Supplementary Online Content

Comparisons of Polyexposure, Polygenic, and Clinical Risk Scores Implicate Prominent Roles of Non-Genetic Factors in Risk Prediction and Screening of Type 2 Diabetes

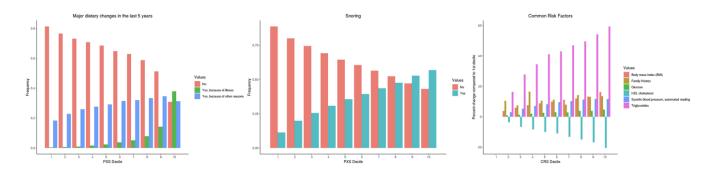
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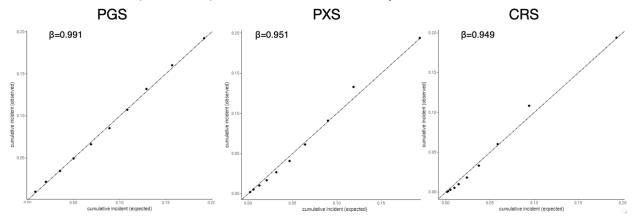
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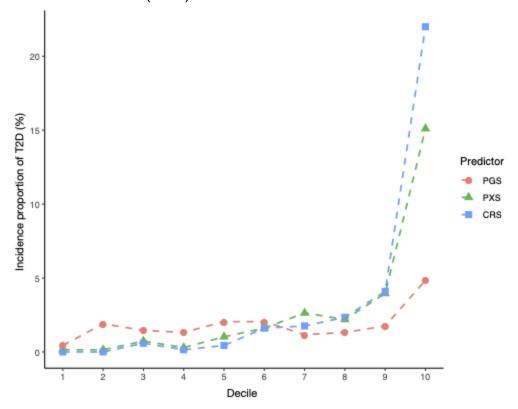
Supplementary Figure S1. Changes in variable responses over risk gradients. Left and middle: the frequency of each response was calculated within each PXS decile and plotted for the top two exposure variables. Right: The average value of each clinical risk variable was calculated for each decile, and the percent change compared to the first decile is plotted.



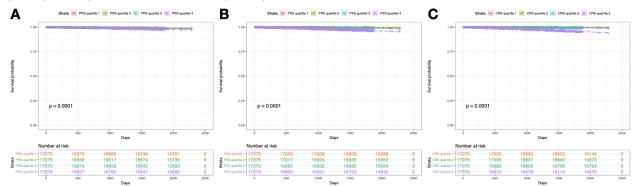
Supplementary Figure S2. Calibration plots for PGS, PXS, and CRS. The observed probability (Kaplan-Meier estimates) is plotted against the mean predicted probability within tenths of the predicted probabilities at t=2000 days.



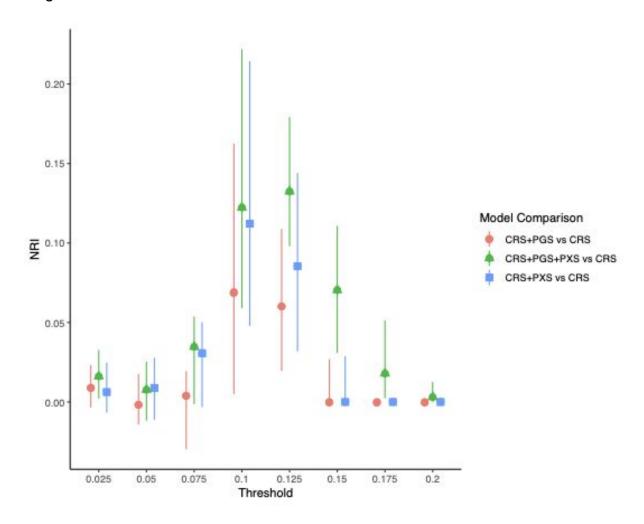
Supplementary Figure S3: Risk gradient for T2D. The incidence of T2D in 10 groups binned according to the decile of polygenic risk score (PGS), polyexposure risk score (PXS), or clinical risk score (CRS).



Supplementary Figure S4: Kaplan Meier (KM) plots of time-to-events for risk scores. The KM plots illustrate significant differences in time-to-events between different quartiles using A) polygenic risk score (PGS), B) polyexposure risk score (PXS), or C) clinical risk score (CRS).



Supplementary Figure S5: NRI of risk models over a range of risk thresholds. The categorical NRI for different risk models.



Supplementary Figure S6: Categorical NRI of CRS+PGS model over range of risk thresholds

| | | CRS+PGS Model | | | | | |
|--|-----------|---------------|----------|-------|--|--|--|
| | CRS Model | < 0.025 | >= 0.025 | Total | | | |
| | <17.5% | 259 | 33 | 292 | | | |
| | >=17.5% | 35 | 954 | 989 | | | |
| | Total | 294 | 987 | 1281 | | | |
| | <17.5% | 49197 | 1053 | 50250 | | | |
| | >=17.5% | 1759 | 15009 | 16768 | | | |
| | Total | 50956 | 16062 | 67018 | | | |

