SDC Table 4. Predicted insulin response stratified by sex, ethnic and BMI categories for a 60-year-old individual

Ethnicity	Age	Sex	BMI (kg/m^2)	HOMA-IR	Treatment	Mean predicted insulin response (mU/L)
South Asian	60	Female	25	2.0	Sitting	70.7
white European	60	Female	25	2.0	Sitting	51.9
South Asian	60	Female	30	2.0	Sitting	80.5
white European	60	Female	30	2.0	Sitting	61.7
South Asian	60	Female	35	2.0	Sitting	90.3
white European	60	Female	35	2.0	Sitting	71.5
South Asian	60	Female	25	2.0	Physical activity	52.8
white European	60	Female	25	2.0	Physical activity	44.7
South Asian	60	Female	30	2.0	Physical activity	55.5
white European	60	Female	30	2.0	Physical activity	47.4
South Asian	60	Female	35	2.0	Physical activity	58.2
white European	60	Female	35	2.0	Physical activity	50.2
South Asian	60	Male	25	2.0	Sitting	68.3
white European	60	Male	25	2.0	Sitting	49.5
South Asian	60	Male	30	2.0	Sitting	78.0
white European	60	Male	30	2.0	Sitting	59.3
South Asian	60	Male	35	2.0	Sitting	87.8
white European	60	Male	35	2.0	Sitting	69.0
South Asian	60	Male	25	2.0	Physical activity	53.2
white European	60	Male	25	2.0	Physical activity	45.1
South Asian	60	Male	30	2.0	Physical activity	55.9
white European	60	Male	30	2.0	Physical activity	47.8
South Asian	60	Male	35	2.0	Physical activity	58.6
white European	60	Male	35	2.0	Physical activity	50.6