

Appendix 3. Mean $\pm$ SD and Median (IQR) for clinical, metabolic, and biochemical markers at baseline and during the follow-up period

Parameter	Follow-up Period					P value
	Baseline (n = 519)	6 months (n = 470)	12 months (n = 478)	24 months (n = 473)	36 months (n = 477)	
Anthropometric parameters						
Weight (kg)	83.4 $\pm$ 17.6 82.0 (71.0, 93.0)	83.3 $\pm$ 17.6 81.0 (71.0, 93.0)	84.2 $\pm$ 17.5 83.0 (72.0, 94.0)	82.7 $\pm$ 16.9 81.0 (71.0, 91.0)	83.2 $\pm$ 16.8 82.0 (70.0, 92.0)	0.760
Height (cm)	162.2 $\pm$ 9.6 162.0 (155.0, 170.0)	162.0 $\pm$ 9.3 161.0 (155.0, 169.0)	162.2 $\pm$ 9.3 162.0 (155.0, 169.0)	161.7 $\pm$ 9.0 160.5 (155.0, 168.0)	161.9 $\pm$ 9.2 161.0 (155.0, 169.0)	0.0942
BMI (kg/m²)	31.9 $\pm$ 6.6 31.1 (27.5, 35.3)	31.9 $\pm$ 6.7 31.1 (27.3, 35.6)	32.1 $\pm$ 6.6 31.5 (27.8, 35.6)	32.0 $\pm$ 6.6 31.5 (27.4, 35.1)	32.2 $\pm$ 6.6 32.0 (27.7, 35.4)	0.948
Waist circumference (cm)	104.1 $\pm$ 14.4 104.0 (95.0, 112.0)	103.2 $\pm$ 14.1 103.0 (96.0, 111.0)	105.2 $\pm$ 13.8 104.0 (97.0, 114.0)	104.1 $\pm$ 12.5 103.0 (96.0, 110.5)	107.2 $\pm$ 10.3 108.0 (105.0, 116.0)	0.0002
Clinical paraments						
Pulse rate at rest (/min)	82.0 $\pm$ 10.8 81.0 (75.0, 88.0)	80.7 $\pm$ 10.2 80.0 (74.0, 88.0)	80.1 $\pm$ 10.5 80.0 (72.0, 87.0)	79.8 $\pm$ 10.3 80.0 (72.0, 86.0)	81.0 $\pm$ 9.8 80.0 (76.0, 87.5)	0.1274
Systolic BP (mmHg)	133.7 $\pm$ 17.5 132.0 (122.0, 143.0)	132.4 $\pm$ 15.8 131.5 (120.0, 141.0)	132.5 $\pm$ 15.6 133.0 (120.0, 142.0)	132.0 $\pm$ 16.2 130.0 (120.0, 140.0)	133.0 $\pm$ 16.0 130.0 (120.0, 141.0)	0.3482
Diastolic BP (mmHg)	79.2 $\pm$ 10.9 80.0 (72.0, 87.0)	78.4 $\pm$ 9.9 80.0 (70.0, 85.0)	78.0 $\pm$ 10.1 78.0 (70.0, 86.0)	77.1 $\pm$ 10.5 80.0 (70.0, 85.0)	77.5 $\pm$ 9.8 80.0 (70.0, 83.0)	0.0025
Metabolic markers						
HbA1C %	8.8 $\pm$ 1.7 (73) 8.6 (71) 7.6 (60), 9.8 (84)	7.8 $\pm$ 1.4 (62) 7.5 (59) 6.8 (51), 8.4 (68)	8.0 $\pm$ 1.5 (64) 7.7 (61) 6.9 (52), 8.8 (73)	8.1 $\pm$ 1.7 (65) 7.7 (61) 6.9 (52), 9.1 (76)	8.2 $\pm$ 1.7 (66) 7.8 (62) 7.0 (53), 9.1 (76)	< 0.0001
Fasting Glucose (mg/dL)	185.9 $\pm$ 65.5 169.4 (135.1, 225.2)	152.3 $\pm$ 50.0 140.5 (119.1, 173.0)	154.6 $\pm$ 50.0 146.0 (117.1, 179.0)	152.2 $\pm$ 55.4 136.4 (117.1, 174.8)	146.3 $\pm$ 55.1 137.5 (107.9, 167.6)	< 0.0001
Random Glucose (mg/dL)	227.0 $\pm$ 79.2 215.3 (173.0, 278.0)	199.1 $\pm$ 67.2 191.0 (151.0, 225.2)	215.7 $\pm$ 70.7 203.5 (167.6, 251.0)	241.1 $\pm$ 86.4 234.2 (183.0, 298.0)	205.6 $\pm$ 72.8 192.5 (155.0, 240.0)	< 0.0001
Post Prandial Glucose (mg/dL)	256.2 $\pm$ 78.5 252.1 (200.9, 289.5)	208.6 $\pm$ 70.9 189.0 (160.4, 254.1)	197.0 $\pm$ 63.5 180.1 (153.2, 235.0)	206.5 $\pm$ 68.5 200.0 (160.0, 231.0)	167.3 $\pm$ 31.0 161.1 (144.0, 189.0)	< 0.0001

