	Europeans			South Asians			
	Normo-glycaemia	**Pre-diabetes**	**p***	**Normo-glycaemia**	**Pre-diabetes**	**p***	**p†**
Pre-diabetes by IFG/IGT at baseline							
n	1,125	128(10)	-	758	135	-	
Age, years	52(46-59)	54(49-60)	0.02	49(44-55)	50(45-54)	0.99	<0.001
Women	165(15)	12(9)	0.09	162(21)	18(13)	0.04	0.39
Ever smoked	788(70)	85(67)	0.23	172(23)	43(32)	0.07	<0.001
Manual occupation	673(60)	80(63)	0.86	537(73)	103(78)	0.27	0.009
Fruit/ vegetables most days	776(69)	91(71)	0.64	531(70)	89(67)	0.54	0.64
Physical activity, MJ/week	11(7-16)	10(7-14)	0.45	9(4-12)	9(4-13)	0.92	0.008
Waist/ hip ratio	0.91±0.09	0.94±0.08	0.002	0.95±0.09	0.98±0.07	<0.001	<0.001
Total cholesterol, mmol/l	6.1±1.1	6.2±1.3	0.60	5.9±1.1	6.0±0.9	0.58	0.10
HDL-cholesterol, mmol/l	1.3(1.1-1.6)	1.2(1.0-1.5)	0.05	1.2(1.0-1.4)	1.2(1.0-1.4)	0.55	0.65
Total/ HDL-cholesterol ratio	4.6(3.7-5.8)	4.8(4.1-6.1)	0.02	4.8(3.9-5.8)	5.1(4.2-6.1)	0.52	0.29
LDL-cholesterol, mmol/l	4.0±1.0	4.0±1.0	0.31	3.8±0.9	3.9±0.8	0.91	0.28
Triglycerides, mmol/l	1.3(1.0-2.0)	1.7(1.2-2.3)	0.001	1.6(1.1-2.2)	1.8(1.3-2.6)	0.12	0.63
Systolic blood pressure (SBP), mmHg	122±17	128±19	<0.001	123±18	127±17	0.006	0.83
Diastolic blood pressure (DBP), mmHg	77±11	79±11	0.03	79±11	83±10	0.002	0.03
Anti-hypertensive medication	80(7)	17(13)	0.03	66(9)	24(18)	0.001	0.06
Anti-hypertensive use + BP<140/90mmHg	46(58)	12(71)	0.29	40 (61)	12(50)	0.37	0.17
Anti-hypertensive use: SBP, mmHg	135±17	129±21	0.17	132±18	137±18	0.14	0.20
Anti-hypertensive use: DBP, mmHg	83±10	78±12	0.06	84±10	86±10	0.62	0.07
Pre-diabetes by HbA$_{1c}$ (IEC pre-diabetes criteria i.e. 6.0-6.5% [42-48 mmol/mol])							
n	1,170	92	-	691	174	-	
Age, years	52(46-58)	59(53-63)	<0.001	49(44-54)	51(45-56)	0.09	<0.001
Women	164(14)	12(13)	0.59	145(21)	26(15)	0.10	0.76
Ever smoked	809(69)	68(74)	0.56	159(23)	46(26)	0.50	<0.001
Manual occupation	695(59)	64(70)	0.19	492(71)	126(72)	0.94	0.38

