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## **Gestational Diabetes Mellitus in North India. Prevalence, Diagnostic Criteria, Pathophysiological Aspects and Genetic and Non-Genetic Origin in the State of Punjab.**

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2017

*Document Version:*

Publisher's PDF, also known as Version of record

[Link to publication](#)

*Citation for published version (APA):*

Arora, G. P. (2017). *Gestational Diabetes Mellitus in North India. Prevalence, Diagnostic Criteria, Pathophysiological Aspects and Genetic and Non-Genetic Origin in the State of Punjab*. [Doctoral Thesis (compilation), Department of Clinical Sciences, Malmö]. Lund University: Faculty of Medicine.

*Total number of authors:*

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# Gestational Diabetes Mellitus in North India

Prevalence, Diagnostic Criteria, Pathophysiological Aspects and  
Genetic and Non-Genetic Origin in the State of Punjab

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DEPARTMENT OF CLINICAL SCIENCE | FACULTY OF ARCIUSAM | LUND UNIVERSITY



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Geeti Puri Arora



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DOCTORAL DISSERTATION

by due permission of the Faculty of Medicine, Lund University, Sweden.  
To be defended at the CRC Lecture Hall at Clinical Research Centre, Entrance 72,  
Malmö University Hospital, Malmö. Friday, October 27th, 2017 at 1p.m (3:00 hrs)

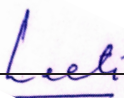
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Organization LUND UNIVERSITY Faculty of Medicine Department of Clinical Sciences, Malmö Diabetes and Endocrinology	Document name DOCTORAL DISSERTATION	
	Date of issue OCTOBER 27, 2017	
	Author Geeti Puri Arora. M.D	
Sponsoring organization		
Title and subtitle Gestational Diabetes Mellitus in North India - Prevalence, Diagnostic Criteria, Pathophysiological Aspects and Genetic and Non-Genetic Origin in the State of Punjab.		
Abstract <p>Gestational diabetes mellitus(GDM) defines an unhealthy state of hyperglycaemia that develops in response to an otherwise normal physiological adaptive insulin resistance state during pregnancy. However, the exact plasma glucose levels differentiating the unhealthy GDM state from a normal pregnancy is unknown, and relies upon arbitrary cut off criteria based on associations with adverse health outcomes in mother and child. The normal hormonal and physiological changes during pregnancy and difficulties in assessing long term health outcomes associated with GDM in mother and child is a further complicating factor. Ethnic differences plays a major role in defining GDM with Asian people developing diabetes including GDM at a lower degree of overweight compared with non-Asian people. Epidemiological data points towards Asia as the present and future hub of diabetes. The thesis is based upon results obtained from the first state-of-the art epidemiological screening of 5000 women for GDM in Punjab, North India, using former WHO1999 compared with adapted WHO2013 criteria. The work documents that the proposed WHO2013 criteria increases the prevalence of GDM in North India from 9% using former criteria to include no less than 35% of all pregnant women. It documents a key role of impaired insulin secretion as opposed to peripheral insulin resistance in the pathophysiology of GDM, and it shows that a myriad of risk factors including family history of diabetes, age, BMI, diet, religion, illiteracy and urban versus rural habitat influences risk of GDM, as well as impaired insulin secretion and action, in a hitherto unrecognized complex manner.</p> <p>Importantly, genetic analyses of 79 SNPs previously associated with type 2 diabetes (including 12 GDM loci), in Indian and non-Indian populations suggests that genetic as well as non-genetic origin of GDM in North India differ from other ethnic populations. Only few of the previously reported diabetes risk genes were associated with risk of GDM, some showed nominal significance and some associations in opposite directions, being protective against GDM in North India. The results underscores the need for large prospective studies of GDM women and their offspring in different ethnic groups to understand the quantitative and qualitative adverse health outcomes, diagnostic criteria as well as the need, tools and targets for prevention and treatment in a life-cycle perspective.</p>		
Key words Gestational diabetes mellitus, oral glucose tolerance test, type 2 diabetes, prevalence, diagnostic criteria, genetic variant, ethnic groups, insulin secretion, insulin resistance		
Classification system and/or index terms (if any)		
Supplementary bibliographical information		Language: English
ISSN and key title 1652-8220 Lund University, Faculty of Medicine Doctoral Dissertation series 2017: 161		ISBN 978-91-7619-543-7
Recipient's notes	Number of pages 239	Price
	Security classification	

