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| **S5 Table. Quality of eligible studies for incident diabetes/ impaired glucose tolerance assessed by The Newcastle-Ottawa Quality Assessment Scale for cohort studies** |
| First author, year | He 2010[41] | Conway,2012[20] | Dreyfus,2012[42] | Elks,2013[29] | Dreyfus,2015[17] | LeBlanc,2017[44] | Yang,2018[12] | Pandeya,2018[31] | Nanri,2019[40] |
| 1. Truly or somewhat representative of the general population
 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1. Selection of the non-exposed cohort from the same community as the exposed cohort
 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1. At least some description of assessment
 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1. Demonstration that the outcome was not present at the start of study
 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 5a) Controls for age  | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 5b) Controls for additional factors (ethnicity, diet, physical activity) | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 |
| 6) Assessment of outcome – oral glucose tolerance test or record linkage  | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| 1. At least 5 years follow-up for outcomes to occur
 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 1. Adequate ≥70% of original cohort
 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 |
| Total (max 9) | 9 | 9 | 8 | 8 | 9 | 8 | 9 | 8 | 8 |