Supplementary Materials

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Supplementary Table S1–Baseline characteristics of the study participants.

	All participants	Retained	Dropped out
n	200	95	105
Female/Male	72/128	30/65	42/63
Age	59.8 ± 12.9	60.0 ± 10.1	59.8 ± 15.1
BMI (kg/m^2)	26.0 ± 6.2	26.8 ± 4.5	26.4 ± 5.4
FPG (mg/dL)	151 ± 57	149 ± 61	153 ± 54
HbA1c (%)	8.0 ± 1.5	7.7 ± 1.1	8.3 ± 1.8
(mmol/mol)	64 ± 16	61 ± 12	68 ± 20
TG (mg/dL)	148 ± 120	146 ± 98	149 ± 138
LDL-C (mg/dL)	116 ± 33	114 ± 32	118 ± 34
HDL-C (mg/dL)	60 ± 17	60 ± 17	60 ± 18
BP (mmHg)	$128 \pm 15 / 76 \pm 12$	$128 \pm 15 / 78 \pm 13$	$127 \pm 16 / 75 \pm 11$

Values are the mean ± standard deviation. BMI, body mass index; FPG, fasting plasma glucose; HbA1c, glycated hemoglobin; TG, triglyceride; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; BP, blood pressure.

Supplementary Table S2–Last-observation carried forward results including all enrolled participants (n = 200).
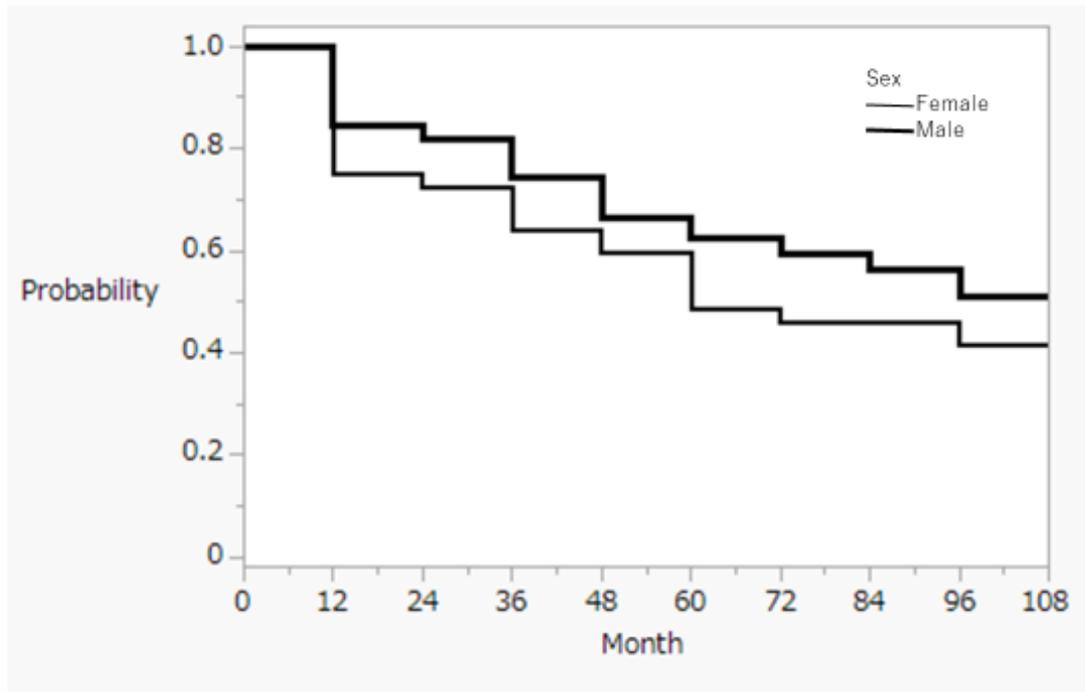
	Pre-intervention	1 year	9 years	P value[a]
Body weight (kg)	72.0±16.2	70.9±15.8	69.2±15.6	n.s.
BMI	26.0±6.2	26.2±4.8	25.5±4.8	n.s.
FPG (mg/dL)	151.3±57.0	144.1±49.3	149.0±58.6	n.s.
SBP (mmHg)	127.7±15.5	126.5±15.4	126.7±14.7	n.s.
DBP (mmHg)	76.1±11.8	74.6±11.5	72.5±10.2	0y–9y *
HbA1c (%)	8.0±1.5	7.3±1.2	7.5±1.4	0y–1y ***
(mmol/mol)	64 ± 16	56 ± 13	59 ± 16	0y–9y **
TC (mg/dL)	201.1±43.5	194.9±38.6	190.4±38.2	0y–9y *
LDL-C (mg/dL)	115.9±32.9	108.0±29.1	104.9±29.6	0y–1y * 0y–9y **
HDL-C (mg/dL)	59.6±17.2	62.8±18.7	63.7±20.7	n.s.
TG (mg/dL)	147.6±120.4	141.5±134.1	148.0±120.8	n.s.
AST (IU/L)	27.1±14.1	25.0±12.2	25.0±13.9	n.s.
ALT (IU/L)	30.5±25.1	24.7±19.7	25.5±25.2	0y–1y ** 0y–9y **
Cr (mg/dL)	0.8±0.2	0.8±0.2	0.9±0.4	n.s.
eGFR (mL/(min·1.73 m²))	74.2±18.4	73.4±18.5	69.9±21.6	n.s.
UA (mg/dL)	5.8±1.5	5.9±1.4	5.6±1.5	n.s.
UN (mg/dL)	15.9±5.6	17.5±6.6	18.6±7.0	0y–1y ** 0y–9y ***
ACR (mg/g Cr)	175.0±796.0	111.3±495.5	209.7±909.3	n.s.