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Department of Clinical Science, Malmö

Faculty of Medicine Doctoral Dissertation Series 2017:161


ISBN 978-91-7619-543-7

ISSN 1652-8220

Printed in Sweden by Media-Tryck, Lund University

Lund 2017



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*"One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.  
After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.  
This really troubled me, so I asked the Lord about it.  
"Lord, you said once I decided to follow you,  
You'd walk with me all the way.  
But I noticed that during the saddest and most troublesome times of my life,  
there was only one set of footprints.  
I don't understand why, when I needed You the most, You would leave me."  
He whispered, "My precious child, I love you and will never leave you  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."*

Margaret Fishback Powers, 1964



*To my family & A tribute to my mother (Late) Professor Nita Puri*





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# List of Publications

## *Publications included in this thesis*

- Paper I Arora GP, Thaman RG, Prasad RB, Almgren P, Brøns C, Groop LC, Vaag AA. Prevalence and risk factors of gestational diabetes in Punjab, North India: results from a population screening program. *Eur J Endocrinol*. 2015 Aug;173(2):257-67.
- Paper II Arora GP, Almgren P, Thaman RG, Pal A, Groop L, Vaag A, Prasad RB, Brøns C. Insulin Secretion and Action in North Indian Women during Pregnancy. *Diabetic Medicine* 2017 Jul 21. (Epub ahead of print)
- Paper III Arora GP, Almgren P, Brøns C, Thaman RG, Vaag AA, Groop L, Prasad RB. Association of Genetic Risk Variants and Glucose Intolerance during Pregnancy in a North Indian Population (to be submitted).
- Paper IV Arora GP, Åkerlund M, Brøns C, Almgren C, Thaman RG, Berntorp K, Vaag AA, Groop L, Prasad RB. Phenotypic and Genotypic differences between Indian and Swedish women with gestational diabetes mellitus (to be submitted).

## Publications not included in the thesis

- Vaag A, Arora GP, Thaman RG. Timing of intergenerational prevention of adiposity and Type 2 Diabetes Mellitus. *J Physiol*. 2012 Mar;590 ( 5):1021-2.
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- Banshi Saboo, Ravinder Garg, Geeti Puri Arora “Glycemic variability and glucosidase inhibitor” in medical update: Progress in medicine 2016, Vol 1. Sec 1,Page 45-48.



# Abbreviations

ADA	American Diabetes Association
ANOVA	Analysis of variance
BMI	Body mass index
CPG	Capillary plasma glucose
CI	Confidence interval
CV	Coefficient of variation
DIPSI	Diabetes in Pregnancy Study group in India
DNA	Deoxyribonucleic acid
EASD	European Association for the Study of Diabetes
GDM	Gestational Diabetes Mellitus
GRS	Genetic risk scores
FPG	Fasting plasma glucose
HOMA-B	Homeostatic Model Assessment - beta cell function
HOMA-IR	Homeostatic Model Assessment - insulin resistance
IFG	Impaired fasting glucose
IADPSG Study Group	International Association of Diabetes and Pregnancy Study Group
IDF	International Diabetes Federation
IGT	Impaired glucose tolerance
OGTT	Oral glucose tolerance test
OR	Odds ratio
PG	Plasma glucose
PNGT	Pregnant normal glucose tolerance
PRS	Polygenic risk scores
SD	Standard deviation
SNP	<i>Single-nucleotide polymorphism</i>
T1D	Type 1 diabetes
T2D	Type 2 diabetes
VPG	Venous plasma glucose
WHO	World Health Organization

# Populärvetenskaplig sammanfattning

Graviditetsdiabetes i Norra Indien (Punjab) – förekomst, diagnostiska kriterier samt genetiska och icke-genetiska orsaker.

