

	Glucose metabolism status			P
	NGM (n = 268)	IGM (n = 114)	T2DM (n = 110)	
Age (years)	58.8 ± 7.3	60.0 ± 6.4	60.8 ± 6.4	0.025
Male sex (%)	59	58	64	0.608
Prior CVD (%)	23	30	40	0.003
Current smoker (%)	21	18	20	0.815
Family history of T2DM (%)	35	45	52	0.007
Energy intake (MJ/day)	9.48 ± 2.7	9.07 ± 2.9	8.62 ± 2.6	0.020
Alcohol consumers (%)	93	91	86	0.165
Alcohol (g/day) in consumers	10.1 (2.7–25.2)	9.5 (1.4–28.6)	10.1 (2.9–27.9)	0.804
Physical activity (10 ³ · METs/week)	7.37 ± 4.5	6.17 ± 4.3	6.60 ± 4.1	0.036
Use of medication				
Antihypertensive (%)	27	42	58	<0.001
Lipid-lowering (%)	16	18	26	0.084
Glucose-lowering (%)	0	3	49	<0.001
BMI (kg/m ²)	27.6 ± 3.9	28.9 ± 4.3	30.2 ± 4.6	<0.001
Waist circumference (cm)	96.1 ± 10.9	100.8 ± 11.8	104.8 ± 11.6	<0.001
Fasting glucose (mmol/L)	5.3 (5.0–5.5)	6.0 (5.5–6.3)	7.4 (6.9–8.6)	<0.001
Fasting insulin (pmol/L)	52 (41–68)	67 (45–99)	84 (60–121)	<0.001
NEFAs (μmol/L)	481 ± 157	553 ± 196	583 ± 196	<0.001
Adipocyte IR index	24 (17–33)	34 (22–61)	46 (33–71)	<0.001
HOMA2-IR	0.98 (0.78–1.28)	1.28 (0.88–1.91)	1.71 (1.22–2.47)	<0.001
Adiponectin (μg/mL)	8.1 (6.2–10.9)	6.9 (5.6–9.7)	5.7 (4.2–8.0)	<0.001
Ferritin (μg/L)	129 (70–227)	162 (80–256)	216 (127–340)	<0.001
Transferrin (g/L)	2.50 ± 0.34	2.58 ± 0.34	2.57 ± 0.37	0.050
Serum iron (μmol/L)	18.8 ± 6.2	19.4 ± 5.2	18.7 ± 6.2	0.628
NTBI (μmol/L)	1.11 (0.22–2.28)	1.21 (0.23–1.90)	1.12 (0.12–2.11)	0.463
Transferrin saturation (%)	35 ± 12	35 ± 11	33 ± 11	0.283
MDA (μmol/L)	0.18 ± 0.05	0.18 ± 0.05	0.17 ± 0.04	0.221
TAS (mmol/L)	1.06 ± 0.10	1.08 ± 0.10	1.13 ± 0.10	<0.001
Interleukin 6 (pg/mL)	1.51 (1.00–2.25)	1.54 (1.14–2.34)	1.67 (1.24–2.39)	0.072
Interleukin 8 (pg/mL)	4.10 (3.40–5.00)	4.30 (3.56–5.50)	4.99 (4.09–6.34)	<0.001
Tumor necrosis factor-α (pg/mL)	6.15 (5.21–7.53)	6.11 (5.29–7.61)	6.30 (5.40–7.56)	0.757
hs-CRP (mg/L)	1.71 (0.86–3.21)	2.09 (1.00–4.38)	3.06 (1.42–6.42)	<0.001
Serum amyloid A (mg/L)	1.29 (0.78–2.09)	1.35 (0.89–2.61)	1.64 (1.02–3.06)	0.013
sICAM-1 (μg/L)	203 (175–237)	212 (188–249)	231 (196–266)	<0.001
LGI score	−0.12 ± 0.61	0.03 ± 0.59	0.25 ± 0.64	<0.001
eGFR (mL/min/1.73 m ²)	84 ± 16	85 ± 16	90 ± 21	0.005

Data are expressed as mean ± SD, median (interquartile range), or percentages. sICAM-1, soluble intercellular adhesion molecule-1.