

Supplemental Table S1. Comparison of Baseline Liver Indices and Clinical Characteristics of Participants who Progressed to Prediabetes during 5 Years of Follow-up versus Nonprogressors

Characteristic	All Participants	Progressors	Non-Progressors	P-Value
Number	343	111	232	
Women/Men	245/98	111 (65/46)	232 (180/52)	0.0003
Age (yr)	44.2±10.6	47.3 ± 8.9	43.8 ± 10.8	0.0017
BMI (kg/M ²)	30.2±7.20	31.4 ± 6.90	29.6 ± 7.40	0.0013
FPG (mg/dl)	91.8 ± 6.80	94.0 ± 7.00	91.0 ± 6.00	0.0027
HbA1c %	5.56 ± 0.50	5.70 ± 0.50	5.50 ± 0.40	0.0190
2hPG(mg/dl)	124 ± 26.0	130 ± 27.0	121 ± 25.0	0.0036
AST (U/L)	19.4 ± 7.80	19.6 ± 8.10	19.3 ± 7.70	0.7675
ALT (U/L)	19.9±14.6	21.7 ± 15.3	19.1 ± 14.3	0.115
Hepatic steatosis index	39.7 ± 8.20	41.33 ± 7.49	39.01 ± 8.47	0.0143
Fibrosis-4 index	0.8 ± 0.40	0.83 ± 0.36	0.79 ± 0.42	0.4039
hsCRP(mg/L)	3.80 ± 5.80	4.40±6.70	3.50 ± 5.40	0.215
Adiponectin (ug/mL)	9.40 ± 5.30	8.50±4.40	9.90 ± 5.70	0.031

Values are shown as the mean ± SD. ALT, alanine aminotransferase; AST, aspartate aminotransferase; BMI, body mass index; FPG fasting plasma glucose; hsCRP, high sensitivity c reactive protein.