0.08 (0.03, 0.13) | 0.15 (0.09, 0.20) |
| No | Yes | 5.48 (5.44, 5.51) | 0.01 (-0.03, 0.04) | 0.06 (0.02, 0.09) | 0.15 (0.12, 0.19) |
| Yes | No | 5.59 (5.46, 5.73) | -0.19 (-0.32, -0.05) | -0.12 (-0.27, 0.02) | -0.05 (-0.20, 0.09) |
| Yes | Yes | 5.56 (5.47, 5.64) | -0.04 (-0.12, 0.04) | -0.06 (-0.15, 0.02) | 0.00 (-0.09, 0.09) |
| 2-h OGTT s-glucose (mmol/L) | | | | | |
| No | No | 6.34 (6.23, 6.45) | 0.19 (0.02, 0.35) | 0.37 (0.19, 0.55) | 0.73 (0.53, 0.93) |
| No | Yes | 5.95 (5.85, 6.06) | -0.01 (-0.12, 0.10) | 0.13 (0.01, 0.25) | 0.49 (0.37, 0.62) |
| Yes | No | 6.26 (5.81, 6.70) | 0.16 (-0.33, 0.64) | -0.11 (-0.64, 0.43) | -0.20 (-0.72, 0.33) |
| Yes | Yes | 6.30 (6.01, 6.58) | -0.08 (-0.38, 0.23) | -0.35 (-0.66, -0.04) | -0.09 (-0.41, 0.22) |

*>5% weight reduction from baseline to at least one of the follow-up examinations

† ≥3 h weekly self-reported leisure-time physical activity at at least one of the follow-up examinations