**Supplement 4. Oral glucose tolerance test**

**Men**

| Glucose (mg/dL) | 0  | 30 | 60 | 120 |
|-----------------|----|----|----|-----|
| **BMI<25**      |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 98 |
| Nagano          |    |    |    | 91 |
| Tokushima       |    |    |    | 95 |
| Okinawa         |    |    |    | 97 |
| **BMI 25-30**   |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 97 |
| Nagano          |    |    |    | 95 |
| Tokushima       |    |    |    | 94 |
| Okinawa         |    |    |    | 97 |
| **BMI 30-35**   |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 95 |
| Nagano          |    |    |    | 98 |
| Tokushima       |    |    |    | 98 |
| Okinawa         |    |    |    | 98 |
| **BMI ≥35**     |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 97 |
| Nagano          |    |    |    | 98 |
| Tokushima       |    |    |    | 98 |
| Okinawa         |    |    |    | 98 |

**Women**

| Glucose (mg/dL) | 0  | 30 | 60 | 120 |
|-----------------|----|----|----|-----|
| **BMI<25**      |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 97 |
| Nagano          |    |    |    | 94 |
| Tokushima       |    |    |    | 91 |
| Okinawa         |    |    |    | 93 |
| **BMI 25-30**   |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 98 |
| Nagano          |    |    |    | 93 |
| Tokushima       |    |    |    | 94 |
| Okinawa         |    |    |    | 93 |
| **BMI 30-35**   |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 94 |
| Nagano          |    |    |    | 94 |
| Tokushima       |    |    |    | 90 |
| Okinawa         |    |    |    | 90 |
| **BMI ≥35**     |    |    |    |     |
| Fukushima       |    |    |    |     |
| Okinawa         |    |    |    | 98 |
| Nagano          |    |    |    | 93 |
| Tokushima       |    |    |    | 93 |
| Okinawa         |    |    |    | 93 |

| Insulin (mU/L) | 0  | 30 | 60 | 120 |
|----------------|----|----|----|-----|
| **BMI<25**     |    |    |    |     |
| Fukushima      |    |    |    | 5.5 |
| Okinawa        |    |    |    | 5.9 |
| Nagano         |    |    |    | 4.4 |
| Tokushima      |    |    |    | 7.0 |
| Okinawa        |    |    |    | 4.3 |
| **BMI 25-30**  |    |    |    |     |
| Fukushima      |    |    |    | 5.4 |
| Okinawa        |    |    |    | 5.8 |
| Nagano         |    |    |    | 5.9 |
| Tokushima      |    |    |    | 4.5 |
| Okinawa        |    |    |    | 6.0 |
| **BMI 30-35**  |    |    |    |     |
| Fukushima      |    |    |    | 5.4 |
| Okinawa        |    |    |    | 6.0 |
| Nagano         |    |    |    | 5.9 |
| Tokushima      |    |    |    | 4.5 |
| Okinawa        |    |    |    | 6.0 |
| **BMI ≥35**    |    |    |    |     |
| Fukushima      |    |    |    | 5.4 |
| Okinawa        |    |    |    | 6.0 |
| Nagano         |    |    |    | 5.9 |
| Tokushima      |    |    |    | 4.5 |
| Okinawa        |    |    |    | 6.0 |

Data are presented as median [25 - 75th percentiles]. BMI: body mass index.