

Supplementary Table 1. Participants Characteristics of the 2-year Follow-Up Group and the Dropout Group [mean (SD)/ n (%)]

Characteristic	2-year follow-up (n=222)	Dropout (n=106)	t/ χ^2	P value
Age, y	67.69(5.10)	67.26(4.85)	0.72	0.472
Sex				
Men	105(47.3)	55(51.9)	0.672	0.412
Women	117(52.7)	51(48.1)		
BMI(Kg/m²)	23.95(2.94)	24.26(3.46)	-0.838	0.403
Diabetes duration, y	10.19(6.62)	11.07(7.19)	-1.086	0.278
Education, y	10.00(3.48)	10.41(3.35)	-1.014	0.311
Comorbid illness (number)^a				
≤1	151(68)	77(72.6)	2.667	0.615
>1	71(32)	29(27.4)		
Smoking status				
Ever	63(28.4)	28(26.4)	0.12	0.942
Never	159(71.6)	78(73.6)		
Medication use in the past 2 weeks^b				
Ever	177(79.7)	88(83)	0.582	0.446
Never	45(20.3)	18(17)		
Fasting glucose level (mmol/L)	7.71(2.24)	7.51(2.43)	0.747	0.455
HbA_{1c} level, %	7.03(1.41)	6.96(1.30)	0.439	0.661
Log HOMA-IR^c	0.51(0.27)	0.54(0.26)	-0.985	0.325
2-hour postprandial blood glucose (mmol/L)	10.93(3.30)	10.87(3.37)	0.147	0.883

Abbreviations: BMI, body mass index; HbA_{1c}, glycated hemoglobin; HOMA-IR, homeostasis model assessment of insulin resistance.

^a The comorbid illness refers to the number of the following diseases: hypertension, coronary artery disease, chronic obstructive pulmonary disease, and dyslipidemia.

^b Mainly records the use of medications for controlling type 2 diabetes, hypertension, hyperlipidemia, and other conditions.

^c The calculation formula for HOMA-IR was fasting glucose level (mmol/L)×18×fasting plasma insulin level (μIU/mL)/22.5. As the data of HOMA-IR was non-normally distributed, logarithmic transformation was applied.