

Supplemental Table 1. Baseline characteristics of participants with NGT and prediabetes based on glycemic status at follow-up, MASALA Study

	NGT at Baseline					Prediabetes at Baseline				
	Remained NGT (n= 153)	NGT to iIFG (n= 55)	NGT to iIGT (n= 25)	NGT to IFT+IGT (n=29)	NTG to T2DM (n=6)	Regressed to NGT (n=40)	Remained as prediabetes (n=136)	iIFG to T2DM (n=7)	iIGT to T2DM (n=17)	IFG+IGT to T2DM (n=13)
Sociodemographic Measures										
Age (years)	51.6 ± 8.6	54.0 ± 8.4	53.4 ± 8.7	59.2 ± 9.5*	58.8 ± 9.7*	54.4 ± 10.5	55.9 ± 9.5	56.6 ± 10.7	56.1 ± 9.3	53.4 ± 8.3
Clinical Site										
Northwestern University (1)	34.0	29.1	40.0	20.7	33.3	60.0	52.9	28.6	29.4	53.9
UCSF (2)	66.1	70.9	60.0	79.3	66.7	40.0	47.1	71.4	70.6	46.2
Years living in US	25.6 ± 9.9	27.4 ± 10.1	28.1 ± 9.7	33.5 ± 9.7*	23.0 ± 12.6	26.5 ± 12.2	28.2 ± 11.8	28.3 ± 14.5	24.8 ± 10.7	25.2 ± 9.7
Level of Education										
Bachelor's Degree or higher	90.9	94.6	92.0	86.2	100.0	90.0	90.4	100.0	82.4	84.6
Family income ≤\$100,000	76.5	71.1	87.5	61.5	60.0	66.7	64.4	71.4	68.8	38.5
Behavioral and Dietary Factors										
Total calories (kcal/d)	1703.5 ± 481.6	1744.4 ± 596.1	1619.1 ± 339.3	1672.1 ± 530.8	1622.6 ± 338.2	1771.5 ± 598.9	1686.7 ± 474.9	1998.3 ± 663.4	1672.4 ± 517.7	1656.9 ± 428.7

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Carbohydrates (% energy intake)	247.6 ± 25.2	243.7 ± 22.3	250.6 ± 23.4	251.1 ± 23.0	246.8 ± 11.8	246.2 ± 26.6	242.9 ± 27.0	243.1 ± 11.3	250.9 ± 24.8	244.4 ± 37.8
Total protein (% energy intake)	61.9 ± 8.7	61.6 ± 9.2	61.9 ± 7.9	57.2 ± 8.2*	68.2 ± 8.4	61.8 ± 9.6	62.4 ± 9.6	61.9 ± 9.7	61.2 ± 12.3	60.3 ± 8.6
Total fat (% energy intake)	54.6 ± 9.1	54.9 ± 8.6	53.8 ± 8.5	53.7 ± 8.1	52.5 ± 8.1	55.3 ± 8.4	55.4 ± 9.6	54.0 ± 6.5	53.9 ± 9.1	55.7 ± 14.0
Alcohol consumption, ≥ 1 drink/week	32.7	40.0	20.0	44.8	16.7	35.0	38.2	28.6	29.4	38.5
*Total exercise (MET-min/wk)	1247.5 ± 6.8	1198.1 ± 7.2	884.06 ± 6.6	1529.9 ± 7.8	1017.0 ± 3.6	1321.2 ± 6.6	1043.1 ± 5.6	1312.4 ± 4.9	1048.2 ± 6.8	863.4 ± 5.1
Health and family history										
History of gestational diabetes	3.9	3.6	8.0	3.5	0.0	0.0	3.7	0.0	11.8	0.0
Family history of diabetes	42.5	45.5	36.0	55.2	33.3	47.5	58.1	42.9	58.8	30.8
Clinical measures										
Body mass index (kg/m ²)	24.8 ± 3.6	25.1 ± 3.6	26.0 ± 2.8	25.5 ± 3.5	26.3 ± 3.6	25.2 ± 3.4	26.2 ± 4.1	25.8 ± 2.4	26.2 ± 2.7	26.3 ± 2.9
Waist circumference (cm)	88.6 ± 9.3	92.1 ± 10.5*	94.8 ± 10.1*	93.3 ± 9.8*	93.5 ± 7.6	90.0 ± 8.3	94.0 ± 10.1*	92.8 ± 7.9	95.8 ± 5.9	95.8 ± 9.0
†Subcutaneous fat area (cm ²)	204.9 ± 2.3	207.2 ± 2.0	258.0 ± 1.8*	218.7 ± 2.2	224.3 ± 2.8	207.8 ± 2.0	211.3 ± 2.0	235.9 ± 0.7	212.0 ± 1.2	250.1 ± 2.0

