**Supplementary Table 1 –** Sociodemographic and behavioural characteristics of sample according to diabetes status: ELSA Study, 2012-13 and ELSI Study, 2015-16.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Non-diabetics | Prediabetics | Undiagnosed diabetics | Diagnosed diabetics |
|  | ELSA | ELSI | ELSA | ELSI | ELSA | ELSI | ELSA | ELSI |
|  | n = 2,058 | n = 700 | n = 2,578 | n = 758 | n = 157 | n = 153 | n = 508 | n = 336 |
| Sociodemographic variables |  |  |  |  |  |  |  |  |
| Age, in years (SD) | 64.4 ± 8.5 | 60.7 ± 9.2 | 67.8 ± 8.8a | 62.2 ± 9.3d | 69.8 ± 8.7a.b | 63.2 ± 9.1d | 69.3 ± 8.7a.b | 65.0 ± 10.0d.e |
| Female sex | 54.4 | 49.5 | 57.2 | 57.6 | 56.0 | 49.6 | 46.5a.b.c | 52.4 |
| Skin colour (non-white) | 1.6 | 55.2 | 2.5 | 55.5 | 8.9a.b | 73.2 | 4.1a.b.c | 53.8 |
| Schooling |  |  |  |  |  |  |  |  |
|  0 – 11 years | 32.7 | 88.9 | 40.3a | 88.3 | 47.8a.b | 96.2 | 46.1a.b | 93.7 |
|  12 – 13 years  | 29.6 | 0.9 | 28.2a | 4.2 | 25.5a.b | -- | 29.3a.b | 2.2 |
|  14 years or more | 37.7 | 9.8 | 31.5a | 7.2 | 26.7a.b | 3.4 | 24.6a.b | 3.9 |
|  Did not answer | - | 0.4 | - | 0.3 | - | 0.4 | - | 0.2 |
| Marital status (single, divorced, or widowed) | 30.6 | 35.3 | 33.5a | 34.0 | 40.8a | 34.8 | 34.8 | 31.5 |
| Income in quintiles (%) |  |  |  |  |  |  |  |  |
|  1st quintile | 27.2 | 22.4 | 22.9a  | 32.5 | 17.8a.b  | 17.6 | 13.0a.b  | 24.5 |
|  2nd quintile  | 22.1 | 16.5 | 23.8a  | 19.0 | 15.9a.b  | 17.7 | 19.1a.b  | 20.3 |
|  3rd quintile  | 21.0 | 20.8 | 21.1a | 15.6 | 24.2a.b | 24.1 | 22.6a.b | 17.8 |
|  4th quintile  | 17.4  | 20.9 | 19.0a | 19.7 | 21.7a.b | 26.6 | 20.7a.b | 16.3 |
|  5th quintile | 12.3 | 19.4 | 13.2a | 13.2 | 20.4a.b | 14.0 | 24.6a.b | 21.1 |
| Behavioural variables |  |  |  |  |  |  |  |  |
| Alcohol intake |  |  |  |  |  |  |  |  |
|  Non-drinker | 12.9 | 87.7 | 20.3a | 92.6 | 28.0a,b | 91.9 | 32.3a,b | 94.6 |
|  Frequent drinker | 38.6 | 8.1 | 41.4a | 6.2 | 41.4a | 5.7 | 37.6a,b | 3.9 |
|  Daily drinkers  | 41.3 | 4.2 | 30.8a | 1.2 | 20.4a.b | 2.4 | 20.3a.b | 1.5 |
|  Did not answer | 7.2 | -- | 7.5 | -- | 10.2 | -- | 9.8 | -- |
| Smoking |  |  |  |  |  |  |  |  |
|  Non-smoker | 42.7 | 47.6 | 36.7a | 48.6 | 33.8a | 35.3 | 31.9a,b | 39.5 |
|  Ex-smoker | 49.0 | 38.4 | 50.0a | 33.8 | 51.6a | 48.6 | 56.9a,b | 48.0 |
|  Smokers | 8.3 | 14.0 | 13.3a | 17.6 | 14.6a | 16.1 | 11.2a.b | 12.5 |
| Physically inactive | 2.3 | 23.0 | 3.1 | 30.0 | 7.0a.b | 30.0 | 9.0a.b | 36.8 |

**Note:** a different from non-diabetics in ELSA; b different from pre-diabetics in ELSA; c different from undiagnosed diabetics in ELSAe d different from non-diabetics in ELSI; e different from pre-diabetics in ELSI; f different from undiagnosed diabetics in ELSI. All data presented as percentages, except where indicated: mean, standard deviation (SD).

