

	Mean score in 2015	Mean score in 2018	Paired t-test	P-value
Age	0.97±1.26	0.98±1.26	2.694	0.007 (S)
BMI	1.31±1.19	1.32±1.19	0.808	0.419 (NS)
Waist circumference	1.72±1.77	1.74±1.77	2.331	0.020 (S)
Exercises	0.32±0.73	0.34±0.76	2.408	0.016 (S)
Vegetables	0.76±0.43	0.76±0.43	0.654	0.513 (NS)
Antihypertensive treatment	0.22±0.62	0.26±0.67	3.803	<0.001 (HS)
Past history of elevated blood sugar	0.18±0.93	0.28±1.15	3.435	0.001 (S)
Family history of diabetes	1.66±2.25	1.70±2.25	2.399	0.017 (S)

Changes in total risk score between 2015 & 2018:

		2015	2018	Paired t-test	P-value
		2015	2018	Paired t-test	P-value
Total risk score	Mean	7.16	7.37	4.708	<0.001 (HS)
	SD	4.445	4.883		
	Median	7	7		
	Range	0-23	0-25		

Changes in risk of T2D between 2015 & 2018:

	2015	2018	McNemar test	P value
Very low risk	349(44.3%)	349(44.3%)	18.960	<0.001 (HS)
Low risk	286(36.3%)	265(33.7%)		
Intermediate risk	110(14%)	126(16%)		
High risk	38(4.8%)	35(4.4%)		
Very high risk	4(0.5%)	6(0.8%)		
Diabetic	0	6(0.8%)		

Changes in total risk: as shown below the change in risk percentage of increase is a great (6.2%) in spite of the short period (from 2015 to 2018) with the minimal or slightly detected change risk percentage of decrease (1.8%).

	No	Percent
No change in risk	724	92.0%
Increased risk	49	6.2%
Decreased risk	14	1.8%
Total	787	100.0%

Univariate logistic regression analysis to estimate the possible factors responsible for increased risk for DM

Item	P-value	Odd's ratio	CI of Odd's ratio
Age	<0.001(HS)	22.408	4.419-113.636
BMI	<0.001(HS)	23.875	5.893-96.724
Waist circumference	0.996 (NS)	5.509	0.004-299.529
Exercise	<0.001(HS)	12.098	5.659-25.863
Vegetables	<0.001(HS)	60.814	12.296-300.783
Antihypertensive treatment	<0.001(HS)	9.894	5.185-18.878
Past history of elevated blood sugar	<0.001(HS)	1.924	1.586-2.334
Family history of DM	<0.001(HS)	4.418	2.352-7.315

Multivariate logistic regression analysis to estimate the independent factors responsible for increased risk for DM

Item	P-value	Odd's ratio	CI of Odd's ratio	Rank
Age	0.455(NS)	5.875	0.056-612.242	-
BMI	0.003(S)	19.979	2.795-142.806	5
Exercise	<0.001(HS)	22.064	7.427-65.546	1
Vegetables	0.106(NS)	6.074	0.683-54.031	-
Antihypertensive treatment	<0.001(HS)	17.014	5.503-52.603	2
Past history of elevated blood sugar	<0.001(HS)	1.943	1.451-2.602	3
Family history of DM	0.001(S)	4.096	1.798-9.333	4