Graviditetsdiabetes (GDM) innebär ett ohälsosamt tillstånd med förhöjt blodsocker under graviditet som förvärrar den annars fysiologiska insulinresistensen som utvecklas under en graviditet. Vår kunskap om exakt vilken blodsockernivå som skiljer det ohälsosamma GDM-tillståndet från en normal graviditet är emellertid begränsad och baserad på arbiträra gränsvärden som associerats med ökade hälsorisker hos mor och barn. Hur de normalt förekommande hormonella och fysiologiska förändringar som sker under graviditeten påverkar hälsan hos mor och barn är bara delvis kända. Etniska skillnader kan spela en stor roll. Exempelvis utvecklar asiater typ 2 diabetes (T2D) och GDM vid en lägre grad av övervikt än européer. Alla prognoser tyder på att Asien kommer att se en explosionsartad ökning i förekomst av T2D och GDM. Den här avhandlingen behandlar problematiken kring GDM i Asien och bygger på en epidemiologisk screening av 5000 gravida kvinnor i Punjab i Norra Indien. För diagnos av GDM användes såväl WHO 1999 som WHO 2013 definitioner.

WHO 2013 kriterierna ökar förekomsten av GDM från 9% (WHO1999) till 35% av alla gravida kvinnor. Insulinbrist spelar en större roll än insulinresistens i GDM patofysiologin. Därutöver spelar ett antal riskfaktorer såsom ärftlighet för T2D, ålder, kroppindex (BMI), kost, religion, analfabetism och om man bor i stad eller på landsbygd en avgörande roll för risken att diagnostiseras med GDM.

En analys av 79 genvarianter som tidigare visats vara associerade med T2D och GDM (12 av dem i Indien) visade på klara skillnader i genetiska och icke-genetiska orsaker till GDM mellan indiska kvinnor och kvinnor från Sverige. Endast ett fåtal av de tidigare kända riskvarianterna var förenade med ökad risk för GDM i Indien. En av genvarianterna som associerats med ökad risk för GDM i andra populationer var skyddande för GDM i den aktuella populationen.

Sammanfattningsvis understryker resultaten behovet av ytterligare större prospektiva undersökningar av kvinnor med GDM och deras barn i olika etniska grupper för att förstå det komplexa sambandet mellan riskfaktorer och hälsorisker i olika delar av världen. Vi behöver också bättre förstå kopplingen mellan diagnostiska kriterier och hälsorisker för mor och barn samt utveckla bättre redskap för att förhindra att GDM uppstår.

# Abstract

Gestational diabetes mellitus (GDM) defines an unhealthy state of hyperglycemia that develops in response to an otherwise normal physiological adaptive insulin resistance state during pregnancy. The exact plasma glucose levels differentiating the unhealthy GDM state from a normal pregnancy are unknown, and based upon arbitrary cut off criteria defined by adverse health outcomes in the mother and child. The normal hormonal and physiological changes during pregnancy as well as the difficulties in assessing long term health outcomes in both the mother and child associated with GDM is a further complicating factor defining the diagnostic criteria. To this end, ethnic differences play a major role in defining GDM with Asian people in general developing diabetes and GDM at lower body mass index (BMI) than non-Asian people. Indeed, epidemiological data and forecasts identify Asia as the present and future hub of diabetes. The current thesis is based upon results obtained from the first state-of-the art epidemiological screening program of 5000 pregnant women for GDM in Punjab, North India, using both WHO1999 and WHO2013 criteria.

The thesis demonstrates that the proposed WHO2013 criteria increase the prevalence of GDM in North India from 9% using former WHO1999 criteria to 35% of all pregnant women. Environmental risk factors influenced GDM differently depending upon the criteria applied for the diagnosis of GDM. Urban habitat, illiteracy, non-vegetarianism, increased BMI, Hindu religion and low adult height were independent risk factors for GDM using the 1999 criteria, whereas only urban habitat, low adult height and increased age were independent risk factors of GDM using the 2013 criteria. The thesis also demonstrated a key role for impaired insulin secretion in the pathophysiology of GDM in North India. Importantly, a myriad of risk factors including family history of diabetes, age, BMI, diet, religion, illiteracy and urban versus rural habitat influences risk of GDM together with impaired insulin secretion and action, in a hitherto unrecognized complex manner. GDM defined using both criteria was associated with reduced insulin secretion compared to pregnant normal glucose tolerance women. Women classified as GDM by the WHO2013 criteria exhibit lower insulin secretion and are more insulin resistant than women classified as GDM using the GDM1999 criteria. The thesis also showed that non-genetic risk factors for GDM influence insulin secretion and action in North Indian women differently from other populations. Urban habitat, illiteracy, high age and low BMI were independently associated with reduced insulin secretion whereas Sikh religion, increasing age and BMI, as well as family history of diabetes were independently associated with increased insulin resistance.