Parameter	Follow-up Period					P value
	Baseline (n = 519)	6 months (n = 470)	12 months (n = 478)	24 months (n = 473)	36 months (n = 477)	
Lipid profile						
Total Cholesterol (mg/dL)	190.0 ± 52.7 184.0 (160.2, 210.0)	175.8 ± 40.8 169.9 (150.0, 196.0)	177.0 ± 42.9 170.3 (150.6, 199.6)	174.6 ± 35.6 172.2 (152.9, 197.7)	177.6 ± 40.5 176.0 (151.4, 201.2)	0.0001
HDL (mg/dL)	44.0 ± 11.5 42.7 (36.1, 52.1)	44.4 ± 12.5 42.1 (36.7, 49.0)	44.3 ± 11.1 43.1 (37.5, 50.0)	45.6 ± 10.9 44.0 (37.0, 53.0)	47.0 ± 11.0 45.9 (39.8, 54.8)	< 0.0001
LDL (mg/dL)	112.0 ± 35.7 112.4 (90.3, 134.0)	101.6 ± 33.6 101.4 (81.1, 119.7)	103.2 ± 33.2 99.2 (84.2, 121.0)	101.1 ± 29.8 100.8 (81.1, 120.0)	106.2 ± 35.8 101.2 (83.4, 130.0)	0.0083
Triglycerides (mg/dL)	190.7 ± 160.5 152.0 (110.0, 212.4)	166.7 ± 121.2 133.6 (106.0, 185.0)	172.0 ± 115.9 144.2 (107.1, 200.0)	171.3 ± 117.3 145.0 (104.4, 204.4)	153.7 ± 82.9 134.2 (108.8, 181.4)	< 0.0001
Renal function						
Albumin/Creatinine ratio (mg/g)	45.3 ± 62.6 18.4 (8.0, 59.0)	28.8 ± 44.3 8.4 (5.9, 34.0)	63.6 ± 139.0 9.8 (6.4, 31.7)	89.9 ± 252.6 15.2 (2.9, 34.5)	83.5 ± 134.8 37.7 (9.0, 62.0)	< 0.0001
Serum Creatinine	1.0 ± 1.2 0.8 (0.7, 1.0)	1.2 ± 1.5 0.8 (0.7, 1.0)	1.3 ± 1.8 0.8 (0.7, 1.0)	2.1 ± 2.7 0.9 (0.7, 1.2)	1.9 ± 2.5 0.8 (0.7, 1.2)	< 0.0001
Uric acid (mg/dL)	4.7 ± 1.3 4.7 (3.7, 5.6)	5.1 ± 1.6 4.9 (4.0, 5.9)	5.1 ± 1.5 5.0 (4.1, 5.6)	4.7 ± 1.9 4.7 (4.0, 5.5)	4.8 ± 1.2 4.6 (4.0, 5.3)	0.0001
Liver function						
Serum Albumin (g/dL)	4.2 ± 0.4 4.2 (4.0, 4.5)	4.2 ± 0.5 4.2 (4.0, 4.5)	4.2 ± 0.7 4.2 (3.9, 4.4)	4.0 ± 0.5 4.1 (3.8, 4.4)	4.1 ± 0.4 4.1 (3.8, 4.5)	0.0001
Alanine transaminase (ALT, IU/L)	34.1 ± 21.9 28.0 (19.0, 41.0)	31.0 ± 19.5 26.0 (19.1, 37.0)	29.9 ± 15.7 27.0 (18.9, 38.5)	30.7 ± 21.0 25.0 (17.2, 34.5)	31.6 ± 18.4 26.5 (18.0, 43.0)	0.1207
Aspartate transaminase (AST, IU/L)	22.1 ± 13.0 18.7 (15.0, 25.0)	21.4 ± 11.6 18.5 (15.0, 24.0)	23.0 ± 18.0 18.5 (15.0, 23.4)	21.7 ± 10.7 19.0 (15.0, 24.0)	21.1 ± 9.2 20.0 (15.7, 23.0)	0.1648
Gamma Glutamyl transpeptidase (GGT, IU/L)	46.2 ± 40.1 35.0 (22.0, 57.5)	40.0 ± 27.0 33.0 (23.0, 46.0)	48.1 ± 45.5 36.0 (23.0, 60.0)	55.9 ± 73.9 35.0 (27.0, 50.0)	45.2 ± 95.3 32.0 (20.3, 39.0)	0.8268
CBC						
White Blood Cell Count	8.1 ± 2.3 7.7 (6.5, 9.4)	7.8 ± 2.2 7.9 (6.2, 8.9)	8.3 ± 2.5 8.1 (6.4, 9.6)	8.0 ± 2.5 7.7 (6.1, 9.5)	7.8 ± 3.3 7.2 (5.8, 8.7)	0.942
Hemoglobin	13.5 ± 1.7 13.6 (12.4, 14.6)	13.5 ± 1.8 13.6 (12.5, 14.8)	13.1 ± 2.0 13.3 (12.1, 14.6)	13.4 ± 1.9 13.6 (12.1, 14.8)	13.8 ± 1.6 14.0 (12.4, 15.0)	< 0.0001
Hematocrit	41.6 ± 5.0 41.4 (38.2, 44.9)	41.9 ± 5.2 41.8 (38.9, 45.8)	41.8 ± 5.2 42.5 (37.7, 44.9)	40.9 ± 4.9 41.9 (37.4, 44.5)	41.8 ± 4.6 41.7 (39.1, 45.4)	0.0138
Platelets	268.0 ± 72.7 257.5 (215.0, 313.0)	251.3 ± 55.1 238.0 (211.0, 287.0)	268.4 ± 75.4 257.0 (203.0, 313.0)	291.4 ± 61.7 295.0 (253.0, 333.0)	264.1 ± 79.1 261.5 (214.5, 303.5)	0.4058