| | | CRS+PGS Model | | | | |
|-----------|-----------|---------------|---------|-------|--|--|
| | CRS Model | < 0.05 | >= 0.05 | Total | | |
| ß | <17.5% | 482 | 41 | 523 | | |
| Events | >=17.5% | 57 | 701 | 758 | | |
| | Total | 539 | 742 | 1281 | | |
| Nonevents | <17.5% | 57208 | 1007 | 58215 | | |
| | >=17.5% | 1725 | 7078 | 8803 | | |
| Š | Total | 58933 | 8085 | 67018 | | |

| CRS+PGS Model | | | | | |
|---------------|-----------|---------|----------|-------|--|
| | CRS Model | < 0.075 | >= 0.075 | Total | |
| रु | <17.5% | 688 | 103 | 791 | |
| Events | >=17.5% | 96 | 394 | 490 | |
| ш | Total | 784 | 497 | 1281 | |
| unts | <17.5% | 62145 | 1266 | 63411 | |
| Nonevents | >=17.5% | 1163 | 2444 | 3607 | |
| S | Total | 63308 | 3710 | 67018 | |

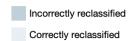
| | | CRS+PGS Model | | | | |
|--|-----------|---------------|--------|-------|--|--|
| | CRS Model | < 0.1 | >= 0.1 | Total | | |
| | <17.5% | 966 | 165 | 1131 | | |
| | >=17.5% | 60 | 90 | 150 | | |
| | Total | 1026 | 255 | 1281 | | |
| | <17.5% | 65383 | 1103 | 66486 | | |
| | >=17.5% | 246 | 286 | 532 | | |
| | Total | 65629 | 1389 | 67018 | | |

| | | CRS+PGS Model | | | | |
|-----------|-----------|---------------|----------|-------|--|--|
| | CRS Model | < 0.125 | >= 0.125 | Total | | |
| S | <17.5% | 1198 | 83 | 1281 | | |
| Events | >=17.5% | 0 | 0 | 0 | | |
| | Total | 1198 | 83 | 1281 | | |
| Nonevents | <17.5% | 66703 | 315 | 67018 | | |
| | >=17.5% | 0 | 0 | 0 | | |
| No | Total | 66703 | 315 | 67018 | | |

| | | CRS+PGS Model | | | | |
|-----------|-----------|---------------|---------|-------|--|--|
| | CRS Model | < 0.15 | >= 0.15 | Total | | |
| छ | <17.5% | 1281 | 0 | 1281 | | |
| Events | >=17.5% | 0 | 0 | 0 | | |
| ш | Total | 1281 | 0 | 1281 | | |
| uts | <17.5% | 67018 | 0 | 67018 | | |
| Nonevents | >=17.5% | 0 | 0 | 0 | | |
| No | Total | 67018 | 0 | 67018 | | |

| | | CRS+PGS Model | | | | |
|--|-----------|---------------|----------|-------|--|--|
| | CRS Model | < 0.175 | >= 0.175 | Total | | |
| | <17.5% | 1281 | 0 | 1281 | | |
| | >=17.5% | 0 | 0 | 0 | | |
| | Total | 1281 | 0 | 1281 | | |
| | <17.5% | 67018 | 0 | 67018 | | |
| | >=17.5% | 0 | 0 | 0 | | |
| | Total | 67018 | 0 | 67018 | | |

| | CRS+PGS Model | | | | | |
|-----------|-------------------------------------|--|---|--|--|--|
| CRS Model | < 0.2 | >= 0.2 | Total | | | |
| <17.5% | 1281 | 0 | 1281 | | | |
| >=17.5% | 0 | 0 | 0 | | | |
| Total | 1281 | 0 | 1281 | | | |
| <17.5% | 67018 | 0 | 67018 | | | |
| >=17.5% | 0 | 0 | 0 | | | |
| Total | 67018 | 0 | 67018 | | | |
| | <17.5% >=17.5% Total <17.5% >=17.5% | CRS Model < 0.2 <17.5% 1281 >=17.5% 0 Total 1281 <17.5% 67018 >=17.5% 0 | CRS Model < 0.2 >= 0.2 <17.5% 1281 0 >=17.5% 0 0 Total 1281 0 <17.5% 67018 0 >=17.5% 0 0 | | | |



Supplementary Figure S7: Categorical NRI of CRS+PXS model over range of risk thresholds