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†Visceral fat area (cm ²)	97.2 ± 2.3	125.3 ± 1.7*	121.4 ± 1.5	136.2 ± 1.7*	151.4 ± 1.8*	104.3 ± 1.6*	132.9 ± 1.9	148.2 ± 1.6	158.0 ± 1.6	146.8 ± 2.0
†Hepatic fat attenuation (HU)	59.6 ± 0.5	55.4 ± 1.0*	52.6 ± 0.9	53.1 ± 1.0	53.2 ± 0.7	57.0 ± 0.6	54.5 ± 0.8	58.7 ± 0.6	44.8 ± 0.9	48.7 ± 0.9
†Pericardial fat volume (cm ³)	40.9 ± 1.9	52.5 ± 1.6*	57.3 ± 1.8*	51.2 ± 1.5*	51.3 ± 1.4	42.4 ± 1.6*	52.8 ± 1.9	75.5 ± 2.5	65.0 ± 1.6	59.8 ± 1.7
†Intermuscular abdominal fat area (cm ²)	1.2 ± 0.1	1.6 ± 0.3	1.4 ± 0.2	1.3 ± 0.1	1.4 ± 0.1	1.3 ± 0.1	1.5 ± 0.2	1.7 ± 0.1	1.4 ± 0.2	1.6 ± 0.5
Systolic blood pressure (mm Hg)	119.2 ± 12.4	122.5 ± 14.8	125.0 ± 15.0*	128.6 ± 15.2*	117.1 ± 7.6	119.4 ± 12.6	124.6 ± 16.4	121.3 ± 14.1	127.3 ± 10.1	132.8 ± 13.4
Diastolic blood pressure (mm Hg)	71.8 ± 9.3	73.8 ± 9.9	74.1 ± 9.7	75.2 ± 13.2	62.8 ± 3.6*	71.0 ± 8.7	74.1 ± 9.7	73.8 ± 11.5	76.3 ± 10.1	78.3 ± 10.1
Hypertension%	17.0	21.8	48.0*	51.7*	50.0*	17.5*	39.7	42.9	47.1	53.9
Total cholesterol (mmol/L)	4.9 ± 0.9	4.9 ± 0.9	5.1 ± 1.0	5.1 ± 1.0	5.1 ± 1.1	5.1 ± 0.9	4.9 ± 0.9	5.8 ± 1.5*	4.3 ± 0.8*	5.1 ± 0.9
HDL-cholesterol (mmol/L)	1.4 ± 0.4	1.3 ± 0.3*	1.3 ± 0.4	1.3 ± 0.4	1.4 ± 0.5	1.4 ± 0.3*	1.2 ± 0.3	1.4 ± 0.4	1.1 ± 0.2*	1.2 ± 0.3
†Triglycerides (mmol/L)	1.1 ± 0.1	1.3 ± 0.1	1.4 ± 0.1*	1.5 ± 0.2*	1.2 ± 0.1	1.2 ± 0.1*	1.5 ± 0.2	1.2 ± 0.1	1.6 ± 0.1	1.5 ± 0.1
LDL-cholesterol (mmol/L)	1.4 ± 0.4	1.3 ± 0.3	1.3 ± 0.4	1.3 ± 0.4	1.4 ± 0.5	1.4 ± 0.3	1.2 ± 0.3	1.4 ± 0.4	1.1 ± 0.2*	1.2 ± 0.3
†eGFR (mL/min/1.73 m ²)	96.3 ± 0.6	89.3 ±	90.8 ±	88.9 ±	87.5 ± 0.9	91.1 ± 0.7	90.1 ± 0.6	85.7 ± 0.7	93.6 ± 0.7	91.6 ± 0.8

