**Supplemental Table S1. Operational definitions on variables**

|  |  |  |  |
| --- | --- | --- | --- |
| Component | Variable | Types | Operational definitions |
| Demographic | Age | Scale | Teachers’ age while serving in schools |
|  | Sex | Binary | Male/female |
|  | Ethnicity | Categorical | Malay/Chinese/Indian/Others |
|  | Marital  | Categorical | Single/married/divorced/widowed |
|  | Education level | Categorical | Secondary/diploma/degree/>=master  |
|  | Family history of T2DM | Binary | No/yes |
| Lifestyles | Fruit consumption | Scale | Servings/day |
|  | Vegetable consumption | Scale | Servings/day |
|  | Fruit and vegetable consumption | Binary | >=2 fruits and >=3 vegetables servings daily/no (Ahmad *et al.*, 2012; Nutritional Department Ministry of Health Malaysia., 2020) |
|  | Physical activityPhysical activity categorical | ScaleCategorical | Measured using International Physical Activity Questionnaire (short edition) (Craig *et al.*, 2017) (Cheng, 2016) |
|  | Duration of sitting | Scale | Minutes/day |
|  | Smoking status | Binary | No/yes |
|  | Alcohol consumption | Binary | No/yes |
|  | Waist circumference | Scale | Centimetre |
|  | Central obesity | Categorical | Male: (waist circumference >= 90cm)Female: (waist circumference >= 80cm)(Lear *et al.*, 2010) |
|  | Sleeping hours (weekday/weekend) | Scale | Hours/day |
|  | Anxiety/Depression/Stress | Scale | Measured using DASS-21 (Lovibond & Lovibond, 1996) |
| Outcomes | T2DM status | Binary | Known and undiagnosed T2DM Known T2DM = clinically diagnosedUndiagnosed T2DM = undiagnosed T2DM but with fasting blood glucose exceeded 6.1 mmol/L (Institute for Public Health, 2015) |
|  | IFG | Binary | No T2DM but with fasting blood glucose exceeded 5.6 mmol/L but lower than 6.1 mmol/L (Institute for Public Health, 2015) |

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