| CRS M | .5% 7.5% tal | < 0.025 248 54 | >= 0.025 44 | Total | | | | | | | | | | |
|-----------------------|--------------------|----------------------|----------------|-------|-----------|-----------|---------|------------|-------|-----------|-------------|---------------|------------|-------|
| >=17. | 7.5% tal | | 44 | | | CRS Model | < 0.05 | >= 0.05 | Total | | CRS Model | < 0.075 | >= 0.075 | Total |
| lot | tal | 54 | | 292 | S | <17.5% | 455 | 68 | 523 | ιχ | <17.5% | 666 | 125 | 791 |
| lot | | | 935 | 989 | Events | >=17.5% | 71 | 687 | 758 | Events | >=17.5% | 80 | 410 | 490 |
| <17.x | | 302 | 979 | 1281 | Ш | Total | 526 | 755 | 1281 | ш | Total | 746 | 535 | 1281 |
| >=17. | .5% | 48730 | 1520 | 50250 | unts | <17.5% | 56890 | 1325 | 58215 | ants | <17.5% | 62038 | 1373 | 63411 |
| > | 7.5% | 2460 | 14308 | 16768 | Nonevents | >=17.5% | 2072 | 6731 | 8803 | Nonevents | >=17.5% | 1075 | 2532 | 3607 |
| ≥ Tot | tal | 51190 | 15828 | 67018 | S | Total | 58962 | 8056 | 67018 | S | Total | 63113 | 3905 | 67018 |
| | | CRS | S+PXS Mode | əl | | | CR | S+PXS Mode | el | | | CRS | S+PXS Mode | el |
| CRS M | Model | < 0.1 | >= 0.1 | Total | | CRS Model | < 0.125 | >= 0.125 | Total | | CRS Model | < 0.15 | >= 0.15 | Total |
| _φ <17.5 | .5% | 923 | 208 | 1131 | Ŋ | <17.5% | 1165 | 116 | 1281 | ιχ | <17.5% | 1281 | 0 | 1281 |
| >=17. | 7.5% | 44 | 106 | 150 | Events | >=17.5% | 0 | 0 | 0 | Events | >=17.5% | 0 | 0 | 0 |
| Тot | tal | 967 | 314 | 1281 | Ш | Total | 1165 | 116 | 1281 | ш | Total | 1281 | 0 | 1281 |
| ई <17.5 | .5% | 65227 | 1259 | 66486 | nts | <17.5% | 66672 | 346 | 67018 | ınts | <17.5% | 67018 | 0 | 67018 |
| Stephonology | 7.5% | 196 | 336 | 532 | Nonevents | >=17.5% | 0 | 0 | 0 | Nonevents | >=17.5% | 0 | 0 | 0 |
| D Tot | tal | 65423 | 1595 | 67018 | S | Total | 66672 | 346 | 67018 | No | Total | 67018 | 0 | 67018 |
| | | | | | 1 | | | | | | | | | |
| | | CRS | S+PXS Mode | el | | | | S+PXS Mode | el | | Incorrectiv | / reclassifie | d | |
| CRS M | Model | < 0.175 | >= 0.175 | Total | | CRS Model | < 0.2 | >= 0.2 | Total | | | | | |
| <u>م</u> <17.5 | .5% | 1281 | 0 | 1281 | ß | <17.5% | 1281 | 0 | 1281 | | Correctly | reclassified | | |
| >=17. | 7.5% | 0 | 0 | 0 | Events | >=17.5% | 0 | 0 | 0 | | | | | |
| Tot | tal | 1281 | 0 | 1281 | ш | Total | 1281 | 0 | 1281 | | | | | |
| ال ا <17.5 | .5% | 67018 | 0 | 67018 | uts | <17.5% | 67018 | 0 | 67018 | | | | | |
| Stephen | 7.5% | 0 | 0 | 0 | Nonevents | >=17.5% | 0 | 0 | 0 | | | | | |
| ⊵ Tot | tal | 67018 | 0 | 67018 | Nor | Total | 67018 | 0 | 67018 | | | | | |

Supplementary Figure S8: Categorical NRI of CRS+PGS+PXS model over range of risk thresholds

| RS Model <17.5% =17.5% | < 0.025 246 53 | >= 0.025 46 | Total 292 | |
|------------------------------|----------------------|-----------------------------|--|--|
| | | | | |
| =17.5% | 53 | 000 | | |
| | 00 | 936 | 989 | |
| Total | 299 | 982 | 1281 | |
| <17.5% | 48608 | 1642 | 50250 | |
| >=17.5% 3089 | | 13679 | 16768 | |
| Total 51697 | | 15321 | 67018 | |
| | <17.5% =17.5% | <17.5% 48608 =17.5% 3089 | <17.5% 48608 1642 =17.5% 3089 13679 | |

| | | CRS+PGS+PXS Model | | | | |
|-----------|-----------|-------------------|---------|-------|--|--|
| | CRS Model | < 0.05 | >= 0.05 | Total | | |
| sz | <17.5% | 451 | 72 | 523 | | |
| Events | >=17.5% | 83 | 675 | 758 | | |
| | Total | 534 | 747 | 1281 | | |
| Nonevents | <17.5% | 56710 | 1505 | 58215 | | |
| | >=17.5% | 2596 | 6207 | 8803 | | |
| No | Total | 59306 | 7712 | 67018 | | |

| | | CRS+PGS+PXS Model | | | | |
|-----------|-----------|-------------------|----------|-------|--|--|
| | CRS Model | < 0.075 | >= 0.075 | Total | | |
| ফ | <17.5% | 648 | 143 | 791 | | |
| Events | >=17.5% | 94 | 396 | 490 | | |
| ш | Total | 742 | 539 | 1281 | | |
| nts | <17.5% | 61761 | 1650 | 63411 | | |
| Nonevents | >=17.5% | 1415 | 2192 | 3607 | | |
| No | Total | 63176 | 3842 | 67018 | | |

| | | CRS+PGS+PXS Model | | | | |
|-----------|-----------|-------------------|--------|-------|--|--|
| | CRS Model | < 0.1 | >= 0.1 | Total | | |
| रु | <17.5% | 895 | 236 | 1131 | | |
| Events | >=17.5% | 55 | 95 | 150 | | |
| Ш | Total | 950 | 331 | 1281 | | |
| nts | <17.5% | 64963 | 1523 | 66486 | | |
| Nonevents | >=17.5% | 252 | 280 | 532 | | |
| No | Total | 65215 | 1803 | 67018 | | |

