

SUPPLEMENTARY DATA

**Supplementary Table 1.** Univariate correlations between one-year changes of plasma free fatty acids homeostasis indices and one-year changes of anthropometric and cardiometabolic risk markers.

One-year changes	One-year changes				
	Fasting insulin	Fasting FFA	FFA-RI	Log ISI FFA-OGTT	Log ISI FFA-OLTT
Age	NS	NS	NS	-0.19*	-0.24*
Body weight	0.36†	0.27*	0.43‡	-0.28*	-0.57‡
BMI	0.36†	0.27*	0.43‡	-0.27*	-0.55‡
Waist circumference	0.33‡	0.22*	0.41‡	-0.22*	-0.47‡
Systolic blood pressure	NS	0.25*	NS	-0.27*	NS
Diastolic blood pressure	NS	0.36†	0.32†	-0.28*	-0.29*
<b>CT-abdominal adipose tissue volume</b>					
- Visceral	0.37†	0.35†	0.46‡	-0.32*	-0.57‡
- Subcutaneous	NS	0.22*	0.36†	-0.24*	-0.44‡
<b>Dual energy X-ray absorptiometry</b>					
Fat free mass	NS	NS	NS	NS	-0.22*
Fat mass	0.37‡	0.29*	0.48‡	-0.28*	-0.60*
<b>Submaximal treadmill exercise</b>					
Heart rate – 3.5/2	NS	0.30*	0.31*	-0.26*	-0.46‡
Exercise output at 150 beats/min	NS	-0.32*	-0.26*	0.28*	0.39†
<b>Plasma lipids/lipoproteins</b>					
Log triglycerides	0.35†	0.32†	0.46‡	-0.36†	-0.23*
Total chol	NS	0.20*	0.20*	NS	NS
HDL-chol	-0.20	NS	NS	NS	NS
LDL chol	NS	NS	NS	NS	NS
LogVLDL chol	0.33†	0.26*	0.40‡	-0.27*	-0.25*
<b>Oral glucose tolerance test</b>					
Fasting glucose	0.43‡	NS	0.35†	NS	NS
120 min-glucose	NS	0.29*	0.32‡	-0.24*	-0.46‡
Fasting insulin		NS	0.67‡	NS	-0.25*
Log HOMA-RI	0.91‡	NS	0.81‡	NS	NS
Log ISI-Matsuda	-0.80‡	NS	-0.80‡	NS	0.29*

Data are r Pearson correlation's coefficients. Abbreviations: BMI: body mass index; Chol: cholesterol; AUC: area under the curve; FFA: plasma free fatty acids; RI: resistance index, ISI: Insulin sensitivity index, OLTT: oral lipid tolerance test, OGTT: oral glucose tolerance test. Significant results are reported by \*p<0.05, †p<0.001, ‡p<0.0001.