The thesis furthermore analyzed the genetic framework of GDM in this North Indian pregnant cohort. We analyzed a total of 79 SNPs previously reported to be

associated with T2D, GDM (12 SNPs) and/or glycemc traits in Indian and non-Indian populations. The data demonstrated that the genetics of GDM in North India differs significantly from other ethnic populations. Notably, the risk allele T of SNP rs5219 of in the *KCNJ11* gene (WHO1999) as well as, variants in the *GRB14* (WHO1999), *SLC2A2* (WHO2013) genes, criteria used are presented within brackets. In contrast, T2D risk variants in the *CRY2* (WHO1999), *CENTD2* (WHO2013) and *ADCY5* (WHO2013) genes were associated with reduced risk of GDM. In general, effect of genetic variants was more pronounced using WHO1999 than WHO2013 criteria as clearly shown for the most significant *TCFL2* risk variant *TCF7L2*. We also explored phenotypic and genetic differences between pregnant women with GDM from India and Sweden and showed that Indian women had higher prevalence of GDM (compared to previous reports), lower insulin secretion and better insulin sensitivity than Swedish women. The rs7178572 SNP in the *HMG20A* gene previously associated with T2D GDM in India was also here nominally associated with GDM in Indian but not in Swedish women. The T2D risk SNP rs11605924 in the *CRY2* gene was associated with GDM in both populations, but in opposite directions; the same allele was associated with increased risk of GDM in Swedish but decreased risk in Indian women.

Since the current criteria are based upon health consequences for women and the child both, it would be important in future studies to also explore the potential genetic influences on adverse health outcome in the offspring.

# Introduction

## History

Egyptian medicine dates back to year 2900 BC. A well-preserved papyrus found by archaeologists in an ancient grave in Thebes turned out to be an ancient textbook of medicine. The papyrus, named after the German Egyptologist George Ebers, was written around 1550 BC and is considered one of the most famous documents related to ancient practice of medicine. The papyrus describes a condition that resembles diabetes by the phrase “to eliminate urine which is too plentiful”(1). The term diabetes was first used by the Greek Apollonius of Memphis around 230 BC and means to pass through (dia - through, betes - to go)(2). Another Greek physician Aretaeus of Cappadocia described around 150 AD this condition as “the melting down of flesh and limbs into urine” (3). Terms like “wasting disorder” or “excessive thirst disorder” related to untreated diabetes mellitus have also been used in the literature (4).

Diabetes is also known by the name “Madhumeha” in India, meaning honeyed urine. Type 1 diabetes (T1D) and type 2 diabetes (T2D) were identified as separate conditions for the first time by the Indian physicians Sushruta and Charaka in 5<sup>th</sup> century AD, with T1D associated with youth and T2D with obesity(5).

In recent times, the first case of a woman with diabetes during pregnancy was recorded in 1823 by a German physician Heinrich Bennewitz in his thesis “De Diabete Mellito Graviditatis Symptomate” (6). Later, Mathew Duncan reported an increased risk of fetal death complicated by diabetes (7). At that time, it was believed that diabetes was a symptom of pregnancy (6), including glycosuria, increased thirst and polyuria, which disappeared after pregnancy (8). Studies revealed that abnormal glucose tolerance was responsible for increased perinatal mortality in infants born to mothers who subsequently developed diabetes as reported in 1940 (9-13).

It was Jackson and Hoet who articulated the concept of gestational diabetes as we understand it today (14). The term gestational diabetes was first used by O’Sullivan in 1961 (15) and was revisited by Hadden in 1975(16) and later used at an international conference in 1979 (17). In 1964, O’Sullivan and Mahan reported that pregnant women with glucose values in the upper end of the spectrum were more

likely to develop diabetes later in life, and that it was the added stress of pregnancy that revealed the women's "pre-diabetic status". In the decades thereafter, the concept of glucose intolerance during pregnancy has been extensively studied, and has resulted in an official diagnostic definition namely gestational diabetes mellitus (GDM).