| | | CRS+PGS+PXS Model | | | | |
|-----------|-----------|-------------------|----------|-------|--|--|
| | CRS Model | < 0.125 | >= 0.125 | Total | | |
| S | <17.5% | 1097 | 184 | 1281 | | |
| Events | >=17.5% | 0 | 0 | 0 | | |
| ш | Total | 1097 | 184 | 1281 | | |
| nts | <17.5% | 66267 | 751 | 67018 | | |
| Nonevents | >=17.5% | 0 | 0 | 0 | | |
| Nor | Total | 66267 | 751 | 67018 | | |

| | | CRS+PGS+PXS Model | | | | |
|-----------|-----------|-------------------|---------|-------|--|--|
| | CRS Model | < 0.15 | >= 0.15 | Total | | |
| रु | <17.5% | 1186 | 95 | 1281 | | |
| Events | >=17.5% | 0 | 0 | 0 | | |
| Ш | Total | 1186 | 95 | 1281 | | |
| ınts | <17.5% | 66766 | 252 | 67018 | | |
| Nonevents | >=17.5% | 0 | 0 | 0 | | |
| No | Total | 66766 | 252 | 67018 | | |

| | | CRS+PGS+PXS Model | | | | |
|-----------|-----------|-------------------|----------|-------|--|--|
| | CRS Model | < 0.175 | >= 0.175 | Total | | |
| S | <17.5% | 1257 | 24 | 1281 | | |
| Events | >=17.5% | 0 | 0 | 0 | | |
| ш | Total | 1257 | 24 | 1281 | | |
| nts | <17.5% | 66964 | 54 | 67018 | | |
| Nonevents | >=17.5% | 0 | 0 | 0 | | |
| S | Total | 66964 | 54 | 67018 | | |

| | CRS+PGS+PXS Model | | | | | |
|-----------|-------------------------------------|--|---|--|--|--|
| CRS Model | < 0.2 | >= 0.2 | Total | | | |
| <17.5% | 1277 | 4 | 1281 | | | |
| >=17.5% | 0 | 0 | 0 | | | |
| Total | 1277 | 4 | 1281 | | | |
| <17.5% | 67017 | 1 | 67018 | | | |
| >=17.5% | 0 | 0 | 0 | | | |
| Total | 67017 | 1 | 67018 | | | |
| | <17.5% >=17.5% Total <17.5% >=17.5% | CRS Model < 0.2 <17.5% 1277 >=17.5% 0 Total 1277 <17.5% 67017 >=17.5% 0 | CRS Model < 0.2 >= 0.2 <17.5% 1277 4 >=17.5% 0 0 Total 1277 4 <17.5% 67017 1 >=17.5% 0 0 | | | |

Incorrectly reclassified

Correctly reclassified

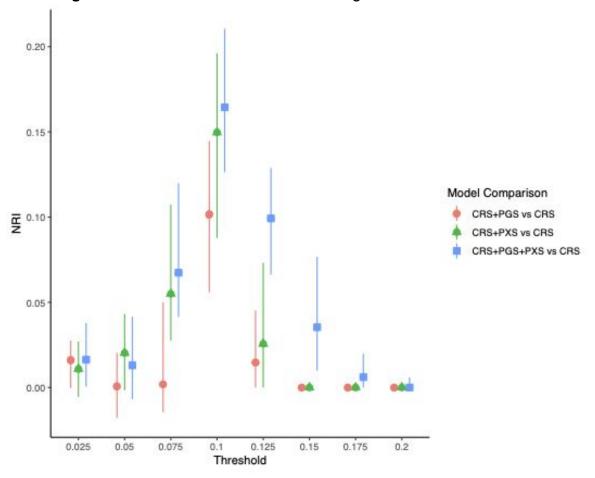
Supplementary Figure S9: Reclassification of predicted type 2 diabetes risk with glucose removed from CRS. The reclassified predicted risk with addition of polygenic risk score (PGS) (A), polygenic risk score (PXS) (B), or PGS+PXS (C) to clinical risk score (CRS) model without blood glucose in the continuous case or the categorical case, with a threshold of 12.5% risk.

| Α | | | | | | | |
|-----------------|----------------|------------------------|------------------------|--|--|--|--|
| | CRS+PGS Model | | | | | | |
| CRS Model | # Participants | Continuous NRI | Categorical NRI | | | | |
| Cases | 1281 | 0.157 (0.118 to 0.296) | 0.016 (0.000 to 0.049) | | | | |
| Noncases | 67018 | 0.084 (0.066 to 0.102) | -0.002 (-0.004, 0.00) | | | | |
| Full population | 68299 | 0.241 (0.186 to 0.296) | 0.015 (0.000 to 0.045) | | | | |

