**The heterogeneity of reversion to normoglycemia according to prediabetes type is not explained by lifestyle factors.**

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**Table 1** Baseline characteristics of study cohort individuals among those who dropped out from the study and those included.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Characteristics** | **Patients dropped out from the study** | | **Patients included in the study** | | ***p* value\*** |
|  | N | % | N | % |  | |
| **Sex** |  |  |  |  | 0.281 | |
| Women | 110 | 46.6 | 479 | 50.5 |  | |
| Men | 126 | 53.4 | 469 | 49.5 |  | |
| **Age** |  |  |  |  | 0.272 | |
| 30-49 years | 38 | 16.1 | 149 | 15.7 |  | |
| 50-64 years | 107 | 45.3 | 482 | 50.8 |  | |
| 65+ years | 91 | 38.6 | 317 | 33.4 |  | |
| **Smoking** |  |  |  |  | 0.686 | |
| Current smoker | 40 | 16.9 | 157 | 16.6 |  | |
| Former smoker | 85 | 36.0 | 370 | 39.0 |  | |
| Never smoker | 111 | 47.0 | 421 | 44.4 |  | |
| **Alcohol consumption** |  |  |  |  | 0.368 | |
| Daily drinker | 58 | 24.6 | 260 | 27.4 |  | |
| Occasionally drinker | 92 | 39.0 | 387 | 40.8 |  | |
| Never drinker | 86 | 36.4 | 301 | 31.8 |  | |
| **BMI** |  |  |  |  | 0.271 | |
| Overweight/Obese (>25 kg/m2) | 200 | 84.7 | 829 | 87.4 |  | |
| Normal weight (up to 25 kg/m2) | 36 | 15.3 | 119 | 12.6 |  | |
| **Obesity abdominal** |  |  |  |  | 0.275 | |
| Waist ≥ 88/102 cm | 92 | 39.0 | 437 | 46.2 |  | |
| Waist <88/102 cm | 144 | 61.0 | 509 | 53.8 |  | |
| **Physical Activity** |  |  |  |  | **0.046** | |
| Do not follow OMS recommendations | 92 | 39.0 | 437 | 46.2 |  | |
| Follow OMS recommendations | 144 | 61.0 | 509 | 53.8 |  | |
| **Adherence to Mediterranean diet** |  |  |  |  | 0.278 | |
| Low/Medium | 166 | 70.3 | 700 | 73.8 |  | |
| High | 70 | 29.7 | 248 | 26.2 |  | |
| **Hypertension** |  |  |  |  | 0.433 | |
| Yes | 153 | 64.8 | 640 | 67.5 |  | |
| No | 83 | 35.2 | 308 | 32.5 |  | |
| **Hypercholesterolemia** |  |  |  |  | 0.150 | |
| Yes | 130 | 55.1 | 571 | 60.2 |  | |
| No | 106 | 44.9 | 377 | 39.8 |  | |
| **Low HDL levels** |  |  |  |  | **0.027** | |
| Yes | 70 | 29.7 | 216 | 22.8 |  | |
| No | 166 | 70.3 | 732 | 77.2 |  | |
| **Hypertriglyceridemia** |  |  |  |  | 0.849 | |
| Yes | 65 | 27.5 | 267 | 28.2 |  | |
| No | 171 | 72.5 | 681 | 71.8 |  | |

\*Chi square of heterogeneity