**Table S2 – Newcastle-Ottawa quality assessment scale (NOS) for the eligible cohort studies.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Author (Year)** | **Selection** | **Comparability** | **Exposure/Outcome** |
| Kim (2008) | \*\*\*\* | \*\* | \*\* |
| Bae (2011) | \*\*\*\* | \*\* | \*\* |
| Park (2012) | \*\*\*\* | \*\* | \*\* |
| Chang (2013) | \*\*\*\* | \*\* | \*\* |
| Choi (2013) | \*\*\*\* | \*\* | \*\* |
| Yamazaki (2015) | \*\*\*\* | \*\* | \*\* |
| Shah (2015) | \*\*\*\* | \*\* | \*\* |
| Ma (2017) | \*\*\*\* | \*\* | \*\* |
| Li (2017) | \*\*\*\* | \*\* | \*\* |
| Mitsuhashi (2017) | \*\*\*\* | \*\* | \*\* |
| Björkström (2017) | \*\*\* | \*\* | \*\*\* |
| Chen (2017) | \*\*\*\* | \*\* | \*\*\* |
| Shen (2018) | \*\*\*\* | \*\* | \*\* |
| Sung (2018) | \*\*\*\* | \*\* | \*\* |
| Zhang (2018) | \*\*\*\* | \*\* | \*\* |
| Cho (2019) | \*\*\*\* | \*\* | \*\* |
| Ampuero (2020) | \*\*\* | \*\* | \*\*\* |
| Okamoto (2003) | \*\*\* | \* | \*\* |
| Sung (2012) | \*\*\* | \*\* | \*\* |
| Kasturiratne (2013) | \*\*\*\* | \* | \* |
| Ming (2015) | \*\*\*\* | \*\* | \*\* |
| Li (2015) | \*\*\*\* | \* | \*\* |
| Fukuda (2016) | \*\*\*\* | \* | \*\* |
| Chen (2016) | \*\*\*\* | \* | \*\* |
| Liu (2017) | \*\*\*\* | \* | \*\* |
| Kim (2017) | \*\*\*\* | \*\* | \*\* |
| Bae (2018) | \*\*\*\* | \*\* | \* |
| Lee (2019) | \*\*\*\* | \*\* | \* |
| Önnerhag (2019) | \*\* | \*\* | \*\*\* |
| Sinn (2019) | \*\*\* | \*\* | \* |
| Nasr (2020) | \*\* | \*\* | \*\*\* |
| Fuse (2020) | \*\*\* | \*\* | \*\* |
| Shibata (2007) | \*\*\* | \* | \* |

Note: Comparability category: age, sex, body mass index (or waist circumference), family history of diabetes, fasting glucose (or hemoglobin A1c), smoking status, alcohol consumption, physical activity, hypertension (or systolic blood pressure) and plasma lipids.

NB: We judged studies that received a score of eight or nine stars to be at low risk of bias (highlighted in green), studies that scored six or seven stars to be at medium risk of bias (highlighted in yellow), and those that scored less than six stars to be at high risk of bias (highlighted in red).