

**Table S1** Age constituent ratio at different sex and different glucose status groups

Age	NGR		IFG		IGT		CGI		NDDM	
	Male (n=271)	Female (n=333)	Male (n=67)	Female (n=51)	Male (n=72)	Female (n=135)	Male (n=43)	Female (n=75)	Male (n=72)	Female (n=94)
45–50 years	63	84	11	8	7	27	9	4	8	6
51–55 years	51	68	10	11	9	19	9	13	14	9
56–60 years	64	74	15	9	19	34	9	19	11	26
61–65 years	33	48	9	13	16	23	6	15	24	24
66–70 years	41	26	14	7	11	19	7	15	8	13
71–75 years	8	15	7	1	4	6	3	4	4	5
75– years	11	18	1	2	6	7	0	5	3	11

NGR, normal glucose regulation; IFG, impaired fasting glucose; IGT, impaired glucose tolerance; CGI, combined IFG/IGT; NDDM, new diagnosis diabetes mellitus.

**Table S2** Age constituent ratio of BMI  $\geq 24$  kg/m<sup>2</sup> at different glucose status groups

Age	Male (n=325), n (%)				Female (n=387), n (%)			
	NGR (n=142)	PD (n=127)	NDDM (n=56)	P value	NGR (n=150)	PD (n=166)	NDDM (n=71)	P value
45–50 years	32 (22.5)	19 (15.0)	8 (14.3)	0.183	30 (20.0)	19 (11.4)	6 (8.5)	0.096
51–55 years	21 (14.8)	20 (15.7)	10 (17.9)		29 (19.3)	27 (16.3)	9 (12.7)	
56–60 years	33 (23.2)	32 (25.2)	8 (14.3)		33 (22.0)	40 (24.1)	19 (26.8)	
61–65 years	21 (14.8)	24 (18.9)	19 (33.9)		31 (20.7)	33 (19.9)	18 (25.4)	
66–70 years	23 (16.2)	22 (17.3)	6 (10.7)		11 (7.3)	32 (19.3)	9 (12.7)	
71–75 years	5 (3.5)	7 (5.5)	4 (7.1)		6 (4.0)	7 (4.2)	4 (5.6)	
75– years	7 (4.9)	3 (2.4)	1 (1.8)		10 (6.7)	8 (4.8)	6 (8.5)	

NGR, normal glucose regulation; PD, pre-diabetes; NDDM, new diagnosis diabetes mellitus.

**Table S3** Age constituent ratio of WHR  $\geq 0.85$  (female) or 0.9 (male) at different glucose status groups

Age	Male (n=335), n (%)				Female (n=521), n (%)			
	NGR	PD	NDDM	P value	NGR	PD	NDDM	P value
45–50 years	23 (14.9)	8 (6.5)	3 (5.2)	0.057	45 (19.1)	25 (12.1)	6 (7.7)	0.002
51–55 years	39 (25.3)	22 (17.9)	10 (17.2)		50 (21.2)	30 (14.5)	7 (9.0)	
56–60 years	27 (17.5)	29 (23.6)	10 (17.2)		56 (23.7)	53 (25.6)	19 (24.4)	
61–65 years	25 (16.2)	23 (18.7)	15 (25.9)		39 (16.5)	39 (18.8)	20 (25.6)	
66–70 years	26 (16.9)	23 (18.7)	12 (20.7)		19 (8.1)	39 (18.8)	11 (14.1)	
71–75 years	5 (3.2)	14 (11.4)	5 (8.6)		11 (4.7)	10 (4.8)	5 (6.4)	
75– years	9 (5.8)	4 (3.3)	3 (5.2)		16 (6.8)	11 (5.3)	10 (12.8)	

NGR, normal glucose regulation; PD, pre-diabetes; NDDM, new diagnosis diabetes mellitus.

**Table S4** Regression analysis based on normal glucose level and abnormal glucose level

Variables	Single factor		Multiple factors	
	OR (95% CI)	P	OR (95% CI)	P
Age	1.035 (1.022–1.050)	<0.001	1.029 (1.015–1.044)	<0.001
Sex	1.137 (0.906–1.428)	0.267		
BMI	1.156 (1.113–1.200)	<0.001	1.111 (1.067–1.156)	<0.001
TG	1.414 (1.250–1.600)	<0.001	1.266 (1.121–1.429)	<0.001
Fat rating	1.045 (1.029–1.060)	<0.001		
Fat mass	1.040 (1.021–1.059)	<0.001		
Visceral fat mass	1.006 (0.995–1.017)	0.271		
SBP	1.032 (1.024–1.040)	<0.001	1.020 (1.012–1.028)	<0.001
HR	1.017 (1.008–1.026)	<0.001	1.013 (1.004–1.022)	<0.01
TSH	0.973 (0.932–1.016)	0.210		
FT3	1.022 (0.900–1.159)	0.741		
FT4	0.968 (0.927–1.011)	0.145		

BMI, body mass index; TG, triglycerides; SBP, systolic blood pressure; HR, heart rate. TSH, thyroid-stimulation hormone; FT3, free triiodothyronine, FT4, free tetraiodothyronine.