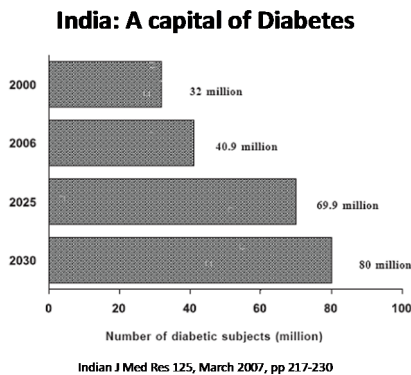
## Definition

The first definition of GDM was proposed by O' Sullivan in 1961 as "Carbohydrate intolerance of variable severity with onset or first recognition during pregnancy", irrespective of whether or not insulin is used for treatment or the condition persists after pregnancy (18). Furthermore, it included the possibility that the glucose intolerance may have antedated the pregnancy (Second Int. Workshop Conference, 1985) (2-18,19-22). The re-defined GDM diagnosis by WHO in 1999 was "carbohydrate intolerance resulting in hyperglycemia of variable severity with onset or first recognition during pregnancy" (22).

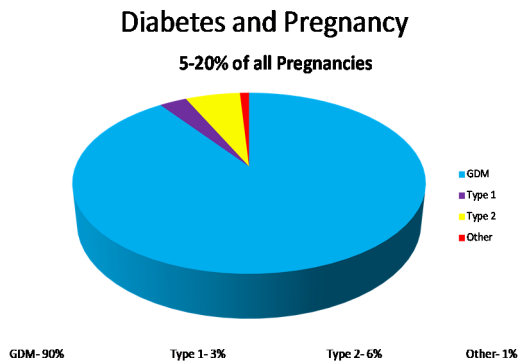
Even though there have been subsequent proposals for changes of terminology to define GDM, the WHO 1999 definition was applied in the present study. In 2013, a modified definition was proposed by WHO defining GDM as "hyperglycemia first time detected at any time during pregnancy"(23). Lower glucose concentrations are used as diagnostic criteria for GDM as compared to diagnostic criteria used in non-pregnant states, the rationale for this being an increased risk of adverse pregnancy outcomes for both the mother and the child. The most recent (2017) definition of GDM is by the American Diabetes Association defining GDM as "diabetes diagnosed in second or third trimester of pregnancy that was not clearly overt diabetes prior to gestation"(24). The fact that the definition of GDM continues to be updated reflects the many uncertainties there are with respect to GDM being defined as a disease entity, and there is a high need for a uniform and standardized definition to diagnose GDM in a population that accurately reflects its associated risks in both mother and child. Indeed, there remains no doubt, that the identification of pregnant women with diabetes, and subsequent treatment, is required to reduce maternal and infant morbidity and mortality as well as adverse perinatal outcomes (25). The question however, of which disease criteria as well as treatment goals and modalities to be used, remains uncertain and may differ between different ethnic groups and societies.

# Epidemiology of GDM

According to International Diabetic Federation (IDF) Atlas from 2015, there are 415 million adults between 20-79 years of age with diabetes worldwide (29). This figure includes 193 million of undiagnosed cases. The global prevalence of diabetes was 4% in 1995, which may increase to 5.4% by year 2025, making it 642 million by 2040 (29) and by the same year the number of individuals diagnosed with diabetes residing in developing countries will increase from 62% in 1995 to almost 75% (29). In India there are approximately 69 million people with diabetes, and according to predictions from the WHO, developing countries like India are bound to bear the majority of the diabetes epidemic in the 21<sup>st</sup> century (rise estimated to 80 million diabetics by year 2030) (Fig. 1). As shown in the figure below (Fig.2), GDM represents around 90% of all pregnancies complicated by diabetes {26}, and it is well accepted that women diagnosed with GDM have an increased risk of future diabetes {27}. GDM represents primary prevention level to evaluate and possibly prevent Type 2 diabetes in two generations {28}.



**Figure 1**



**Figure 2.** Diabetes in pregnancy. Contribution of GDM, Type 1 and Type 2 diabetes(26)

The prevalence of GDM differs in ethnic groups and in particular with the use of different diagnostic criteria. Among Caucasians using earlier than the WHO2013 criteria, the prevalence is approximately 2-4% as compared to 5-10% in the Asian population, 5-7% in Hispanic/Mexican Americans and 5-7% in the Arab population (30-52). For the same degree of obesity, Indian women are known to have a much higher prevalence of diabetes, and the relative risk of developing GDM in South Indian women has been also reported to be 11.3 times that of Caucasian women

