**Table 1:** Multiple linear regression models predicting fasting and postprandial glucose variability and HbA1c.

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| **Fasting glucose variability** |
| **An explanatory variable** | **t-value** | **Pr(> |t|)** | **Coefficient**  | **CI** |
| **5%** | **95%** |
| Glomerular filtration rate (mL/min/1.73) m2) | 0.838 | 0.405 | 0.02 | -0.02 | 0.06 |
| Haematocrit (%) | 0.492 | 0.654 | 2.137 | -5.11 | 9.384 |
| HbA1c (%) | 0.574 | 0.568 | 0.125 | -0.239 | 0.49 |
| Albuminuria (mg/24h) = No | 0.735 | 0.465 | 0.652 | -0.829 | 2.133 |
| Comorbidities: Dg of musculoskeletal disease = No | 0.674 | 0.503 | 0.457 | -0.676 | 1.591 |
| Comorbidities: Dg of the upper gastrointestinal tract disorders = Dyspepsio | -0.357 | 0.723 | -0.231 | -1.315 | 0.853 |
| Comorbidities: Dg of the upper gastrointestinal tract disorders = Gastritis (confirmed by gastroscopy | 0.761 | 0.449 | 0.617 | -0.737 | 1.972 |
| A type of oral antidiabetic drugs (metformin) = Yes | 1.098 | 0.277 | 1.216 | -0.633 | 3.064 |
| A type of oral antidiabetic drugs (sulfonlurea group) = Yes | 1.461 | 0.149 | 1.083 | -0.155 | 2.322 |
| An antidiabetic drug in use > 6 months = Yes 1 | 0.368 | 0.714 | 0.315 | -1.113 | 1.742 |
| Antidiabetic drugs in use > 6 months = 2 or more | 0.602 | 0.549 | 0.526 | -0.932 | 1.923 |
| Hypolipidemic drug statins = Yes | 0.924 | 0.359 | 0.5 | -0.404 | 1.402 |
| Physical activity every day | 1 | 0.321 | 0.675 | -0.452 | 1.801 |
| (self-reported) = Yes |
| Physical activity level - general (self-reported) = good | 1.213 | 0.23 | 0.886 | -0.333 | 2.105 |

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| **Postprandial glucose variability** |
| **An explanatory variable** | **t-value** | **Pr(> |t|)** | **Coefficient** | **CI** |
| **5%** | **95%** |
| Waist circumference (cm) | 0.569 | 0.571 | 0.017 | -0.033 | 0.068 |
| Glomerular filtration rate (mL/min/1.73 m2) | 1.198 | 0.235 | 0.032 | -0.013 | 0.078 |
| Lymphocyte % | 1.716 | 0.091 | 0.099 | 0.003 | 0.194 |
| HbA1c (%) | 1.677 | 0.098 | 0.534 | 0.003 | 1.065 |
| Dg of autoimmune disease = Yes | 1.136 | 0.26 | 1.507 | -0.705 | 3.718 |
| A type of oral antidiabetic drug (repaglinid or acarbose) = Yes | -0.001 | 0.999 | -0.002 | -2.188 | 2.185 |
| Hypolipidemic drug statins = Yes | 0.643 | 0.523 | 0.506 | -0.807 | 1.818 |
| Antidepressant drugs = Yes | 1.195 | 0.236 | 1.348 | -0.533 | 3.23 |
| Meat meal every day | 1.211 | 0.23 | 0.929 | -0.531 | 2.21 |
| (self-reported) = Yes |
| Physical activity level - general (self-reported) = good | 1.113 | 0.27 | 0.947 | -0.473 | 2.366 |

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| **Increased HbA1c** |
| **Explanatory variables** | **t-value** | **Pr(> |t|)** | **Coefficient** | **CI** |
| **5%** | **95%** |
| Mid-arm circumference (cm) | 0.879 | 0.383 | 0.012 | -0.01 | 0.034 |
| Glomerular filtration rate (mL/min/1.73 m2) | 1.27 | 0.209 | 0.014 | -0.004 | 0.032 |
| C-reactive protein (mg/L) | 1.637 | 0.107 | 0.109 | -0.002 | 0.219 |
| Neutrophil % | 3.315 | 0.002 | 0.038 | 0.019 | 0.057 |
| Haematocrit (%) | 1.687 | 0.097 | 3.95 | 0.037 | 7.864 |
| LDL-cholesterol (mmol/L) | 1.51 | 0.136 | 0.269 | -0.029 | 0.567 |
| Triglycerides (mmol/L) | 1.525 | 0.132 | 0.082 | -0.008 | 0.173 |
| Gender (M,F) = Female | 2.114 | 0.039 | 0.65 | 0.136 | 1.164 |
| Sleep disorders (self-reported) = Yes | 1.413 | 0.163 | 0.496 | -0.09 | 1.083 |
| Albuminuria (mg/24h) = Yes | 1.828 | 0.072 | 0.75 | 0.065 | 1.435 |
| Comorbidities: Dg of musculoskeletal disease = Yes | 0.357 | 0.722 | 0.111 | -0.408 | 0.63 |
| A type of oral antidiabetic drug (metformin) =Yes | 2.495 | 0.015 | 1.244 | 0.411 | 2.077 |
| A type of oral antidiabetic drug (repaglinid or acarbose) = Yes | 1.213 | 0.23 | 0.557 | -0.21 | 1.325 |
| Hypolipidemic drug statins = Yes | 0.654 | 0.515 | 0.171 | 0.266 | 0.608 |
| Hypolipidemic drugs other than statins = Yes | 0.783 | 0.437 | 0.311 | -0.353 | 0.975 |
| Antipsychotic drugs = Yes | 1.826 | 0.073 | 2.413 | 0.205 | 4.62 |