**Supplementary Table 2 –** Health, biochemical and anthropometric characteristics of sample according to diabetes status: ELSA Study, 2012-13 and ELSI Study, 2015-16.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Non-diabetics | Prediabetics | Undiagnosed diabetics | Diagnosed diabetics |
|  | ELSA | ELSI | ELSA | ELSI | ELSA | ELSI | ELSA | ELSI |
|  | n = 2,058 | n = 700 | n = 2,578 | n = 758 | n = 2,058 | n = 700 | n = 2,578 | n = 758 |
| Health conditions |  |  |  |  |  |  |  |  |
| Hypertension (yes) | 29.7 | 47.8 | 36.6a | 47.9 | 58.0a.b | 33.2d.e | 67.5a.b.c | 36.9d.e |
| Stroke (yes) | 2.0 | 5.2 | 3.7a | 3.6 | 7.6a.b | 6.6 | 7.5a.b | 6.2 |
| Cardiovascular disease (yes) | 11.7 | 13.9 | 16.3a | 12.7 | 21.0a | 9.2 | 27.9a.b | 17.6 |
| Biochemical measures |  |  |  |  |  |  |  |  |
| Glycated haemoglobin (SD) | 5.42 ± 0.2 | 5.3 ± 0.3 | 5.93 ± 0.2a | 5.9 ± 0.2d | 7.0 ± 0.9a.b | 7.8 ± 1.9d.e | 7.3 ± 1.3a.b.c | 7.4 ± 2.1d.e |
| HDL (<40 mg/dl men; <50 mg/dl women) | 6.5 | 40.0 | 9.7a | 51.6 | 24.2a.b | 57.4 | 25.0a.b | 53.4 |
| Triglycerides ≥ 150 mg/dl | 24.6 | 36.0 | 29.4a | 55.3d | 50.3a.b | 65.9d | 49.4a.b | 57.0d |
| Anthropometrics |  |  |  |  |  |  |  |  |
| Body mass index |  |  |  |  |  |  |  |  |
|  < 18.5 kg/m² | 0.6 | 3.7 | 1.2a | 2.0d | 0.0a.b | 0.3 | 0.4a.b | 0.1d.e |
|  ≥ 18.5 and < 25 kg/m² | 34.0 | 32.8 | 25.8a | 26.2 | 12.1a.b | 16.3 | 13.4a.b | 22.2 |
|  ≥ 25 and < 30 kg/m² | 43.7 | 37.5 | 43.7a | 38.6 | 31.2a.b | 38.7 | 34.6a.b | 36.4 |
|  ≥ 30 kg/m² | 21.7 | 26.0 | 29.3a | 33.2 | 56.7a.b | 44.7d.e | 51.6a.b | 41.3d |
| WC (>102 cm men; > 88 cm women) | 38.7 | 36.0 | 53.1a | 50.7 | 79.6a.b | 72.3d.e | 75.2a.b | 56.5d |

**Note:** a different from non-diabetics in ELSA; b different from pre-diabetics in ELSA; c different from undiagnosed diabetics in ELSAe d different from non-diabetics in ELSI; e different from pre-diabetics in ELSI; f different from undiagnosed diabetics in ELSI. All data presented as percentages, except where indicated: mean, standard deviation (SD). Self-reported doctor diagnosis of hypertension, stroke, and cardiovascular disease (angina, heart attack, congestive heart failure, vesicular murmur, and arrhythmia). HDL, High-density lipoprotein; WC, Waist circumference.

