

## Supplemental Materials

**Table S1.** NIDDK guidelines for the classification of type 2 diabetes mellitus and prediabetes.

Diagnosis	Hemoglobin A1c (HbA1c, %)	Fasting Plasma Glucose (FPG, mg/dL) <sup>a</sup>	Oral Glucose Tolerance Test (OGTT, mg/dL) <sup>b</sup>	Random Plasma Glucose test (RPG, mg/dL) <sup>c</sup>
Normal	< 5.7	≤ 99	≤ 139	-
Prediabetes	5.7 - 6.4	100 - 125	140 - 199	-
Diabetes	≥ 6.5	≥ 126	≥ 200	≥ 200

<sup>a</sup>Performed following a fast of at least 8 hours. <sup>b</sup>2-hour plasma glucose measured following a bolus of glucose equal to 75 g anhydrous glucose dissolved in water. <sup>c</sup>Performed in patients experiencing hyperglycemic crisis or who present with classic symptoms of hyperglycemia. NIDDK, National Institute of Diabetes and Digestive and Kidney Diseases. Source: NIDDK, 2022.