|  |  |  |  |
| --- | --- | --- | --- |
| Model | Lifestyle factors | T2DM (known and undiagnosed) | IFG |
| **aOR** | **95% CI** | ***p value*** | **aOR** | **95% CI** | ***p value*** |
| Full a,b | **Waist circumference (cm)** | 1.05 | 1.04, 1.06 | <0.001 | 1.04 | 1.03, 1.06 | <0.001 |
|  | **Duration of sitting (minutes)** | 1.00 | 1.00, 1.00 | 0.2 | 1.00 | 1.00, 1.00 | 0.9 |
|  | **Physical activity (Mets/day/week)** |  |  |  |  |  |  |
|  | Low (reference)Moderate | 1.000.87 | -0.69, 1.10 | -0.2 | 1.000.77 | -0.58, 1.01 | -0.059 |
|  | High | 0.81 | 0.63, 1.05 | 0.11 | 0.58 | 0.42, 0.81 | 0.001 |
|  | **Smoking status** No (reference)Yes | 1.000.52 | -0.32, 1.05 | -0.073 | 1.001.52 | -0.83, 2.78 | -0.2 |
|  | **Alcohol consumption (Yes)**No (reference)Yes | 1.000.80 | -0.40, 1.60 | -0.5 | 1.001.27 | -0.69, 2.33 | -0.4 |
|  | **Sleep duration (hours/day)** | 0.96 | 0.85, 1.07 | 0.5 | 0.92 | 0.79, 1.06 | 0.2 |
|  | **Fruit & Vegetable (Adequate)**Inadequate (reference)Adequate | 1.000.80 | -0.50, 1.30 | -0.4 | 1.001.72 | -0.99, 3.00 | -0.056 |
|  | **Depression score** | 1.00 | 0.97, 1.03 | > 0.9 | 1.03 | 0.98, 1.07 | 0.059 |
|  | **Anxiety score** | 1.01 | 0.99, 1.07 | 0.4 | 1.01 | 0.98, 1.04 | 0.6 |
|  | **Stress score** | 0.98 | 0.95, 1.01 | 0.13 | 0.96 | 0.93, 1.00 | 0.029 |
| Final c,d | **Waist circumference (cm)** | 1.14 | 1.08, 1.20 | < 0.001 | 1.10 | 1.05, 1.15 | < 0.001 |
|  | **Physical activity**Low (reference)ModerateHigh | - | - | - | 1.000.710.56 | -0.52, 0.980.40, 0.80 | -0.0360.001 |
|  | **Waist circumference\*Age****Waist circumference\*Family history of T2DM (Yes)****Waist circumference\*Ethnicity (Chinese)****Waist circumference\*Ethnicity (Indian)****Waist circumference\*Ethnicity (Others)****Physical activity (Moderate)\*Ethnicity (Chinese)****Physical activity (Moderate)\*Ethnicity (Indian)** | 1.000.97----- | 1.00, 1.000.95, 0.99----- | 0.0240.002----- | 1.00-1.010.950.941.990.78 | 1.00, 1.00-0.98, 1.040.91, 0.990.88, 1.010.99, 3.990.29, 2.13 | 0.046-0.60.0140.100.0520.6 |

**(Continue)**

|  |  |  |  |
| --- | --- | --- | --- |
| Model | Lifestyle factors | T2DM (known and undiagnosed) | IFG |
| **aOR** | **95% CI** | ***p value*** | **aOR** | **95% CI** | ***p value*** |
| Final c,d | **Physical activity (Moderate)\*Ethnicity (Others)****Physical activity (High)\*Ethnicity (Chinese)****Physical activity (High)\*Ethnicity (Indian)****Physical activity (High)\*Ethnicity (Others)** | ---- | ---- | ---- | 0.002.280.730.00 | 0.00, 0.000.83, 6.300.28, 1.880.00, 0.00 | < 0.0010.1100.500< 0.001 |

**aOR = Adjusted Odds Ratio; CI = Confidence Interval; \* = Interaction.**

**a (T2DM)=** **Adjusted for all lifestyle variables, age, sex, ethnicity, education level, marital status, and family history of T2DM**

**b (IFG)= Adjusted for all lifestyle variables, age, sex, ethnicity, marital status, and family history of T2DM**

**c (T2DM)= Adjusted for age, ethnicity, and family history of T2DM**

**d (IFG)= Adjusted for age, ethnicity, and family history of T2DM, waist circumference, and physical activity.**