**Supplementary Table 1.** Clinical characteristics according to glucose tolerance status at last follow-up

| Glucose tolerance status | Normal ($n=151$) | Prediabetes ($n=128$) | T2DM ($n=26$) | $P$ value |
|--------------------------|-------------------|------------------------|---------------|-----------|
| Body mass index, kg/m²   | 22.2±3.1          | 23.8±3.9⁹              | 24.9±4.4⁴     | <0.001    |
| HbA1c, %                 | 5.3±0.3           | 5.5±0.3⁹               | 6.3±0.7⁴⁻⁵    | <0.001    |
| Fasting plasma glucose, mg/dL | 91.5±6.2       | 106.5±7.3⁹              | 123.7±24.7⁴⁻⁵ | <0.001    |
| Insulin, µIU/mL          | 6.6±2.2           | 9.0±5.9⁹               | 10.0±5.0⁴     | <0.001    |
| C-peptide, ng/mL         | 1.6±0.7           | 2.2±0.9⁹               | 3.0±1.8⁴⁻⁵    | <0.001    |
| Total cholesterol, mg/dL | 187.2±31.0        | 191.6±34.7              | 210.6±27.5⁴   | 0.029     |
| Triglyceride, mg/dL      | 75.4±42.4         | 96.0±49.6               | 190.4±183.8⁴  | <0.001    |
| HDL cholesterol, mg/dL   | 63.5±14.6         | 59.2±13.8               | 54.9±16.9     | 0.040     |
| LDL cholesterol, mg/dL   | 108.3±23.7        | 114.4±27.3              | 120.9±28.6    | 0.107     |
| Blood urea nitrogen, mg/dL | 12.3±2.7         | 11.7±2.7                | 10.6±3.0      | 0.099     |
| Creatinine, mg/dL        | 0.6±0.1           | 0.6±0.1                 | 0.6±0.1       | 0.717     |
| Aspartate transaminase, U/L | 20.4±5.0      | 20.8±5.6                | 28.5±20.8⁴⁻⁵ | 0.002     |
| Alanine transaminase, U/L | 15.3±6.7         | 18.0±9.7                | 32.6±27.0⁴⁻⁵ | <0.001    |

Values are presented as mean±standard deviation. Statistical significance for ANOVA (Bonferroni method for post hoc analysis) with significance set at $P<0.05$.

T2DM, type 2 diabetes mellitus; HbA1c, glycosylated hemoglobin; HDL, high-density lipoprotein; LDL, low-density lipoprotein.

⁹Significant difference ($P<0.05$) compared to the lowest group, ⁺Compared to the middle group.