Fruit/ vegetables most days	812(69)	63(68)	0.44	485(70)	109(63)	0.04	0.78
Physical activity, MJ/week	11(7-16)	9(5-13)	0.44	9(4-13)	9(5-13)	0.82	0.003
Waist/ hip ratio	0.92±0.09	0.94±0.08	0.006	0.95±0.08	0.97±0.08	0.003	<0.001
Total cholesterol, mmol/l	6.1±1.1	6.4±1.1	0.13	5.9±1.1	5.9±1.1	0.98	0.005
HDL-cholesterol, mmol/l	1.3(1.1-1.6)	1.3(1.1-1.5)	0.68	1.2(1.0-1.4)	1.2(1.0-1.4)	0.70	0.33
Total/ HDL-cholesterol ratio	4.6(3.7-5.8)	4.8(3.9-6.0)	0.10	4.8(3.9-5.8)	5.0(4.0-6.0)	0.73	0.28
LDL-cholesterol, mmol/l	4.0±1.0	4.2±1.0	0.34	3.8±0.9	3.8±1.0	0.96	0.02
Triglycerides, mmol/l	1.4(1.0-2.0)	1.4(1.1-2.2)	0.05	1.6(1.1-2.2)	1.6(1.1-2.6)	0.99	0.21
Systolic blood pressure (SBP), mmHg	122±17	129±22	0.03	123±18	124±17	0.92	0.93
Diastolic blood pressure (DBP), mmHg	77±11	79±11	0.28	80±11	80±10	0.93	0.30
Anti-hypertensive medication	89(8)	11(12)	0.91	63(9)	22(13)	0.28	0.22
Anti-hypertensive use + BP<140/90mmHg	53(60)	6(55)	0.91	38(60)	11(50)	0.62	0.31
Anti-hypertensive use: SBP, mmHg	134±17	130±24	0.21	132±18	134±16	0.89	0.38
Anti-hypertensive use: DBP, mmHg	83±10	79±12	0.41	84±9	87±10	0.23	0.93

Pre-diabetes by HbA$_{1c}$ (ADA pre-diabetes criteria i.e. 5.7-6.5% [39-48 mmol/mol])at baseline

n	903	359	-	434	431	-	
Age, years	51(46-57)	55(50-61)	<0.001	48(44-54)	50(44-55)	0.005	<0.001
Women	129(14)	47(13)	0.34	92(21)	79(18)	0.44	0.02
Ever smoked	608(67)	269(75)	0.02	95(22)	110(26)	0.18	<0.001
Manual occupation	524(58)	235(65)	0.10	308(71)	310(72)	0.75	0.01
Fruit/ vegetables most days	629(70)	246(69)	0.31	307(71)	287(67)	0.22	0.50
Physical activity, MJ/week	11(7-16)	10(7-15)	0.70	9(5-13)	9(4-13)	0.79	<0.001
Waist/ hip ratio	0.91±0.09	0.94±0.08	<0.001	0.94±0.08	0.96±0.08	<0.001	<0.001
Total cholesterol, mmol/l	6.0±1.1	6.4±1.2	<0.001	5.8±1.0	6.0±1.1	0.004	<0.001
HDL-cholesterol, mmol/l	1.3(1.1-1.6)	1.2(1.1-1.5)	0.003	1.3(1.1-1.5)	1.2(1.0-1.4)	0.04	0.02
Total/ HDL-cholesterol ratio	4.5(3.7-5.7)	5.0(4.2-6.0)	<0.001	4.6(3.8-5.6)	5.0(4.1-6.1)	<0.001	0.76
LDL-cholesterol, mmol/l	4.0±1.0	4.3±1.0	<0.001	3.7±0.9	3.9±1.0	0.02	<0.001
Triglycerides, mmol/l	1.3(1.0-2.0)	1.5(1.1-2.2)	0.002	1.5(1.0-2.1)	1.7(1.2-2.5)	0.11	0.57
Systolic blood pressure (SBP), mmHg	122±16	125±19	0.39	121±17	125±18	0.04	0.03
Diastolic blood pressure (DBP), mmHg	77±11	77±11	0.56	79±10	81±11	0.02	<0.001
Anti-hypertensive medication	68(7)	32(9)	0.49	37(8)	48(11)	0.36	0.04

Anti-hypertensive use + BP<140/90mmHg	44(65)	15(47)	0.15	23(62)	26(54)	0.64	0.74
Anti-hypertensive use: SBP, mmHg	133±15	135±21	0.79	133±18	133±17	0.95	0.65
Anti-hypertensive use: DBP, mmHg	84±8	79±13	0.02	83±8	86±11	0.37	0.04