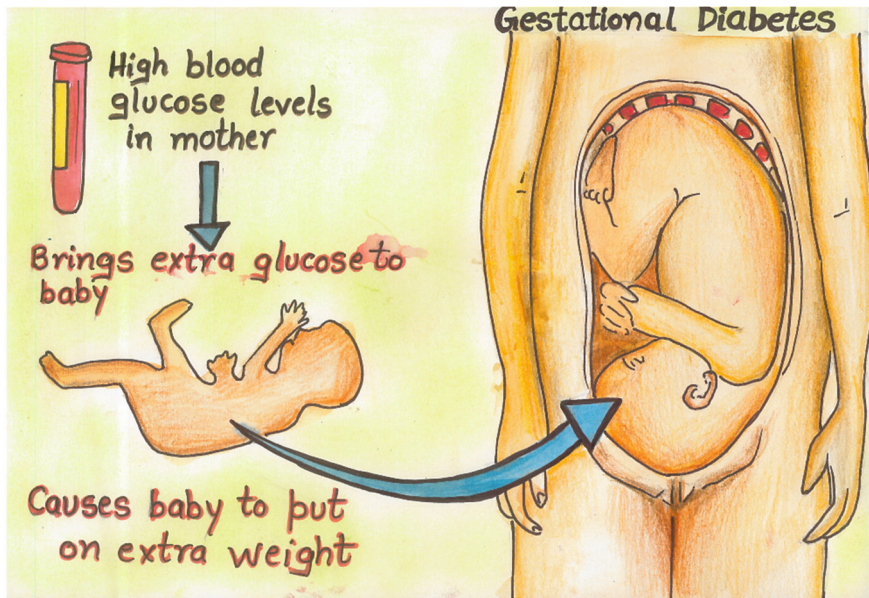
(53). Presently, India has about 20 million women in the reproductive age between 20 and 39 years, and the prevalence of GDM in India was reported to be 17% in 2000 (South Indian women)(54,55). Notably, the diversity of the Indian population is among the greatest in the world, the reasons being multifactorial including both genetics and non-genetic differences between the Northern and Southern parts of India. However, studies on the prevalence of GDM in North Indian women have been sparse, at least before the work of the current thesis was initiated.

## Pathophysiology of GDM

### *Normal glucose metabolism in pregnancy*

The flow of maternal nutrients across placenta during the nine months of pregnancy ensures normal development and growth of the fetus. In pregnancy, glucose is the main source of fetal energy (56). Glucose is transported passively across the placenta in a concentration dependent manner (57). Early in gestation, the pancreatic beta cells of fetus are relatively insensitive to glucose and are characterized by a relatively high basal insulin secretion rate. During the second half of gestation, more glucose molecules are passing through the placenta to meet the demands of the growing fetus (58). This gradually results in a shift of the placenta concentration gradient and a decrease of glucose in the maternal circulation. As a consequence of this, the placenta is thought to release hormones that increase insulin resistance and hepatic glucose production in the mother, thereby ensuring the placental glucose gradient at a level sufficient for the fetus to keep growing (59). The increased insulin resistance in the mother during the last two trimesters is counter balanced by a compensatory increase in insulin secretion keeping them euglycemic. (60,61). Thus, it is well known that pancreatic beta cells can proliferate both in- and outside pregnancy to maintain near normal plasma glucose level even when insulin action is reduced(62). During pregnancy, maternal insulin resistance further ensures that nutrients are directed towards the fetus and not stored as glycogen in the muscle or liver of the mother. It has been suggested that women with GDM exhibit a defect in the placental-beta-cell-axis (63).





**Figure.3**  
 Overview of GDM. During pregnancy, hormonal changes can cause the body to be less sensitive to the effect of insulin. These changes can lead to high blood glucose levels affecting both mother and baby. (64)

### *Hyperglycemia in the mother*

Insulin resistance in women with GDM is considered to be more severe and chronic as compared with the normal physiological insulin resistance seen during pregnancy, and most GDM women are, as mentioned above, likely to have had a higher degree of insulin resistance prior to pregnancy. Thus, insulin resistance in GDM may be considered as an exacerbation of pre-pregnancy insulin resistance as mediated by certain physiological changes including increased maternal adiposity as well as insulin desensitization effects of a range of placental hormones released during pregnancy (65). The hormones suspected to be causing insulin resistance in normal and GDM pregnancy includes human placental lactogen, human placental growth hormone, corticotropin-releasing hormone, prolactin, progesterone, and leptin (66).