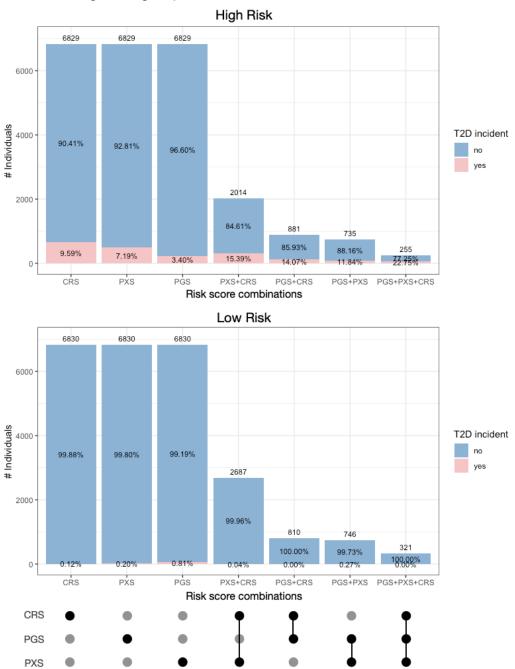
| В | | | | | | | |
|-----------------|----------------|------------------------|--------------------------|--|--|--|--|
| - | CRS+PXS Model | | | | | | |
| CRS Model | # Participants | Continuous NRI | Categorical NRI | | | | |
| Cases | 1281 | 0.315 (0.276 to 0.351) | 0.027 (0.000 to 0.078) | | | | |
| Noncases | 67018 | 0.179 (0.156 to 0.202) | -0.001 (-0.005 to 0.000) | | | | |
| Full population | 68299 | 0.494 (0.440 to 0.548) | 0.026 (0.00 to 0.073) | | | | |

| C | | | | | | | | |
|---|-----------------|-------------------|------------------------|---------------------------|--|--|--|--|
| ١ | • | CRS+PGS+PXS Model | | | | | | |
| | CRS Model | # Participants | Continuous NRI | Categorical NRI | | | | |
| | Cases | 1281 | 0.258 (0.214 to 0.305) | 0.107 (0.071 to 0.140) | | | | |
| | Noncases | 67018 | 0.235 (0.207 to 0.256) | -0.008 (-0.012 to -0.005) | | | | |
| | Full population | 68299 | 0.493 (0.430 to 0.552) | 0.099 (0.066 to 0.129) | | | | |

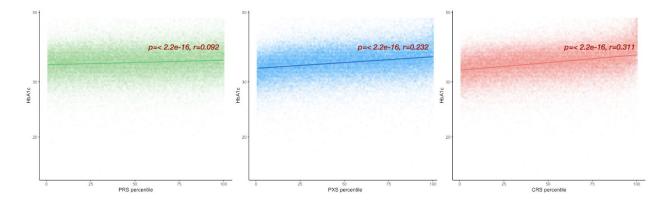
Supplementary Figure S10: NRI of risk models over a range of risk thresholds with blood glucose removed from CRS. The categorical NRI for different risk models.



Supplementary Figure S11: T2D incidence in Individuals with high (top) and low (bottom) risk CRS, PGS, and/or PXS. Individuals with scores in the top 10 percentiles were classified as high risk (top). Those with scores in the bottom 10 percentiles were classified as low risk (bottom). The total number of individuals within each risk score group is indicated at the top of each bar. Within each high risk group, the percent of individuals who received a formal diagnosis is shaded in pink. A black circle denotes the group that consists of that high risk group; a greyed circle denotes the group that does not consist of that high risk group.



Supplementary Figure S12: Correlation between HbA1c and risk scores in the test set. P values and pearson correlation coefficients are shown above the linear regression lines.



Supplementary Table S1: eXposure wide association study. Summary statistics of univariate XWAS. (see attached .xlsx).

Supplementary Table S2: **All exposures extracted from UK Biobank.** (see attached .xlsx)

Supplementary Table S3: T2D polyexposure risk score (PXS). The PXS was composed of 12 variables that were indicators of alcohol, diet, early life factors, household information, sleep, smoking. The hazard ratio and p values are shown. Hazard ratio of categorical responses are in comparison to the reference responses. Variables are colored by indicator category.

