Supplemental Table. Area Under the Curve above selected plasma glucose concentrations (per 24-h monitoring period).

| Glucose Threshold (mmol/l | Type 1 DM | Type 2 Insulin treated | Type 2 No Insulin | Non-DM | Proportion reaching level | AUC (SD) | Proportion reaching level | AUC (SD) | Proportion reaching level | AUC (SD) | Proportion reaching level | AUC (SD) |
|--------------------------|-----------|------------------------|-------------------|--------|---------------------------|----------|---------------------------|----------|---------------------------|----------|---------------------------|----------|
| 7.0 (126)                | 100%      | 69.7 (42.9)            | 100%              | 60.7 (36.8) | 100%                     | 36.3 (43.3) | 99%                       | 60.7 (36.8) | 100%                     | 36.3 (43.3) | 99%                       | 60.7 (36.8) |
| 11.1 (200)               | 98%       | 26.3 (25.7)            | 100%              | 17.5 (18.3) | 88%                      | 9.7 (25.5)  | 9%                        | 9.7 (25.5)  | 9%                       | 9.7 (25.5)  | 9%                        | 9.7 (25.5) |
| 16.7 (300)               | 82%       | 5.5 (8.5)              | 63%               | 2.6 (4.3)   | 31%                      | 4.4 (13.1)  | 1%                        | 4.4 (13.1)  | 1%                       | 4.4 (13.1)  | 1%                        | 4.4 (13.1) |

AUC: Area under the curve in mmol/l · hour. Means and (SD).
**Figure 1.** Pairwise scatter diagrams illustrating selected Correlations of Glycemic Variables with Pearson correlation coefficients (r) for each pair of indices (not including non-DM data), highlighting the different participant subgroups with different colours (T1DM: red; T2DM: blue; non-DM: black). As illustrated in the grey zone, the variability measures did not correlate well with the postprandial measurements or indices of fasting or average glycemia.

**INDICES OF GLYCEMIA**

**Intraday glucose variability:**
- CONGA (the Continuous Overlapping Net Glycemic Action) from CGM, MAGE (the Mean Amplitude of Glycemic Excursions), and SD (standard deviation) from SMBG (all in mmol/l)

**Hyperglycemia:** AUC above 11.1 mmol/l on average CGM day (hour x mmol/l)

**Nocturnal blood glucose:** Mean BG from CGM 6 h prior to FBG and mean of all 3 AM SMBG (both mmol/l),

**Postprandial indices:** Mean of all postprandial SMBG (mmol/l), area under the CGM curve (AUC) 0-2 hour postprandially (hour x mmol/l), and pre- to 2 h postprandial increment in CGM (mmol/l)

**Average blood glucose** from CGM and SMBG combined (mmol/l),

**Fasting BG** (SMBG) (mmol/l) and HbA1c (DCCT %)

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