**Supplementary Table 3 –** Comparisons between included and excluded participants in ELSA Study, 2012-13 and ELSI Study, 2015-16.

|  |  |  |
| --- | --- | --- |
|  | ELSA  | ELSI  |
|  | **Included** | **Excluded** | **Included** | **Excluded** |
|  | **n = 5,301** | **n = 3,868** | **n = 1,947** | **n = 7,465** |
| Socioeconomic variables |  |  |  |  |
| Age in years (SD) | 66.7 ± 8.9 | 69.3 ± 10.5\* | 62.2 ± 9.8 | 63.9 ± 8.8\* |
| Female sex | 55.1 | 56.3 | 53.2 | 56.3 |
| Skin colour (non-white) | 2.5 | 4.9\* | 56.4 | 44.3 |
| Schooling |  |  |  |  |
|  0 – 11 years | 38.1 | 47.4\* | 90.0 | 93.5 |
|  12 – 13 years  | 28.8 | 24.5 | 2.4 | 0.6 |
|  14 years or more | 33.1 | 28.1 | 7.3 | 5.3 |
|  Did not answer |  |  | 0.3 | 0.6 |
| Marital status (single, divorced, and widowed) | 32.7 | 39.7\* | 34.2 | 37.7 |
| Income in quintiles (%) |  |  |  |  |
|  1st quintile | 23.5 | 18.9\* | 26.5 | 15.8 |
|  2nd quintile  | 22.4 | 19.1\* | 18.2 | 21.7 |
|  3rd quintile  | 21.3 | 20.5 | 18.5 | 20.9 |
|  4th quintile  | 18.6 | 20.2 | 20.0 | 16.7 |
|  5th quintile | 14.2 | 21.3\* | 16.8 | 24.9 |
| Behavioural variables |  |  |  |  |
| Alcohol intake |  |  |  |  |
|  Non-drinker | 18.8 | 20.5a | 91.1 | 94.9 |
|  Frequent drinker | 39.9 | 29.6a | 6.5 | 5.1 |
|  Daily drinkers  | 33.6 | 24.5\* | 2.4 | 0.0 |
|  Did not answer | 7.7 | 25.4 | - | - |
| Smoking |  |  |  |  |
|  Non-smoker | 38.5 | 35.9 | 45.8 | 45.5 |
|  Ex-smoker | 50.3 | 50.8 | 38.9 | 41.2 |
|  Smokers | 11.2 | 13.3\* | 15.3 | 13.3 |
| Physically inactive | 3.5 | 13.9\* | 28.6 | 31.2 |
| Health conditions |  |  |  |  |
| Hypertension (yes) | 37.5 | 44.4\* | 53.4 | 51.9 |
| Stroke (yes) | 3.5 | 4.4\* | 4.9 | 9.5 |
| Cardiovascular disease (yes) | 15.8 | 24.8\* | 13.7 | 13.3 |
| Biochemical measures |  |  |  |  |
| Glycated haemoglobin (SD) | 5.9 ± 0.7 | 6.1 ± 1.0\* | 6.1 ± 1.3 | 6.0 ± 1.1 |
| High-density lipoprotein (<40 mg/dl men; <50 mg/dl women) | 10.5 | 20.0\* | 48.1 | 57.4 |
| Triglycerides (≥ 150 mg/dl) | 30.1 | 40.0\* | 49.3 | 55.4 |
| Anthropometrics |  |  |  |  |
| Body mass index |  |  |  |  |
|  < 18.5 kg/m² | 0.8 | 1.2 | 2.2 | 0.8 |
|  ≥ 18.5 and < 25 kg/m² | 27.4 | 24.3 | 27.2 | 31.1 |
|  ≥ 25 and < 30 kg/m² | 42.5 | 37.3\* | 37.8 | 37.9 |
|  ≥ 30 kg/m² | 29.3 | 37.2\* | 32.8 | 30.2 |
| Waist circumference (> 102 cm men; > 88 cm women) | 50.4 | 59.1\* | 47.9 | 51.1 |

**Note:** All data presented as percentages, except where indicated: mean, standard deviation (SD). Self-reported doctor diagnosis of hypertension, stroke, and cardiovascular disease (angina, heart attack, congestive heart failure, vesicular murmur, and arrhythmia).