

**ESM Table 1. Quality Assessment of the Included Studies**

Study	Selection	Comparability	Outcome	Quality
Stengard 1992 [24]	3	2	3	8
Balkau 2002 [25]	2	2	3	7
Mink 2002 [26]	3	2	2	7
Lu 2003 [18]	3	2	3	8
Saydah 2003 [27]	4	2	3	9
Yun 2006 [12]	3	2	3	8
Stattin 2007 [11]	4	1	2	7
Gwack 2007 <sup>a</sup> [15]	3	2	2	7
Chung 2009 [14]	4	1	2	7
Zhou 2010 [13]	3	2	2	7
Lambe 2011 [9]	4	1	2	7
Kowall 2011 [17]	3	2	3	8
Perseghin 2012 [28]	3	1	3	7
Hirakawa 2012 [8]	4	2	3	9
Harding 2012 [16]	3	2	3	8
Parekh 2013 [10]	3	2	2	7