| | | +0 | RS | + F | egs | +CRS | + PGS | | | | |
|---|---|--|------|------|------|------|-------|------|-------|------|------------|
| Field | Response | Reference | HR | P | HR | P | HR | P | HR | P | |
| Sex | Male | Female | 1.63 | 0.00 | 1.32 | 0.00 | 1.64 | 0.00 | 1.35 | 0.00 | |
| Year of birth | | | 0.94 | 0.00 | 0.94 | 0.00 | 0.94 | 0.00 | 0.93 | 0.00 | |
| Own or rent accommodation lived in | None of the above | Own outright (by you or someone in your household) | 1.21 | 0.68 | 0.91 | 0.87 | 1.25 | 0.62 | 0.93 | 0.90 | household |
| Own or rent accommodation lived in | Own with a mortgage | Own outright (by you or someone in your household) | 1.25 | 0.00 | 1.24 | 0.00 | 1.25 | 0.00 | 1.25 | 0.00 | sleep |
| Own or rent accommodation lived in | Rent - from local authority, local council, housing association | Own outright (by you or someone in your household) | 1.38 | 0.00 | 1.19 | 0.14 | 1.36 | 0.00 | 1.18 | 0.16 | smoking |
| Own or rent accommodation lived in | Rent - from private landlord or letting agency | Own outright (by you or someone in your household) | 2.10 | 0.00 | 1.66 | 0.00 | 2.05 | 0.00 | 1.65 | 0.00 | diet |
| Own or rent accommodation lived in | Pay part rent and part mortgage (shared ownership) | Own outright (by you or someone in your household) | 2.24 | 0.02 | 2.65 | 0.01 | 2.09 | 0.04 | 2.56 | 0.01 | alcohol |
| Own or rent accommodation lived in | Live in accommodation rent free | Own outright (by you or someone in your household) | 0.98 | 0.96 | 0.76 | 0.51 | 1.04 | 0.90 | 0.78 | 0.55 | early life |
| Average total household income before tax | 18,000 to 30,999 | Less than 18,000 | 0.53 | 0.00 | 0.67 | 0.01 | 0.54 | 0.00 | 0.68 | 0.01 | |
| Average total household income before tax | 31,000 to 51,999 | Less than 18,000 | 0.83 | 0.09 | 0.86 | 0.22 | 0.84 | 0.11 | 0.88 | 0.30 | |
| Average total household income before tax | 52,000 to 100,000 | Less than 18,000 | 0.87 | 0.09 | 0.91 | 0.28 | 0.86 | 0.07 | 0.89 | 0.20 | |
| Average total household income before tax | Greater than 100,000 | Less than 18,000 | 0.94 | 0.31 | 0.88 | 0.06 | 0.95 | 0.40 | 0.89 | 0.09 | |
| Sleeplessness / insomnia | Sometimes | Never/rarely | 1.34 | 0.00 | 1.33 | 0.00 | 1.32 | 0.00 | 1.32 | 0.00 | |
| Sleeplessness / insomnia | Usually | Never/rarely | 1.02 | 0.69 | 0.96 | 0.46 | 1.02 | 0.67 | 0.98 | 0.60 | |
| Snoring | No | Yes | 0.75 | 0.00 | 0.91 | 0.03 | 0.76 | 0.00 | 0.92 | 0.03 | |
| Past tobacco smoking | Smoked occasionally | Smoked on most or all days | 0.71 | 0.00 | 0.72 | 0.00 | 0.72 | 0.00 | 0.73 | 0.00 | |
| Past tobacco smoking | Just tried once or twice | Smoked on most or all days | 1.36 | 0.00 | 1.25 | 0.00 | 1.35 | 0.00 | 1.25 | 0.00 | |
| Past tobacco smoking | I have never smoked | Smoked on most or all days | 0.95 | 0.44 | 0.96 | 0.58 | 0.94 | 0.38 | 0.93 | 0.40 | |
| Milk type used | Full cream | Semi-skimmed | 0.91 | 0.42 | 0.95 | 0.71 | 0.93 | 0.53 | 0.98 | 0.87 | |
| Milk type used | Skimmed | Semi-skimmed | 1.14 | 0.04 | 1.07 | 0.31 | 1.12 | 0.05 | 1.08 | 0.24 | |
| Milk type used | Sova | Semi-skimmed | 0.48 | 0.00 | 0.55 | 0.01 | 0.49 | 0.00 | 0.56 | 0.01 | |
| Milk type used | Other type of milk | Semi-skimmed | 0.89 | 0.61 | 1.04 | 0.88 | 0.91 | 0.70 | 1.09 | 0.76 | |
| Milk type used | Never/rarely have milk | Semi-skimmed | 0.79 | 0.16 | 0.70 | 0.08 | 0.80 | 0.17 | 0.71 | 0.09 | |
| Spread type | Never/rarely use spread | Other type of spread/margarine | 0.65 | 0.00 | 0.72 | 0.00 | 0.65 | 0.00 | 0.70 | 0.00 | |
| Spread type | Butter/spreadable butter | Other type of spread/margarine | 1.04 | 0.52 | 1.06 | 0.39 | 1.04 | 0.51 | 1.05 | 0.42 | |
| Spread type | Flora Pro-Active/Benecol | Other type of spread/margarine | 1.52 | 0.15 | 1.72 | 0.09 | 1.50 | 0.16 | 1.72 | 0.09 | |
| Tea intake | Tion The Field of Defices | Other type or spread marganite | 0.88 | 0.00 | 0.93 | 0.01 | 0.88 | 0.00 | 0.92 | 0.00 | |
| Never eat eggs, dairy, wheat, sugar | Eggs or foods containing eggs | I eat all of the above | 1.32 | 0.06 | 1.26 | 0.17 | 1.30 | 0.07 | 1.24 | 0.19 | 1 |
| Never eat eggs, dairy, wheat, sugar | Dairy products | Leat all of the above | 1.46 | 0.07 | 1.35 | 0.25 | 1.47 | 0.07 | 1.33 | 0.28 | |
| Never eat eggs, dairy, wheat, sugar | Wheat products | I eat all of the above | 0.99 | 0.97 | 1.24 | 0.33 | 0.99 | 0.96 | 1.24 | 0.32 | |
| Never eat eggs, dairy, wheat, sugar | Sugar or foods/drinks containing sugar | l eat all of the above | 1.77 | 0.00 | 1.51 | 0.00 | 1.74 | 0.00 | 1.52 | 0.00 | |
| Major dietary changes in the last 5 years | Yes, because of illness | No. | 3.69 | 0.00 | 2.79 | 0.00 | 3.57 | 0.00 | 2.72 | 0.00 | 1 |
| Major dietary changes in the last 5 years | Yes, because of other reasons | No. | 1.33 | 0.00 | 1.23 | 0.00 | 1.32 | 0.00 | 1.22 | 0.01 | |
| Alcohol intake frequency | Three or four times a week | Daily or almost daily | 2.05 | 0.00 | 1.45 | 0.00 | 2.01 | 0.00 | 1.46 | 0.00 | |
| Alcohol intake frequency | Once or twice a week | Daily or almost daily | 0.93 | 0.29 | 0.99 | 0.93 | 0.94 | 0.40 | 1.00 | 0.98 | |
| Alcohol intake frequency | One to three times a month | Daily or almost daily | 0.82 | 0.00 | 0.86 | 0.04 | 0.82 | 0.00 | 0.87 | 0.05 | |
| Alcohol intake frequency | Special ocassions only | Daily or almost daily | 0.98 | 0.74 | 0.99 | 0.85 | 0.96 | 0.57 | 0.98 | 0.75 | |
| Alcohol intake frequency | Never | Daily or almost daily | 1.00 | 0.99 | 1.03 | 0.72 | 0.99 | 0.85 | 1.02 | 0.77 | |
| Comparative body size at age 10 | Plumper | Thinner | 0.87 | 0.00 | 0.80 | 0.00 | 0.99 | 0.00 | 0.80 | 0.00 | |
| Comparative body size at age 10 | About average | Thinner | 0.85 | 0.00 | 1.15 | 0.00 | 0.87 | 0.00 | 1.16 | 0.00 | |
| BMI | About average | Timber | 0.85 | 0.00 | 1.10 | 0.03 | 0.87 | 0.01 | 1.00 | 0.02 | 1 |
| Systolic blood pressure | | | - : | | 0.42 | 0.00 | | | 1.10 | 0.00 | |
| Glucose | | | | | 1.59 | 0.00 | - | | 1.58 | 0.00 | |
| HDL cholesterol | | | - : | | 0.42 | 0.00 | | | 0.42 | 0.00 | |
| Triglycerides | | | -:- | | 1.09 | 0.00 | | | 1.07 | 0.00 | |
| Family History of Diabetes | | | | | 1.90 | 0.00 | - | | 1.81 | 0.00 | |
| PXS | | | | - | 1.90 | 0.00 | 24.89 | 0.00 | 14.32 | 0.00 | 1 |
| - rAS | | | - | - | • | | 24.89 | 0.00 | 14.32 | 0.00 | - |

