

**Supplementary Table 1 Clinical measures and blood tests according to liver disease on ultrasound**

| <b>Variable</b>          | <b>Total,<br/><i>n</i> = 148</b> | <b>No<br/>liver<br/>disease,<br/><i>n</i> = 39</b> | <b>Liver<br/>disease, <i>n</i><br/>= 109</b> | <b><i>P</i><br/>value*</b> |
|--------------------------|----------------------------------|----------------------------------------------------|----------------------------------------------|----------------------------|
| Body mass index          | 26.4 [23.7 to 29.1]              | 23.0 [21.8 to 25.6]                                | 27.4 [25.2 to 29.9]                          | < 0.001                    |
| Temperature              | 97.6 [97.3 to 97.9]              | 97.6 [97.2 to 97.8]                                | 97.6 [97.3 to 98.0]                          | 0.28                       |
| Heart rate               | 86 [76 to 96]                    | 86 [78 to 98]                                      | 86 [76 to 94]                                | 0.98                       |
| Respiratory rate         | 16 [16 to 19]                    | 16 [16 to 19]                                      | 16 [16 to 20]                                | 0.49                       |
| Systolic blood pressure  | 130 [110 to 140]                 | 120 [110 to 130]                                   | 130 [120 to 140]                             | 0.29                       |
| Diastolic blood pressure | 80 [70 to 80]                    | 70 [70 to 80]                                      | 80 [70 to 80]                                | 0.96                       |
| Waist circumference      | 36 [33 to 38]                    | 33 [31 to 36]                                      | 37 [34 to 40]                                | < 0.001                    |
| Hip circumference        | 36 [34 to 38]                    | 34 [33 to 36]                                      | 37 [35 to 39]                                | < 0.001                    |
| Waist-to-hip ratio       | 0.99 [0.94 to 1.02]              | 0.70 [0.93 to 1.00]                                | 1.00 [0.94 to 1.02]                          | 0.025                      |
| Fasting blood sugar      | 201 [161 to 269]                 | 221 [163 to 280]                                   | 201 [161 to 268]                             | 0.81                       |

|                          |                   |                  |                   |       |
|--------------------------|-------------------|------------------|-------------------|-------|
| Random blood sugar       | 352 [192 to 401]  | 352 [192 to 401] | 307 [193 to 402]  | 0.74  |
| HbA1c                    | 9.3 [7.6 to 11.9] | 10 [7.8 to 12.7] | 9.3 [7.6 to 11.7] | 0.57  |
| Total cholesterol        | 199 [166 to 239]  | 178 [140 to 215] | 205 [171 to 247]  | 0.012 |
| Triglycerides            | 213 [150 to 298]  | 184 [118 to 225] | 227 [164 to 301]  | 0.009 |
| HDL                      | 49 [40 to 57]     | 47 [39 to 52]    | 50 [41 to 58]     | 0.27  |
| LDL                      | 106 [78 to 135]   | 99 [69 to 116]   | 107 [87 to 144]   | 0.31  |
| ALT                      | 34 [24 to 53]     | 31 [22 to 44]    | 36 [25 to 54]     | 0.23  |
| Ultrasound scan findings |                   | 39               |                   |       |
| Normal                   | 39 (26.4)         | (100.0)          | 0 (0)             | <     |
| Grade 1                  | 51 (34.5)         | 0 (0)            | 51 (46.8)         | 0.001 |
| Grade 2                  | 51 (34.5)         | 0 (0)            | 51 (46.8)         |       |
| Grade 3                  | 7 (4.7)           | 0 (0)            | 7 (6.4)           |       |

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Data are median [interquartile range] or *n* (%). HbA1c: Haemoglobin A1c; HDL: High-density lipoprotein cholesterol; LDL: Low-density lipoprotein cholesterol.