**Additional file 1**

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| **Supplemental Table 1.** Risk of Type 2 Diabetes according to categories of soft drinks intake in participants from HWCS1 (n=1,445) |
|  |  | Consumption level |
|   |   | < 1/week |  | 1-4 /week |  | >5/week |  | *p* trend2 |
| Median (IQR), servings per week |  | 0.2 (0.1-0.2) |  | 1.5 (1.1-3.1) |  | 7.1 (6.0-10.0) |  | <0.001 |
| n  |  | 361 |  | 770 |  | 314 |  |  |
| Cases of type 2 diabetes (n=109) |  | 18 |  | 56 |  | 35 |  |  |
| Person-years |  | 2371.8 |  | 5113.4 |  | 2040.9 |  |  |
| Incidence rate (per 1,000) |  | 7.6 (4.8-12.0) |  | 11.0 (8.4-10.2) |  | 17.1 (12.3-23.8) |  |  |
| Multivariate-adjusted3 + hypertension, HR (95% CI) |  | Ref. |  | 1.3 (0.8-2.3) |  | 1.9 (1.1-3.6) |  | 0.031 |
| Multivariate-adjusted3 + BMI, HR (95% CI) |  | Ref. |  | 1.1 (0.6-1.8) |  | 1.6 (0.8-2.9) |  | 0.009 |
| Multivariate-adjusted3 + abdominal obesity,HR (95% CI)  |  | Ref. |  | 1.2 (0.7-2.0) |  | 1.7 (0.9-3.2) |  | 0.058 |
| 1 HWCS, Health Workers Cohort Study; IQR, interquartile range; HR, hazard risk; CI, confidence interval; BMI, body mass index.2A linear trend in the HR for each of the soft drinks categories was evaluated by including a continuous variable in the model representing the median values of each of soft drinks intake. 3Adjusted for baseline covariates: age, sex, total energy intake, physical activity, smoking status, family history of diabetes, and alcohol intake at baseline. |

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| **Supplemental Table 2.** Baseline characteristics of the participants from the case completeanalysis as compared with those who lost to follow-up either in any of the follow-up waves of the cohort1 |
|  | **Baseline (people with complete data for 3waves)** |  |
| Characteristics | Complete follow-up n=600 (38%) | Lost to follow-up n=984 (62%) | P-value |   |
| Women, % | 76.3 | 74.9 | 0.52 |  |
| Age (years) | 46 (38-55) | 42 (33-51) | <0.001 |  |
| Weight (kg) | 64.1 (57-73.2) | 64.6 (57.4-73) | 0.699 |  |
| Body mass index (kg/m2) | 25.8 (23.3-28.8) | 25.6 (23.5-28.4) | 0.556 |  |
| Body mass index categories, % |  |  |  |  |
|  Normal | 41.1 | 42.6 | 0.545 |  |
|  Overweight | 41.1 | 41.3 | 0.969 |  |
|  Obesity | 17.5 | 16.1 | 0.449 |  |
| Waist circumference (cm) | 90 (83-99) | 88 (80-96) | <0.001 |  |
| Abdominal obesity, % | 78.0 | 70.2 | 0.001 |  |
| Leisure-time physical activity (hrs. per week) | 1.7 (0.38-4.63) | 1.5 (0.38-4.25) | 0.152 |  |
| Active (≥ 150 min/week), % | 41.5 | 37.6 | 0.123 |  |
| Family history of diabetes, % |  |  |  |  |
|  No | 42 | 38.9 | 0.224 |  |
|  Yes | 52.7 | 53.6 | 0.722 |  |
|  Unknown | 5.3 | 7.5 | 0.095 |  |
| Fasting glucose (mg/dL) | 89 (82-95) | 89 (82-96) | 0.782 |  |
| Hypertension, % | 15.5 | 16.7 | 0.529 |  |
| Smoking, % |  |  |  |  |
|  Never | 57.3 | 52.5 | 0.063 |  |
|  Former | 24.5 | 24.9 | 0.858 |  |
|  Current | 14.7 | 19.2 | 0.021 |  |
|  Missing  | 3.5 | 3.4 | 0.873 |  |
| Alcohol intake categories, % |  |  |  |  |
|  Tertile 1 (<0.6 g/day) | 33.3 | 35.2 | 0.457 |  |
|  Tertile 2 (0.6-2.4 g/day) | 31 | 34.5 | 0.157 |  |
|  Tertile 3 (>2.4 g/day) | 35.7 | 30.4 | 0.029 |  |
| Total energy intake (kcal/day) | 1945.9 (1545-2584.4) | 2030.3 (1536.4-2575.2) | 0.543 |  |
| Soft drinks (servings/week) | 1.5 (0.7-4.0) | 1.5 (0.6-4.0) | 0.360 |  |

 1 Values are median and interquartile range, unless otherwise indicated.

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| **Supplemental Table 3.** Risk of Type 2 Diabetes by soft drinks consumption at baseline (2004-2007) in participants fromHWCS1 who complied with the entire follow-ups at wave-2 (2010-2013) and wave-3 (2016-2018) (n=600) |
|  |  | Consumption level |
|   |   | < 1/week |  | 1-4 /week |  | >5/week |  | *p* trend1 |
| Median (IQR), servings per week |  | 0.2 (0.1-0.2) |  | 1.5 (1.1-3.1) |  | 7.1 (6.0-8.6) |  | <0.001 |
| N |  | 139 |  | 313 |  | 148 |  |  |
| Cases of type 2 diabetes (n=108) |  | 16 |  | 56 |  | 36 |  |  |
| Person-years |  | 1687.2 |  | 3718.0 |  | 1676.4 |  |  |
| Incidence rate (per 1,000) |  | 9.5 (5.8-15.5) |  | 15.1 (11.6.19.6) |  | 21.5 (15.5-29.8) |  |  |
| Model 1 - Age-adjusted, HR (95% CI) |  | Ref. |  | 1.7 (1.0-3.1) |  | 2.9 (1.6-5.3) |  | <0.001 |
| Model 2 - Multivariate-adjusted3, HR (95% CI) |  | Ref. |  | 1.7 (1.0-3.1) |  | 2.6 (1.4-4.9) |  | 0.005 |
| Model 3 – Model 23 + BMI, HR (95% CI) |  | Ref. |  | 1.4 (0.8-2.4) |  | 1.9 (1.0-3.5) |  | 0.067 |
| Model 4 – Model 23 + abdominal obesity, HR (95% CI) |  | Ref. |  | 1.5 (0.8-2.6) |  | 2.3 (1.2-4.3) |  | 0.008 |
| 1 HWCS, Health Workers Cohort Study; IQR; interquartile range; HR, hazard risk; CI, confidence interval; BMI, body mass index.2A linear trend in the HR for each of the soft drinks categories was evaluated by including a continuous variable in the model representing the median values of each of soft drinks intake.3Adjusted for baseline covariates: age, sex, total energy intake, physical activity, smoking status, family history of diabetes, and alcohol intake at baseline. |