

**Supplement 2. Baseline characteristics of subgroups of studied patients with type 2 diabetes mellitus**

	Age < 65 n = 162	Age ≥ 65 n = 276	P	Men n = 244	Women n = 194	P	BMI < 25 n = 172	BMI ≥ 25 n = 266	P
Age, years	53 ± 9	73 ± 6	<0.01	67 ± 12	65 ± 12	0.11	70 ± 10	63 ± 13	<0.01
Male, n (%)	78 (48)	166 (60)	<0.05				106 (62)	138 (52)	<0.05
MOCA-J, points	26.6 ± 2.5	24.1 ± 3.3	<0.01	25.0 ± 3.3	25.0 ± 3.3	0.88	24.8 ± 3.1	25.2 ± 3.4	0.22
<b>Anthropometry</b>									
Systolic blood pressure, mmHg	130 ± 17	133 ± 18	<0.05	130 ± 17	134 ± 18	<0.05	130 ± 19	133 ± 17	0.07
Diastolic blood pressure, mmHg	77 ± 11	71 ± 11	<0.01	74 ± 12	73 ± 12	0.15	72 ± 11	75 ± 12	<0.01
Body weight, kg	78.7 ± 20.0	62.7 ± 13.0	<0.01	71.1 ± 16.5	65.4 ± 18.7	<0.01	55.3 ± 7.5	77.2 ± 17.1	<0.01
BMI, kg/m <sup>2</sup>	29.6 ± 7.1	24.8 ± 4.6	<0.01	25.7 ± 5.1	27.8 ± 7.0	<0.01	21.5 ± 1.7	29.9 ± 5.6	0.86?
Waist, cm	98.5 ± 15.3	88.7 ± 12.1	<0.01	91.5 ± 13.0	93.3 ± 15.5	<0.05	80.2 ± 6.5	100.1 ± 12.1	<0.01
Fat mass, kg	29.6 ± 14.4	19.6 ± 9.3	<0.01	20.9 ± 11.0	26.3 ± 13.4	<0.01	13.2 ± 4.0	29.8 ± 11.6	<0.01
Fat ratio, %	36.0 ± 10.3	30.4 ± 9.5	<0.01	27.9 ± 8.5	38.2 ± 9.2	<0.01	24.0 ± 6.9	37.9 ± 8.1	<0.01
Hand grip strength, kg	36.4 ± 12.0	31.2 ± 10.5	<0.01	39.7 ± 9.9	24.8 ± 6.8	<0.01	31.7 ± 10.5	34.0 ± 11.9	<0.05
Walking speed, m/sec	1.65 ± 0.28	1.51 ± 0.34	<0.01	1.61 ± 0.33	1.50 ± 0.32	<0.01	1.57 ± 0.32	1.55 ± 0.33	0.56
Muscle mass, kg	46.4 ± 9.1	40.7 ± 7.5	<0.01	47.5 ± 7.1	36.9 ± 6.3	<0.01	39.6 ± 6.9	44.8 ± 8.9	<0.01
Skeletal muscle index, kg/m <sup>2</sup>	26.9 ± 5.8	23.2 ± 4.7	<0.01	27.6 ± 4.6	20.8 ± 3.9	<0.01	22.6 ± 4.3	25.8 ± 5.7	<0.01
Sarcopenia, n (%)	2 (1)	36 (13)	<0.01	16 (7)	22 (11)	<0.05	19 (11)	19 (7)	<0.05
<b>Comorbidities</b>									
Duration of diabetes, years	12 ± 7	18 ± 9	<0.01	16 ± 9	14 ± 9	<0.05	17 ± 11	15 ± 8	<0.05
Hypertension, n (%)	105 (65)	199 (72)	0.11	169 (69)	139 (70)	0.94	106 (62)	198 (74)	<0.01
Dyslipidemia, n (%)	118 (73)	184 (67)	0.20	161 (66)	141 (73)	0.15	101 (59)	201 (76)	<0.01
Coronary heart diseases, n (%)	18 (11)	46 (17)	0.11	48 (20)	16 (8)	<0.01	23 (13)	41 (15)	0.56
