

**Supplementary 1.** FINDRISC and ModAsian FINDRISC and the risk of developing type 2 diabetes mellitus in the next 10 year

Risk factor	FINDRISC		ModAsian FINDRISC		Score
Age (years)	< 45		< 45		0
	45 – 54		45 – 54		2
	55 – 64		55 – 64		3
	> 64		> 64		4
Body mass index (kg/m <sup>2</sup> )	< 25		< 23		0
	25 to 30		23 to < 25		1
	> 30		≥ 25		3
Waist circumference (cm)	Men	Women	Men	Women	
	< 94	< 80	<82	< 72	0
	94 – 102	80 – 88	82 – 90	72 - 80	3
	> 102	> 88	> 90	> 80	4
Daily physical activity > 30 minutes	Yes		Yes		0
	No		No		2
Vegetable, fruit, or berries consumption	Every day		Every day		0
	Not every day		Not every day		1
Taken antihypertensive medication regularly	No		No		0
	Yes		Yes		2
History has been found of high blood glucose	No		No		0
	Yes		Yes		5
Family history of diabetes mellitus (type 1 or type 2)	No		No		0
	Yes: grandparent, aunt, uncle, or first cousin		Yes: grandparent, aunt, uncle, or first cousin		3
	Yes: parent, brother, sister or own child		Yes: parent, brother, sister or own child		5
Risk of developing type 2 diabetes mellitus in the next 10 year					

Total score	Risk stratification	Estimated risk
< 7	Low	1/100
7 – 11	Slightly elevated	1/25
12 – 14	Moderate	1/6
15 – 20	High	1/3
> 20	Very high	1/2