**Supplemental Materials**

**Improvements in glycaemic control after acute moderate-intensity continuous or high-intensity interval exercise are greater in South Asians than white Europeans with nondiabetic hyperglycaemia: a randomised crossover study**

Jack A. Sargeant PhD1,2,\*, Charlotte Jelleyman PhD1,2,3,\*, Nicole A. Coull PhD1,2, Charlotte L. Edwardson PhD1,2, Joseph Henson PhD1,2, James A. King PhD2,4, Kamlesh Khunti FMedSci1,5,6, Matthew McCarthy PhD1,2, Alex V. Rowlands PhD1,2, David J. Stensel PhD2,4, Helen L. Waller PhD1,2, David R. Webb PhD1,2, Melanie J. Davies MD1,2,6, Thomas Yates PhD1,2

\* joint first authors

1 Diabetes Research Centre, University of Leicester, Leicester, UK

2 NIHR Leicester Biomedical Research Centre, Leicester, UK

3 School of Sport and Recreation, Auckland University of Technology, Auckland, NZ

4 School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK

5 NIHR Applied Research Collaboration East Midlands, Leicester, UK

6 Leicester Diabetes Centre, Leicester General Hospital, University Hospitals of Leicester NHS Trust, Leicester, UK

**Corresponding author:** Jack A. Sargeant; Diabetes Research Centre, University of Leicester, Leicester General Hospital, Gwendolen Road, Leicester, UK, LE5 4PW; js928@leicester.ac.uk

**Short running title:** Ethnicity, acute exercise and glycaemic control

**Clinical trials registration:** ISRCTN12337078

**Supplemental Figures:** 3

**Supplemental Tables:** 1

**Supplemental Figures**

*Supplemental Figure S1 –* Schematic representation of experimental conditions

25 min LV-HIIE performed (LV-HIIE condition only)

35 min of continuous moderate-intensity aerobic exercise performed (CME condition only)

Standardised meal consumed

Participant arrival (approximately 60 min prior to first blood sample)

Venous cannula inserted (approximately 30 - 45 min prior to first blood sample)

