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| **Supplementary Table 2 Comparisons of basic characteristics among low-, medium-, and high-GH groups.**  |
|  | **low-GH** | **medium-GH** | **high-GH** | ***P* value** |
| **Demographics and Anthropometrics** |  |  |  |  |
|  Patients (n) | 222 | 223 | 222 |  |
|  Gender (male,n,%) | 86(38.7%) | 78(35.0%) | 62(27.9%) | 0.0510 |
| Age (years) | 30.76±0.77 | 32.98±0.84 | 34.3±0.91 | 0.3152 |
| BMI (kg/m2) | 34.72±0.68 | 31.74±0.68 | 29.58±0.66 | <0.0001 |
| BAI | 35.55±0.64 | 33.57±0.67 | 30.77±0.75 | 0.0001 |
| Waist circumference (cm) | 118.5±1.49 | 115.5±1.99 | 112.7±1.87 | 0.0475 |
| Hip circumference (cm) | 128.1±1.41 | 125.4±1.74 | 124.6±1.55 | 0.2444 |
| WHR | 0.92±0.01 | 0.91±0.02 | 0.89±0.01 | 0.1615 |
| **Metabolic Parameters** |  |  |  |  |
| HbA1c (%) | 5.92±0.39 | 5.59±0.05 | 5.55±0.04 | 0.5721 |
| Fasting glucose(mmol/L) | 5.48±0.04 | 5.42±0.05 | 5.39±0.05 | 0.3981 |
| Fasting Insulin(μU/ml) | 24.82±1.64 | 21.44±1.14 | 20.70±1.26 | 0.0230 |
| Fasting FFA(mmol/L) | 0.64±0.03 | 0.69±0.03 | 0.64±0.03 | 0.0430 |
| Triglyceride(mmol/l) | 2.16±0.13 | 1.73±0.08 | 1.49±0.06 | <0.0001 |
|  TC (mmol/l) | 4.98±0.7 | 4.97±0.06 | 4.78±0.06 | 0.0614 |
|  LDL-C (mmol/l) | 3.06±0.15 | 3.04±0.06 | 2.89±0.05 | 0.0586 |
|  HDL-C (mmol/l) | 1.12±0.02 | 1.17±0.02 | 1.20±0.02 | 0.0169 |
|  Uric acid(μmol/L) | 419.4±9.07 | 391.8±10.06 | 375.0±7.47 | 0.0012 |
| Adipo-IR | 140.8±10.74 | 133.8±8.38 | 98.51±7.39 | 0.0004 |
| HOMA-IR | 6.20±0.35 | 5.78±0.38 | 4.36±0.25 | <0.0001 |
| HOMA-β | 279.6±18.14 | 254.7±15.31 | 224.4±19.71 | 0.0003 |
| GH (ng/ml) | 0.02±0.00 | 0.07±0.01 | 0.64±0.04 | <0.0001 |
| **Liver function parameters** |  |  |  |  |
| ALT (IU/L) | 43.95±2.65 | 40.24±2.73 | 38.98±4.63 | 0.0028 |
| AST (IU/L) | 25.41±1.07 | 24.56±1.10 | 25.03±1.50 | 0.5317 |
| **Inflammatory biomarker** |  |  |  |  |
| hsCRP(mg/L) | 6.12±0.83 | 5.78±0.48 | 5.44±0.61 | 0.1777 |

Data are expressed as mean ± SEM. Statistical significance was defined as *P* < 0.05.

Abbreviations: GH, growth hormone; BMI, body mass index; BAI, body adiposity index; WHR, waist-to-hip ratio; HbA1c, glycosylated hemoglobin; FFA, free fatty acid; TC, Total cholesterol; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; Adipo-IR, adipose tissue insulin resistance; HOMA-IR, homeostasis model assessment of insulin resistance index; HOMA-β, homeostasis model assessment of β-cell function; GH, growth hormone; ALT, alanine aminotransferase; AST, aspartate aminotransferase; hsCRP, high sensitivity C reactive protein.