We compared baseline, 1-year, and 9-year parameter values using the Steel-Dwass-test. Multiple comparisons were made as appropriate using the Tukey-test. Values are the mean ± standard deviation or number (percentage) of participants. FPG, fasting plasma glucose; SBP, systolic blood pressure; DBP, diastolic blood pressure; HbA1c, glycated hemoglobin; TC, total cholesterol; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; TG, triglyceride; AST, aspartate aminotransferase; ALT, alanine aminotransferase; Cr, creatinine; eGFR, estimated glomerular filtration rate; UA, uric acid; UN, urea nitrogen; ACR, albumin to creatinine ratio (from random spot urine sampling).[a] n.s., not significant, * p < 0.05, ** p < 0.01, *** p < 0.0001.

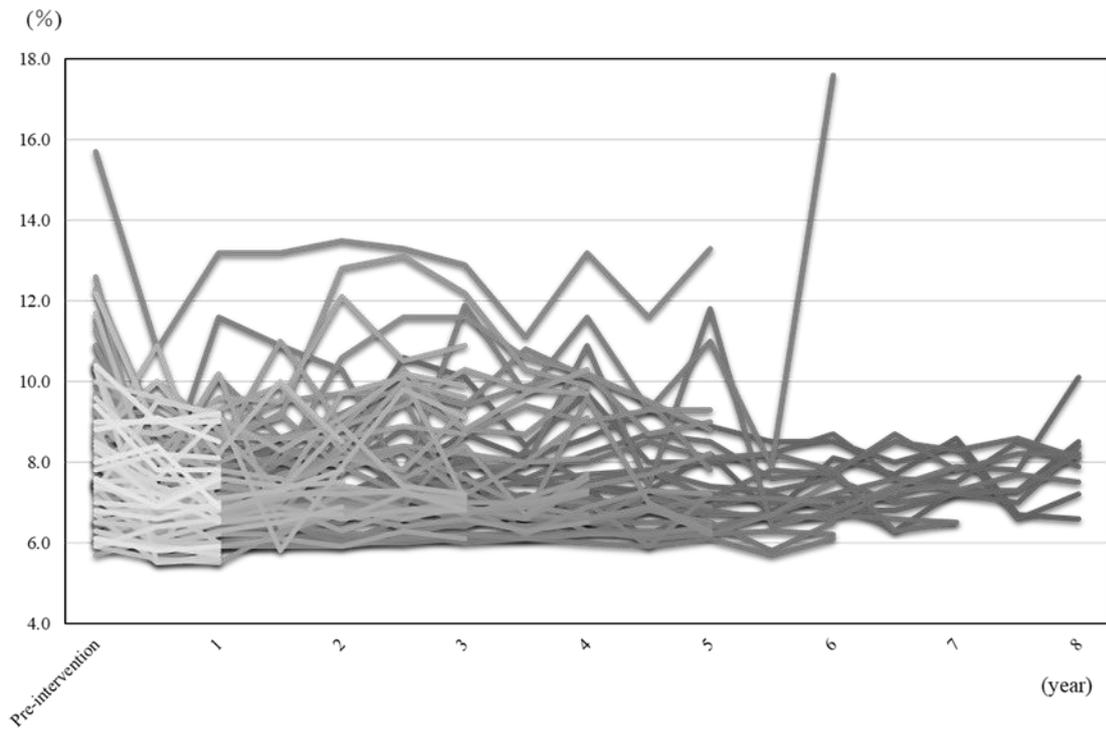**Supplementary Table S3**–Last-observation carried forward results for only dropout patients ($n = 105$).

