**Conversion of values for performing the meta-regression**

* HDL, LDL, and total cholesterol were converted from mg/dL to mmol/L according to the formula:

$$\frac{{mg}/{dL}}{38.6}$$

 and triglycerides were converted from mg/dL to mmol/L according to the formula:

$$\frac{{mg}/{dL}}{88.5}$$

* HbA1c was converted from percentage to mmol/mol according to the formula:

$$10.93×\%-23.5$$

* Fasting glucose was converted from mg/dL to mmol/L according to the formula:

$$\frac{{mg}/{dL}}{18.018018}$$

* Fasting insulin was converted from uIU/mL to pmol/L according to the formula:

$${uIU}/{mL}×6.945$$