Supplementary table 1. Cardiovascular disease risk factor control at baseline for participants with baseline pre-diabetes vs. normoglycaemia. Data are n (%), median (IQR) or mean±SD. *p for pre-diabetes vs. normoglycaemia, †p for age- and sex-adjusted ethnic difference in pre-diabetes values. IFG=impaired fasting glycaemia, IGT=impaired glucose tolerance, IEC=International Expert Committee, ADA=American Diabetes Association.

	Europeans	South Asians	p*
Pre-diabetes by IFG/IGT at baseline	n=128 (31 seen at f/u clinic)	n=135 (44 seen at f/u clinic)	-
Systolic blood pressure (BP), mmHg	144±24	144±17	0.68
Diastolic BP, mmHg	77±11	75±9	0.27
Anti-hypertensive use	58(73)	73(78)	0.52
BP<140/90 mmHg for those on anti-hypertensives	9(39)	13(34)	0.70
Anti-thrombotic use	40(74)	59(81)	0.36
Total cholesterol (TC), mmol/l	4.39±1.03	4.15±0.89	0.68
LDL cholesterol, mmol/l	2.47±0.89	2.29±0.79	0.37
Lipid-lowering therapy	18(58)	33(75)	0.12
TC<5.0 mmol/l, on lipid-lowering therapy	15(83)	29(88)	0.65
LDL<3.0 mmol/l, on lipid-lowering therapy	15(83)	29(88)	0.65
Pre-diabetes by HbA$_{1c}$ (IEC) at baseline	n=92(15 seen at f/u clinic)	n=174(53 seen at f/u clinic)	-
Systolic blood pressure (BP), mmHg	131±12	143±17	0.54
Diastolic BP, mmHg	74±8	76±10	0.75
Anti-hypertensive use	35(66)	72(62)	0.62
BP<140/90 mmHg for those on anti-hypertensives	6(60)	15(39)	0.24
Anti-thrombotic use	28(82)	61(73)	0.31
Total cholesterol (TC), mmol/l	4.58±1.16	4.30±1.10	0.30
LDL cholesterol, mmol/l	2.62±0.91	2.40±0.93	0.42
Lipid-lowering therapy	11(73)	36(68)	0.69
TC<5.0 mmol/l, on lipid-lowering therapy	6(55)	33(92)	0.004
LDL<3.0 mmol/l, on lipid-lowering therapy	7(66)	32(91)	0.03
Pre-diabetes by HbA$_{1c}$ (ADA) at baseline	n=359(88 seen at f/u clinic)	n=431(165 seen at f/u clinic)	-
Systolic blood pressure (BP), mmHg	140±18	143±17	0.23
Diastolic BP, mmHg	78±9	77±10	0.33
Anti-hypertensive use	147(60)	203(70)	0.03
BP<140/90 mmHg for those on anti-hypertensives	27(47)	46(38)	0.28
Anti-thrombotic use	103(66)	150(66)	0.96
Total cholesterol (TC), mmol/l	4.77±1.13	4.38±1.04	0.18
LDL cholesterol, mmol/l	2.76±0.97	2.49±0.92	0.03
Lipid-lowering therapy	51(57)	115(69)	0.06
TC<5.0 mmol/l, on lipid-lowering therapy	36(71)	98(85)	0.03
LDL<3.0 mmol/l, on lipid-lowering therapy	39(76)	97(86)	0.14

Supplementary table 2. Cardiovascular disease risk factor control at follow-up for participants with baseline pre-diabetes. Data are n (%) or mean±SD, *p for ethnic difference, IFG=impaired fasting glycaemia, IGT=impaired glucose tolerance, IEC=international expert committee, ADA=American Diabetes Association, f/u=follow-up.