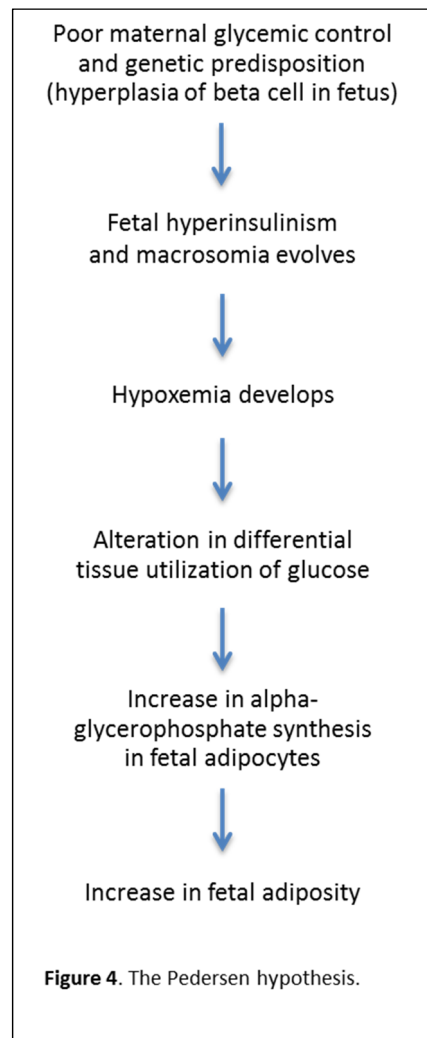
The enhanced production of these pregnancy hormones results in increased insulin resistance at the post-receptor level in insulin sensitive tissues including muscle, liver and adipose tissue. At the intracellular and receptor level, the defect has been reported to include a decrease in the insulin receptor substrate 1 tyrosine phosphorylation as well as diminished phosphorylation of the intracellular portion of the insulin receptor (67). Together, this may result in impaired insulin action at the post-receptor level as shown in skeletal muscle biopsies (66,68-74). Studies of women with GDM have shown increased levels of pro-inflammatory markers and

cytokines including both TNF $\alpha$ , and IL-6, (75) as well as decreased levels of adiponectin, which is known to be an important insulin sensitizing hormone produced by adipose tissue (75). These, to some extent physiological metabolic derangements, are considered to further trigger and contribute to the development of exaggerated insulin resistance in pregnancies complicated with GDM (76). Other general factors like increased plasma free fatty acid levels as well as adipocyte size during pregnancy are suspected to contribute to the increased insulin resistance in GDM women (77).

### *Hyperglycemia in the fetus*

As described above, the high maternal glucose levels are transferred to the fetus, causing fetal hyperglycemia. To bring the glucose levels down, the fetus responds with an increased insulin production. Insulin is a strong growth factor, and hyperinsulinemia in the fetus therefore leads to enhanced fetal growth (78)(fig.3). This subsequently leads to a high birth weight of the infant known as macrosomia and is associated with an increased risk of obstetric complications (79-82). Based upon the above mentioned physiological glucose and insulin changes in pregnancy, the “Pedersen hypothesis” postulates that maternal hyperglycemia and poor diabetes control, gives rise to fetal hyperglycemia and hyperinsulinemia, macrosomia, decreased oxygen availability as well as increased fetal adiposity (fig. 4) (83).

Soon after pregnancy, most GDM women exhibit normal plasma glucose levels, but 30-50% of women with GDM will with time develop T2D (84). Indeed, GDM and T2D share a range of etiological genetic and non-genetic risk factors as well as pathophysiological features including both impaired insulin secretion and insulin resistance (85-88).



## GDM diagnosis

There are no uniform or generally used standardized consensus criteria for screening or diagnosis of GDM. Many controversies continue to exist in this field and various different screening procedures and diagnostic criteria have been used over time around the globe.

### *GDM Screening*

Previously, the American Diabetes Association (ADA) recommended screening of high-risk population groups selectively. But over the years, studies have shown that compared to selective screening, universal screening for the diagnosis of GDM detected more cases and resulted in improved both maternal and neonatal prognosis (89).