Venous blood sample collected

**A**

**5**

**A**

**0**

**1**

**2**

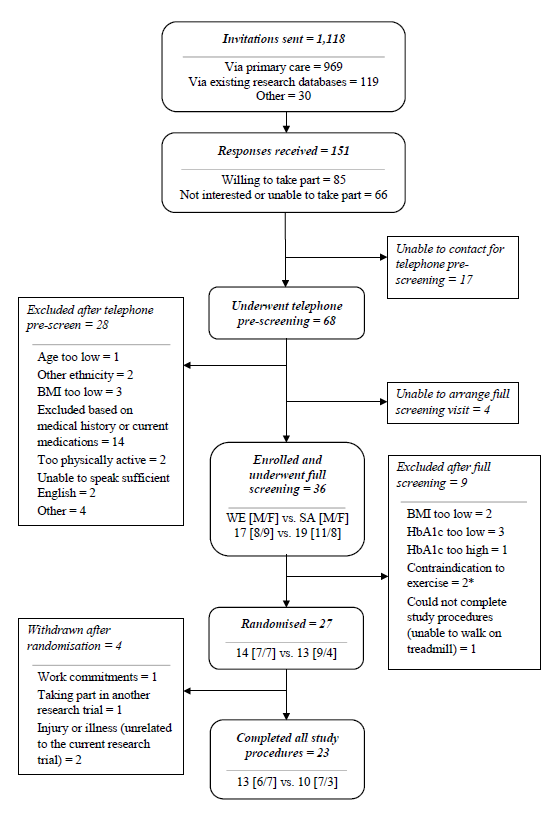
**3**

**4**

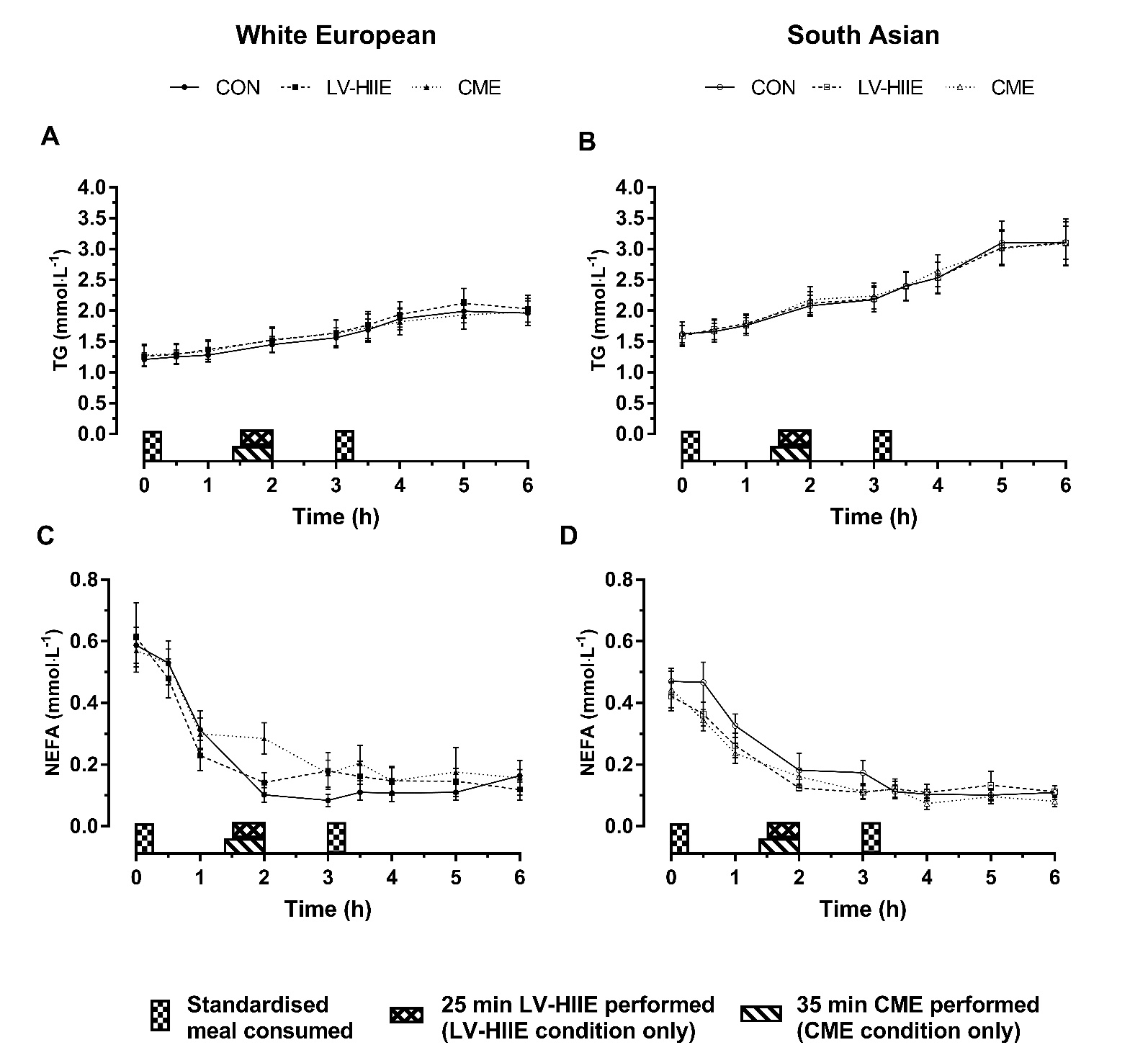
**6**

**Time (h)**

**\\**

*Supplemental Figure S2 –* Participant flow

Abbreviations: BMI: body mass index; F: female; M; male; HbA1c: glycated haemoglobin; SA: South Asian; WE: white European. \*one white European female developed chest pain and breathlessness during the exercise test and was referred to her family doctor, and one South Asian female reported severe ankle pain when undertaking treadmill walking and was not able to continue.

*Supplemental Figure S3 –* Circulating triglyceride (A-B) and non-esterified fatty acid (C-D) responses across experimental conditions for white European and South Asian groups

Data are presented as mean and standard error of the mean.

Abbreviations: CME: continuous moderate-intensity aerobic exercise; CON: control condition; NEFA: non-esterified fatty acids; LV-HIIE: low-volume high-intensity interval exercise; TG: triglyceride.

**Supplemental Tables**

*Supplemental Table S1 ­*– Post-exercise responses for glucose, insulin, insulin resistance index, triglycerides and non-esterified fatty acids during each condition in the combined study population.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **CON** | **LV-HIIE** | **CME** |
| *Primary outcome* |  |  |  |  |
| Glucose (mmol·L-1) |  | 6.99  (6.55, 7.42) | 6.82  (6.52, 7.12) | 6.79  (6.46, 7.12) |
| *Secondary outcomes* |  |  |  |  |
| Insulin (mU·L-1) |  | 139.7 (114.5, 164.9) | 95.3 (81.6, 109.0) | 105.9 (90.0, 121.7) |
| Insulin resistance index (AU) |  | 995 (789, 1200) | 650 (542, 759) | 722 (602, 842) |
| Triglycerides (mmol·L-1) |  | 2.09 (1.93, 2.24) | 2.10 (1.98, 2.23) | 2.10 (1.93, 2.27) |
| Non-esterified fatty acids (mmol·L-1) |  | 0.13 (0.11, 0.16) | 0.16 (0.13, 0.18) | 0.17 (0.13, 0.21) |

Data presented as mean (95% confidence interval) time-averaged area under the curve; models were adjusted for age, sex and pre-exercise AUC.

Abbreviations: AU: arbitrary units; CME: continuous moderate-intensity aerobic exercise condition; CON: seated, rested control condition; LV-HIIE: low-volume high-intensity interval exercise condition.