Supplementary Table S4: Clinical Risk Score (CRS). Weights of 8 clinical risk factors. *Sex served as an interactor, not a mediator, in the Framingham Heart Study.

| | Meigs et al. | | | | | |
|--|--------------|------|-------------|-----------|--|-------|
| Field | Class | HR | 95% CI | P-val | Field | OR |
| Male (versus Female) | Binary | 1.30 | 1.20 - 1.40 | 2.58E-07 | Male (versus Female) | 0.66* |
| Year of birth | Continuous | 0.94 | 0.93 - 0.94 | 6.38E-80 | Age (years) | 1.05 |
| Systolic blood pressure (mmHg) | Continuous | 1.00 | 1.00 - 1.01 | 6.80E-03 | Systolic blood pressure (mmHg) | 1.01 |
| BMI (kg/m2) | Continuous | 1.12 | 1.12 - 1.13 | 1.96E-215 | BMI (kg/m2) | 1.14 |
| Glucose (mmol/L) | Continuous | 1.60 | 1.57 - 1.63 | 2.57E-275 | Glucose (mg/dL) | 1.14 |
| HDL cholesterol (mmol/L) | Continuous | 0.27 | 0.09 - 0.45 | 2.48E-47 | HDL cholesterol (mg/dL)) | 0.99 |
| Triglycerides (mmol/L) | Continuous | 1.12 | 1.08 - 1.15 | 8.63E-10 | Triglycerides (mg/dL) | 1.00 |
| Family History of Diabetes (versus no history) | Binary | 1.99 | 1.90 - 2.05 | 8.98E-49 | Family History of Diabetes (versus no history) | 1.72 |

Supplementary Table S5: The C-statistics of the new PXS model when each of the exposure variables were iteratively dropped from the score in subset of the validation set of N=68,299 with complete information for all variables.

| Dropped Exposure | C-Statistic (95% CI) |
|---|----------------------|
| Major dietary changes in the last 5 years | 0.737 (0.724, 0.75) |
| Snoring | 0.756 (0.743, 0.769) |
| Alcohol intake frequency | 0.757 (0.744, 0.77) |
| Own or rent accommodation lived in | 0.759 (0.746, 0.772) |
| Sleeplessness / insomnia | 0.760 (0.747, 0.773) |
| Never eat eggs, dairy, wheat, sugar | 0.760 (0.747, 0.773) |
| Comparative body size at age 10 | 0.760 (0.747, 0.773) |
| Average total household income before tax | 0.761 (0.748, 0.774) |
| Past tobacco smoking | 0.761 (0.749, 0.773) |
| Spread type | 0.761 (0.749, 0.773) |
| Tea intake | 0.761 (0.749, 0.773) |
| Milk type used | 0.767 (0.755, 0.779) |

Supplementary Table S6: C-Statistics for evaluating performance of risk models in sensitivity analysis. The performance was evaluated in the full test population as well as stratified by sex and year of birth where blood glucose removed from CRS. * Denotes models adjusted for all covariates (sex, age, assessment center, and genetic principal components) in the full test population, all covariates except sex in the sex stratified analysis, and all covariates except age in year of birth stratified analysis.