	Pre-intervention	1 year	9 years	P value[a]
Body weight (kg)	70.9±17.2	69.8±16.9	69.2±16.7	n.s.
BMI	26.4±5.4	26.0±5.3	25.8±5.2	n.s.
FPG (mg/dL)	153.4±53.7	149.5±56.6	157.2±72.1	n.s.
SBP (mmHg)	127.4±16.5	126.3±18.0	128.9±17.4	n.s.
DBP (mmHg)	74.5±10.7	75.1±12.4	74.0±11.8	n.s.
HbA1c (%)	8.3±1.8	7.4±1.3	7.7±1.7	0y–1y **
(mmol/mol)	67 ± 19	57 ± 14	61 ± 18	0y–9y *
TC (mg/dL)	203.1±48.9	198.0±39.6	198.3±39.8	n.s.
LDL-C (mg/dL)	117.6±33.7	111.7±29.3	110.3±31.1	n.s.
HDL-C (mg/dL)	59.7±17.8	63.7±17.8	63.7±21.6	n.s.
TG (mg/dL)	148.8±138.2	138.1±132.0	155.1±126.8	n.s.
AST (IU/L)	27.9±16.5	24.7±12.3	24.8±12.6	n.s.
ALT (IU/L)	32.5±29.9	25.2±22.9	25.5±23.3	0y–1y *
				0y–9y *
Cr (mg/dL)	0.8±0.2	0.8±0.2	0.9±0.4	n.s.
eGFR (mL/(min·1.73 m^2))	74.6±19.0	73.1±20.4	70.7±22.8	n.s.
UA (mg/dL)	5.8±1.6	5.8±1.5	5.7±1.5	n.s.
UN (mg/dL)	16.1±6.2	17.9±7.7	18.2±7.7	n.s.
ACR (mg/g Cr)	56.9±90.5	42.1±79.4	304.6±1451.9	n.s.

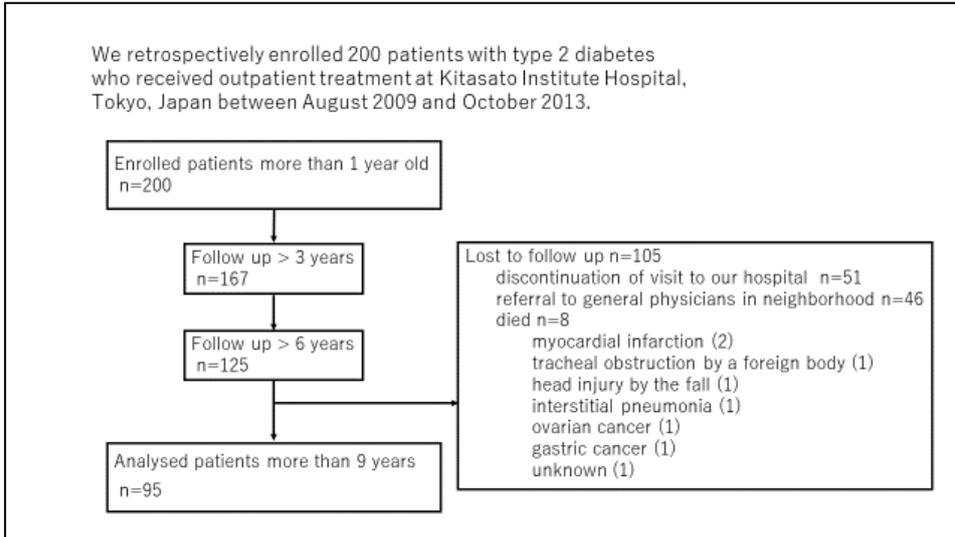[a] n.s., not significant, * $p < 0.05$. ** $p < 0.01$, *** $p < 0.0001$.

Supplementary figure S1. Change in dropout rate from 200 initially enrolled

Dropout rates from enrollment were compared by gender. Below the table is the number of remaining patients by gender and month.

Supplementary figure S2. Absolute value of change in HbA1c for each patient who dropped out (%) (n=105)

Absolute change in HbA1c from enrollment to last visit for each patient who discontinued visiting to Kitasato Institute Hospital. Baseline of HbA1c levels were 8.3±1.8.

Supplementary figure S3. The flow chart of the selection of study patients (n = 200).