

Table 1. Summary of the study	
Study design	Retrospective cohort study
Study period	1990-1999
Study location	United States
Study population	Adults aged 18 years and older
Study variables	Age, sex, race, education, income, health insurance, smoking status, alcohol consumption, physical activity, diet, and body mass index (BMI)
Study outcomes	Incidence of type 2 diabetes, prevalence of type 2 diabetes, and risk factors for type 2 diabetes

Table 2. Demographic characteristics of the study population	
Age (years)	Mean: 45.2, Range: 18-85
Sex	Male: 52.1%, Female: 47.9%
Race	White: 65.3%, Black: 23.1%, Hispanic: 8.2%, Asian: 2.4%, Other: 1.0%
Education	High school or less: 35.2%, Some college: 28.5%, Bachelor's degree: 21.3%, Graduate degree: 15.0%
Income	Less than \$10,000: 18.7%, \$10,000-\$20,000: 25.3%, \$20,000-\$30,000: 22.1%, \$30,000-\$40,000: 19.8%, \$40,000-\$50,000: 14.2%

Table 3. Lifestyle factors and health insurance status	
Smoking status	Current smoker: 28.5%, Former smoker: 35.2%, Never smoker: 36.3%
Alcohol consumption	Never: 12.1%, Former: 18.7%, Current: 69.2%
Physical activity	Sedentary: 45.3%, Light: 32.1%, Moderate: 18.5%, Vigorous: 4.1%
Diet	High fat: 35.2%, Low fat: 64.8%
Health insurance	Medicaid: 15.2%, Medicare: 28.5%, Private: 56.3%

Table 4. Risk factors for type 2 diabetes	
Age	18-44: 1.2, 45-54: 1.5, 55-64: 2.1, 65-74: 3.2, 75-85: 4.5
Sex	Male: 1.1, Female: 1.3
Race	White: 1.0, Black: 1.8, Hispanic: 1.5, Asian: 1.2, Other: 1.1
Education	High school or less: 1.5, Some college: 1.2, Bachelor's degree: 1.0, Graduate degree: 0.8
Income	Less than \$10,000: 1.8, \$10,000-\$20,000: 1.5, \$20,000-\$30,000: 1.2, \$30,000-\$40,000: 1.0, \$40,000-\$50,000: 0.8

Table 5. Prevalence of type 2 diabetes	
Age	18-44: 5.2%, 45-54: 8.5%, 55-64: 12.1%, 65-74: 18.7%, 75-85: 25.3%
Sex	Male: 6.5%, Female: 7.8%
Race	White: 7.2%, Black: 12.1%, Hispanic: 9.5%, Asian: 6.8%, Other: 5.5%
Education	High school or less: 8.5%, Some college: 7.2%, Bachelor's degree: 6.5%, Graduate degree: 5.8%
Income	Less than \$10,000: 9.5%, \$10,000-\$20,000: 8.2%, \$20,000-\$30,000: 7.5%, \$30,000-\$40,000: 6.8%, \$40,000-\$50,000: 6.2%

Table 6. Incidence of type 2 diabetes	
Age	18-44: 1.5, 45-54: 2.1, 55-64: 3.2, 65-74: 4.5, 75-85: 6.8
Sex	Male: 1.8, Female: 2.2
Race	White: 2.0, Black: 3.5, Hispanic: 2.8, Asian: 1.8, Other: 1.5
Education	High school or less: 2.5, Some college: 2.0, Bachelor's degree: 1.5, Graduate degree: 1.2
Income	Less than \$10,000: 3.0, \$10,000-\$20,000: 2.5, \$20,000-\$30,000: 2.0, \$30,000-\$40,000: 1.8, \$40,000-\$50,000: 1.5