

Table 1: Association of fatty liver index (FLI) change with risks of developing cardiovascular disease and type 2 diabetes 19 years from baseline

FLI change category	cardiovascular disease				Type 2 diabetes			
	Number of subjects (% with CVD)	Incidence rate per 1000 person-years	Model 1 HR (95% CI)	Model 2 HR (95% CI)	Number of subjects (% with T2D)	Incidence rate per 1000 person-years	Model 1 HR (95% CI)	Model 2 HR (95% CI)
Baseline low category with no significant increase over 4-years.(1)	173(45.1)	23	1	1	173(9.2)	4	1	1
Baseline low category with significant increase over 4 years.(2)	80(51.3)	27	1.27(0.92-1.76)	1.20(0.81-1.78)	80(22.5)	11	2.72(1.40-5.31)	2.14(1.06-4.29)
Baseline interm. category with significant decrease over 4-years.(3)	14(64.3)	31	1.29(0.66-2.52)	1.24(0.62-2.49)	14(7.1)	3	0.75(0.10-5.46)	0.54(0.07-4.06)
Baseline interm. category with no significant change over 4-years.(4)	88(53.4)	29	1.21(0.84-1.74)	1.08(0.73-1.59)	88(17.0)	9	2.13(1.05-4.33)	1.39(0.67-2.90)
Baseline interm. category with significant increase over 4 years.(5)	55(65.5)	42	2.04(1.37-3.05)	1.75(1.13-2.74)	55(21.8)	11	2.75(1.31-5.76)	1.47(0.65-3.34)
Baseline high category with significant decrease over 4-years.(6)	10(60.0)	33	1.39(0.60-3.25)	1.36(0.55-3.35)	10(40.0)	19	4.96(1.61-15.30)	2.34(0.69-7.90)
Baseline high category with no significant decrease over 4-years.(7)	81(54.3)	30	1.49(1.02-2.20)	1.35(0.84-2.14)	81(39.5)	23	6.45(3.46-12.02)	3.65(1.72-7.75)
P trend			0.001	0.13			<0.01	0.01

FLI – fatty liver index. interm. – intermediate. HR – hazard ratio. CI – confidence interval. CVD – cardio-vascular disease. T2D – Type 2 diabetes

Model 1: FLI, age, examination date, baseline smoking pack-years, baseline alcohol consumption per week, baseline physical activity, baseline fruit-berry-vegetable consumption.

Model 2: Model 1 plus fasting glucose, insulin, HDL, LDL, systolic blood pressure, diastolic blood pressure, C-reactive protein, leukocyte count, and thrombocyte count.

Table 2: Association of fatty liver index (FLI) change with risks of developing cardiovascular disease and type 2 diabetes 19 years from baseline after excluding men with high alcohol intake

FLI change category	cardiovascular disease				Type 2 diabetes			
	Number of subjects (% with CVD)	Incidence rate per 1000 person-years	Model 1 HR (95% CI)	Model 2 HR (95% CI)	Number of subjects (% with T2D)	Incidence rate per 1000 person-years	Model 1 HR (95% CI)	Model 2 HR (95% CI)
Baseline low category with no significant increase over 4-years.(1)	162(46.9)	24	1	1	162(9.9)	5	1	1
Baseline low category with significant increase over 4 years.(2)	69(50.7)	27	1.18(0.79-1.75)	1.09(0.71-1.67)	69(26.1)	13	2.64(1.86-3.76)	1.98(0.96-4.09)
Baseline interm. category with significant decrease over 4-years.(3)	11(63.6)	32	1.20(0.55-2.59)	1.09(0.49-2.44)	11(9.1)	4	0.83(0.30-2.33)	0.46(0.06-3.62)
Baseline interm. category with no significant change over 4-years.(4)	79(49.4)	26	1.07(0.73-1.57)	0.95(0.63-1.44)	79(15.2)	8	1.81(0.85-3.84)	1.25(0.57-2.73)
Baseline interm. category with significant increase over 4 years.(5)	46(65.2)	42	1.80(1.17-2.76)	1.49(0.92-2.40)	46(26.1)	14	2.58(1.18-5.66)	1.41(0.59-3.32)
Baseline high category with significant decrease over 4-years.(6)	8(50.0)	27	0.98(0.49-2.02)	0.91(0.31-2.64)	8(37.5)	18	4.23(1.23-14.59)	1.94(0.51-7.43)
Baseline high category with no significant decrease over 4-years.(7)	58(56.9)	32	1.52(0.99-2.32)	1.33(0.79-2.23)	58(44.8)	26	6.63(3.47-12.67)	3.59(1.63-7.90)
P trend			0.03	0.27			<0.01	0.01

FLI – fatty liver index. interm. – intermediate. HR – hazard ratio. CI – confidence interval. CVD – cardio-vascular disease. T2D – Type 2 diabetes

Model 1: FLI, age, examination date, baseline smoking pack-years, baseline alcohol consumption per week, baseline physical activity, baseline fruit-berry-vegetable consumption.

Model 2: Model 1 plus fasting glucose, insulin, HDL, LDL, systolic blood pressure, diastolic blood pressure, C-reactive protein, leukocyte count, and thrombocyte count.