| | C-Statistic (95% CI), blood glucose removed from CRS | | | | | | | | | |
|--------------|--|----------------------|----------------------|----------------------|---------------------------|----------------------|----------------------|--|--|--|
| | All | Male | Female | Born before 1945 | Born between 1945-1950 | | | | | |
| N | 68299 | 32657 | 35642 | 15032 | 16529 | 18547 | 18191 | | | |
| # of Events | 1281 | 844 | 437 | 468 | 377 | 291 | 145 | | | |
| Sex+Age | 0.670 (0.656, 0.684) | 0.629 (0.612, 0.646) | 0.637 (0.612, 0.662) | 0.594 (0.569, 0.619) | 0.606 (0.579, 0.633) | 0.624 (0.593, 0.655) | 0.592 (0.548, 0.636) | | | |
| PGS* | 0.709 (0.696, 0.722) | 0.680 (0.663, 0.697) | 0.705 (0.682, 0.728) | 0.658 (0.634, 0.682) | 0.674 (0.648, 0.7) | 0.713 (0.687, 0.739) | 0.719 (0.678, 0.760) | | | |
| PXS* | 0.762 (0.749, 0.775) | 0.732 (0.716, 0.748) | 0.774 (0.753, 0.795) | 0.714 (0.69, 0.738) | 0.718 (0.692, 0.744) | 0.785 (0.759, 0.811) | 0.782 (0.743, 0.821) | | | |
| CRS* | 0.820 (0.810, 0.820) | 0.789 (0.775, 0.803 | 0.842 (0.824, 0.86) | 0.774 (0.754, 0.794) | 0.791 (0.77, 0.812) | 0.838 (0.818, 0.858) | 0.845 (0.811, 0.879) | | | |
| PGS+PXS* | 0.776 (0.764, 0.788) | 0.749 (0.734, 0.764) | 0.786 (0.765, 0.807) | 0.729 (0.706, 0.752) | 0.730 (0.705, 0.755) | 0.803 (0.779, 0.827) | 0.802 (0.764, 0.84) | | | |
| CRS+PGS* | 0.826 (0.816, 0.836) | 0.797 (0.783, 0.811) | 0.848 (0.831, 0.865) | 0.781 (0.762, 0.8) | 0.796 (0.775, 0.817) | 0.849 (0.83, 0.868) | 0.856 (0.824, 0.888 | | | |
| CRS+PXS* | 0.835 (0.825, 0.845 | 0.807 (0.793, 0.821) | 0.855 (0.838, 0.872) | 0.790 (0.771, 0.809) | 0.801 (0.708, 0.822) | 0.861 (0.842, 0.88) | 0.856 (0.822, 0.890) | | | |
| CRS+PXS+PGS* | 0.841 (0.831, 0.851) | 0.814 (0.801, 0.827) | 0.86 (0.843, 0.877) | 0.797 (0.778, 0.816) | 0.805 (0.784, 0.826) | 0.87 (0.852, 0.888) | 0.866 (0.834, 0.898) | | | |

Supplementary Table S7: Hazard ratio (HR) for individuals with highest risk of T2D. The HR and 95 CI for individuals in the top 1% (versus the bottom 99%), 5% (versus the bottom 95th), 10% (versus the bottom 90th), and 20% (versus the bottom 80th) of using the polygenic risk score (PGS), polyexposure risk score (PXS), or clinical risk score (CRS) models.

| | | Hazard Ratio (95% CI) | | | | | | |
|-------------|-----|-----------------------|--------------------|----------------------|--|--|--|--|
| | | PGS | PXS | CRS | | | | |
| Top % score | 1% | 2.64 (1.87, 3.73) | 9.74 (7.96, 11.91) | 15.11 (12.74, 17.92) | | | | |
| | 5% | 2.27 (1.90, 2.71) | 6.72 (5.92, 7.63) | 10.54 (9.39, 11.83) | | | | |
| | 10% | 2.00 (1.73, 2.31) | 5.90 (5.28, 6.61) | 9.97 (8.94, 11.13) | | | | |
| | 20% | 1.96 (1.75, 2.21) | 4.72 (4.23, 5.27) | 9.51 (8.44, 10.71) | | | | |

Supplementary Table S8: Sensitivity of risk scores in participants with undiagnosed T2D. Undiagnosed individuals (N=3,658) with scores in the top 10th of the reference group were classified as high risk. Those with scores in the bottom 10th of the reference group were classified as low risk.

| Score type | High Risk N | Low Risk N | High Risk Incidence | Low Risk Incidence |
|---------------------|----------------|---------------|------------------------|-----------------------|
| CRS | 2869 | 34 | 1572 (54.79%) | 5 (14.71%) |
| PXS | 1436 | 75 | 878 (61.14%) | 18 (24.00%) |
| PGS | 83 | 132 | 456 (54.68%) | 73 (55.30%) |
| PXS and CRS | 1217 | 7 | 755 (62.04%) | 0 (0.00%) |
| PGS and CRS | 657 | 1 | 375 (57.08%) | 0 (0.00%) |
| PGS and PXS | 328 | 3 | 216 (65.85%) | 1 (33.33%) |
| PGS and PXS and CRS | 274 | 0 | 184 (67.15%) | 0 (NA) |