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		0.8*	0.7*	0.7*						
Fasting glucose (mg/dL)	4.9 ± 0.3	5.1 ± 0.3*	5.1 ± 0.3*	5.2 ± 0.3*	5.0 ± 0.4	5.3 ± 0.4*	5.6 ± 0.5	6.1 ± 0.4*	5.1 ± 0.3*	5.9 ± 0.3*
30 minute glucose (mg/dL)	7.8 ± 1.3	8.3 ± 1.1*	8.5 ± 0.8*	9.2 ± 1.1*	8.7 ± 0.9	8.7 ± 0.9	9.1 ± 1.3	9.9 ± 1.8	8.5 ± 1.1	9.7 ± 1.1
2-h post challenge glucose (mg/dL)	5.6 ± 1.1	5.6 ± 1.1	6.3 ± 0.9*	6.4 ± 1.0*	5.4 ± 1.3	8.0 ± 1.2	7.6 ± 1.6	6.7 ± 0.7	9.2 ± 1.0*	8.9 ± 0.8*
†Fasting insulin (pmol/L)	44.7 ± 2.0	57.0 ± 2.0*	65.7 ± 2.3*	59.2 ± 2.4*	37.9 ± 2.8	48.5 ± 1.5*	67.0 ± 2.1	60.8 ± 0.8	89.7 ± 1.9*	72.9 ± 2.7
†30 minute insulin (pmol/L)	478.3 ± 4.2	534.1 ± 3.2	588.6 ± 3.6	528.0 ± 3.3	508.0 ± 4.2	445.7 ± 4.0	473.7 ± 3.9	341.5 ± 2.5	586.0 ± 4.3	407.9 ± 4.0
†2-h post challenge insulin (pmol/L)	353.5 ± 4.4	409.7 ± 3.9	602.0 ± 5.2*	546.4 ± 4.6*	726.4 ± 6.4*	573.1 ± 3.5	678.3 ± 4.7	371.0 ± 2.9	1178.0 ± 4.8*	989.8 ± 3.3
†HOMA-IR (pmol/L*mg/dL)	1.6 ± 0.3	2.2 ± 0.4*	2.5 ± 0.5*	2.3 ± 0.5*	1.4 ± 0.3	1.9 ± 2.7*	2.8 ± 0.5	2.7 ± 0.2	3.4 ± 0.5	3.2 ± 0.8
†HOMA-β (pmol/l/(mg/dL)	108.6 ± 2.5	118.3 ± 2.4	145.3 ± 2.4*	120.6 ± 2.9	84.3 ± 2.6	92.2 ± 1.5*	107.3 ± 2.3	78.6 ± 2.8	193.9 ± 2.8*	102.3 ± 2.8
†ISIm (μIU/ml*mg/ml)	6.1 ± 1.0	4.9 ± 0.8*	4.3 ± 0.9*	4.4 ± 0.8*	6.1 ± 1.4	4.9 ± 0.8*	3.8 ± 0.8	4.7 ± 0.4	2.6 ± 0.4	3.2 ± 0.8
†Disposition Index (pmol/mmol)*pmol	3.7 ± 1.1	2.8 ± 0.7	2.4 ± 0.5*	2.0 ± 0.4	2.9 ± 0.8	2.4 ± 0.6	1.7 ± 0.4	1.3 ± 0.3	1.6 ± 0.3	1.2 ± 0.1
†Adiponectin ng/mL	10.9 ± 1.9	9.8 ± 1.4	9.0 ± 1.1	9.2 ± 1.1	10.4 ± 1.2	12.2 ± 1.2	9.4 ± 1.8	12.0 ± 0.8	6.6 ± 1.0	11.0 ± 1.0

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†Resistin ng/mL	19.2 ± 1.8	15.5 ± 3.0	20.3 ± 0.7	19.8 ± 0.8	3.7 ± 3.4		19.9 ± 0.9	19.4 ± 1.9	14.2 ± 1.2	18.7 ± 0.9	24.2 ± 0.6

* P < 0.05 vs. those who remained NGT (NGT at baseline) or those who regressed to NGT (prediabetes at baseline). Data are given as %, mean (SD), or *geometric mean (SD).