

Table S1. Baseline correlations: inflammatory markers, adiposity and T2D risk factors (n=64)

		Age	BMI	BMI-z	WC	Fat Mass	WBISI	oDI
IL-6	<i>r</i>	-0.224	0.293	0.327	0.167	0.221	-0.160	-0.202
	<i>p</i>	0.075	0.019	0.008	0.186	0.080	0.207	0.109
TNF- α	<i>r</i>	-0.206	0.127	0.295	0.190	0.173	-0.121	0.104
	<i>p</i>	0.102	0.318	0.018	0.133	0.171	0.341	0.412
MCP-1	<i>r</i>	-0.063	0.090	0.278	0.207	0.084	-0.217	-0.155
	<i>p</i>	0.619	0.480	0.026	0.102	0.512	0.084	0.222
HMW Adpn	<i>r</i>	-0.016	-0.083	-0.076	-0.205	-0.142	0.082	0.215
	<i>p</i>	0.901	0.517	0.553	0.105	0.264	0.518	0.087
IL-10	<i>r</i>	-0.094	-0.026	0.028	-0.123	-0.117	0.066	-0.148
	<i>p</i>	0.461	0.838	0.828	0.334	0.359	0.606	0.242
IL-1ra	<i>r</i>	0.197	0.300	0.339	0.297	0.262	-0.309	-0.237
	<i>p</i>	0.119	0.016	0.006	0.017	0.036	0.013	0.059

Alpha level is set at 0.05; Significant correlations are bolded

r = correlation coefficient; p = p-value