

Self-rated health and the risk of incident type 2 diabetes mellitus: A cohort study

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Appendix Table 1. Cumulative incidence ratio (CIR) of incident diabetes by self-rated health category

Self-rated health category	Number	Incident case	Cumulative incidence rate (per 100 persons)	Age and sex-adjusted CIR (95% CI)	Multivariate CIR ^a (95% CI)
Very good	7,641	139	182.0	1.00 (reference)	1.00 (reference)
Good	75,911	1,501	198.0	1.19 (1.00-1.41)	1.21 (0.99-1.48)
Fair	148,037	3,929	265.0	1.77 (1.50-2.09)	1.64 (1.35-1.99)
Poor or very poor	19,216	668	348.0	2.52 (2.10-3.01)	1.82 (1.47-2.25)
P for trend				<0.001	<0.001

^aEstimated from Poisson regression with robust error variance. The multivariable model was adjusted for age, center, year of screening exam, smoking status, alcohol intake, physical activity, education level, total calorie intake, BMI, sleep duration, CESD, family history of diabetes, history of hypertension, and history of cardiovascular disease.

Abbreviations: BMI, body mass index; CI, confidence intervals; HR, hazard ratios.

Appendix Table 2. Development of T2D by self-rated health category after excluding 2,236 cases occurring within two years.

Self-rated health category	Person-years	Incident case	Incidence density (per 1,000 person-years)	Age and sex-adjusted HR (95% CI)	Multivariate HR^a (95% CI)
Very good	27,921.4	77	2.8	1.00 (reference)	1.00 (reference)
Good	289,431.2	970	3.4	1.29 (1.02-1.63)	1.35 (1.04-1.78)
Fair	553,766.7	2,526	4.6	1.98 (1.57-2.48)	1.78 (1.36-2.32)
Poor or very poor	6,8869.1	428	6.2	3.11 (2.44-3.97)	1.99 (1.49-2.65)
P for trend				<0.001	<0.001

^aEstimated from parametric proportional hazard models. The multivariable model was adjusted for age, center, year of screening exam, smoking status, alcohol intake, physical activity, education level, total calorie intake, BMI, sleep duration, CESD, family history of diabetes, history of hypertension, and history of cardiovascular disease.

Abbreviations: BMI, body mass index; CI, confidence intervals; HR, hazard ratio.

Appendix Table 3. Development of T2D by self-rated health category using different categories as the reference

Self-rated health category	Multivariate HR^a (95% CI)	P value^b	Multivariate HR^a (95% CI)	P value^c	Multivariate HR^a (95% CI)	P value^d
Very good	1.00 (reference)		0.84 (0.68-1.02)	0.082	0.62 (0.50-0.75)	<0.001
Good	1.20 (0.98-1.48)	0.082	1.00 (reference)		0.74 (0.69-0.79)	<0.001
Fair	1.63 (1.33-1.98)	<0.001	1.36 (1.27-1.45)	<0.001	1.00 (reference)	
Poor or very poor	1.83 (1.47-2.27)	<0.001	1.52 (1.37-1.70)	<0.001	1.12 (1.02-1.23)	0.015

^aEstimated from parametric proportional hazard models. The multivariable model was adjusted for age, center, year of screening exam, smoking status, alcohol intake, physical activity, education level, total calorie intake, BMI, sleep duration, CESD, family history of diabetes, history of hypertension, and history of cardiovascular disease.

^bP value for comparing each SRH category to very good.

^cP value for comparing each SRH category to good.

^dP value for comparing each SRH category to fair.