Stroke, n (%)	14 (9)	22 (8)	0.81	23 (9)	13 (7)	0.3	14 (8)	22 (8)	0.96
<b>Life habits</b>									
Regular walking, n (%)	57 (35)	116 (56)	0.17	101 (41)	72 (37)	0.39	74 (43)	99 (37)	0.21
Current or ex-smoker, n (%)	93 (57)	138 (50)	0.89	183 (75)	48 (25)	<0.01	95 (55)	136 (51)	0.1
Current or ex-drinker, n (%)	61 (38)	134 (49)	<0.05	156 (64)	39 (20)	<0.01	86 (50)	109 (41)	<0.01
<b>Blood measurements</b>									
Albumin, g/dL	4.3 ± 0.3	4.2 ± 0.3	<0.01	4.2 ± 0.4	4.2 ± 0.3	0.17	4.2 ± 0.4	4.2 ± 0.3	0.97
AST, U/L	26 ± 15	23 ± 9	<0.05	25 ± 12	24 ± 12	0.17	22 ± 9	26 ± 13	<0.01
ALT, U/L	33 ± 29	20 ± 11	<0.01	27 ± 22	23 ± 18	<0.05	19 ± 8	29 ± 25	<0.01
γGT, U/L	47 ± 53	33 ± 41	<0.01	43 ± 49	33 ± 42	<0.05	32 ± 34	43 ± 52	<0.05
Fasting plasma Glucose, mg/dL	144 ± 41	138 ± 31	0.08	145 ± 38	133 ± 31	<0.01	136 ± 33	142 ± 37	0.09
HbA1c, %	7.3 ± 1.1	7.0 ± 0.9	<0.01	7.2 ± 1.0	7.0 ± 0.9	0.10	7.0 ± 0.9	7.1 ± 1.0	0.26
LDLcholesterol, mg/dL	112 ± 28	98 ± 28	<0.01	99 ± 29	108 ± 28	<0.01	103 ± 32	103 ± 27	0.83
HDL cholesterol, mg/dL	54 ± 12	56 ± 15	0.14	53 ± 14	59 ± 13	<0.01	58 ± 17	54 ± 12	<0.01
Triglycerides, mg/dL	149 ± 153	112 ± 66	<0.01	133 ± 133	118 ± 65	0.19	106 ± 72	139 ± 125	<0.01
Creatinine, mg/dl	0.88 ± 0.69	0.94 ± 0.44	0.27	1.03 ± 0.60	0.78 ± 0.43	<0.01	0.94 ± 0.69	0.90 ± 0.44	0.43
eGFR, ml/min/1.73m <sup>2</sup>	71.7 ± 19.9	60.0 ± 16.3	<0.01	64.0 ± 18.1	64.7 ± 19.1	0.70	63.1 ± 18.2	65.0 ± 18.8	0.29
<b>Medications</b>									
Sulfonylurea, n (%)	15 (9)	28 (10)	0.76	28 (12)	15 (8)	0.19	14 (8)	29 (11)	0.34
Insulin, n (%)	46 (28)	79 (29)	0.96	73 (30)	52 (27)	0.47	56 (33)	69 (26)	0.14
Biguanide	101 (62)	123 (45)	<0.01	119 (49)	105 (54)	0.27	72 (42)	152 (57)	<0.01
Glinide	30 (19)	83 (30)	<0.01	74 (30)	39 (20)	<0.05	57 (33)	56 (21)	<0.01
Pioglitazone	61 (38)	77 (28)	<0.05	76 (31)	62 (32)	0.86	24 (14)	114 (43)	<0.01
α-GI	26 (16)	61 (22)	0.13	61 (25)	26 (13)	<0.01	45 (26)	42 (16)	<0.01
DPP4 inhibitor	92 (57)	179 (65)	0.94	153 (63)	118 (61)	0.69	106 (62)	165 (62)	0.93
GLP1	21 (13)	12 (4)	<0.01	26 (11)	7 (4)	<0.01	9 (5)	24 (9)	0.15
SGLT2 inhibitor	47 (29)	48 (17)	<0.01	58 (24)	37 (19)	0.24	26 (15)	69 (26)	<0.01

Mean ± SD or number (%)