

Table S1 – Newcastle-Ottawa quality assessment scale (NOS) for observational cohort studies included in the meta-analysis.

Author (year)	Selection	Comparability	Exposure/Outcome
Kim (2008)	*****	**	**
Bae (2011)	*****	**	**
Park (2012)	*****	**	**
Chang (2013)	*****	**	**
Choi (2013)	*****	**	**
Yamazaki (2015)	*****	**	**
Shah (2015)	*****	**	**
Ma (2017)	*****	**	**
Chen (2017)	*****	**	**
Li (2017)	*****	**	**
Okamoto (2003)	***	*	**
Sung (2012)	***	**	**
Ming (2015)	**	**	**
Li (2015)	*****	*	**
Fukuda (2016)	*****	*	**
Chen (2016)	*****	*	**
Liu (2017)	*****	*	**
Shibata (2007)	***		*
Kasturiratne (2013)	***	*	*

Note: Comparability category: age, sex, body mass index (or waist circumference), family history of diabetes, impaired fasting glycemia (or fasting glucose levels), hypertension (or systolic blood pressure), smoking history and physical activity.

Green highlight = 8 stars or more. Yellow highlight = 6 or 7 stars. Red highlight = < 6 stars.