Universal screening can be performed using random tests for plasma glucose levels or oral glucose tolerance tests (OGTT) (90). Women at high risk of developing GDM should undergo screening during first trimester and if not diagnosed with GDM then, the test should be repeated at 24-28 weeks of gestation (91). Women are considered at high risk for GDM if they are of high age, obese, multiparous, have a positive family history of diabetes or GDM, have poor obstetric history, chronic hypertension, multiple pregnancies and are of high-risk ethnicity (e.g. Hispanics, African, Asian, Native American) (92). Presently, universal screening of all pregnant women between gestational weeks 24-28 using a standardized 75g OGTT is recommended by the IADPSG (table 1) (93,94). In 2015, the use of the IADPSG diagnostic thresholds was accepted by the Swedish National Board of Health and Welfare and by the European Board and College of Obstetrics and Gynecology (94,95). In other parts of Europe, both EASD, WHO and IADPSG guidelines using a 75g OGTT are used (95,96, 103) (table 1). However, the American College of Obstetrics and Gynecology continues to use ADA criteria with a 2-step procedure (97).

### *GDM criteria*

There have been different approaches to justify and validate different diagnostic criteria used by respective population groups. The proposed key parameters, such as perinatal mortality or morbidity, risk of development of subsequent diabetes in the mother, different statistical limits used for defining an abnormality and GDM in equivalence to diabetes outside pregnancy by applying similar diagnostic thresholds as used for overt diabetes, has formed the basis of the diagnostic definition of GDM. Adding to this confusion, there have been differences in OGTT procedures (amount of glucose and timing of measurements) used, as well as the type of sampling

(venous and capillary) performed for glucose measurements as shown in table 1, for defining these diagnostic criteria applied in different continents.

**Table 1:**  
Diagnostic criteria for GDM (22,98-104).

Criteria	Glucose (g)	FPG mmol/l (mg/dl)	1-hour PG	2-hour PG	3-hour PG	Diagnosis (positive)
WHO 1999	75	7.0 (126)	-	7.8 (140)	-	≥1
WHO 2013 (IADPSG)	75	5.1 (92)	10.0 (180)	8.5 (153)	-	≥1
EASD	75	7.0 (126)	11.0 (198)	9.0 (172)	-	≥1
ADA	75/100	5.3 (95)	10.0 (180)	8.6 (155)	7.8 (140)	≥2
ADIPS	75	5.5 (99)	-	8.0 (144)	-	≥1
Carpenter and Coustan	100	5.3 (95)	10.0 (180)	8.6 (155)	7.8 (140)	≥2
NDDG	100	5.9 (105)	10.6 (190)	9.2 (165)	8.1 (145)	≥2
O'Sullivan and Mahan*	100	5.0 (90)	9.2 (165)	8.1 (145)	7.0 (125)	≥2

Venous plasma values except \* using venous whole blood. FPG: Fasting plasma glucose, PG: plasma glucose.

The World's Health Organization (WHO) in 1999 came with modified 2 hr-75 g OGTT post load threshold value for diagnosis of GDM that predicted adverse maternal or fetal outcomes ( 105-107). The WHO criteria were in general considered those most easy to apply as well as feasible to use in clinical practice. Nevertheless, with the WHO1999 criteria it was unclear as to how much and which adverse outcomes were associated with the diagnosis of GDM per se, including which adverse outcomes that could have been explained by confounders like obesity, advanced maternal age, diet, socioeconomic conditions or other medical complications (108). Indeed, any such confounders may negatively impact the probability of improving the adverse outcomes of GDM with interventions targeting the elevated plasma glucose level in pregnancy, being the prime indicator and therefore treatment target of the disease. Pertaining to the above question, different studies mentioned various criteria used for GDM diagnosis and its implications (109,110).

Most of the criteria and diagnostic cut-off thresholds were previously based upon the risk of women developing T2D postpartum, and not directly on the pregnancy outcomes (98). The basis for the diagnosis of GDM was coined by O'Sullivan and Mahan in the 1960s (98), and was subsequently modified by Carpenter and Coustan (100). The most common diagnostic criteria used in United States are those recommended by American Diabetes Association (ADA) or the National Diabetes Data Group (NDDG) (99,101). The ADA supported the use of Carpenter-Coustan approach using 100g OGTT for 2hr glucose values.

In India, the DIPSI (Diabetes in Pregnancy Study group in India) criteria, which are modified from WHO 1999 criteria, are commonly used where a glucose

concentration of more than 140 mg 2hrs after a 75g glucose load, using a single prick, is considered GDM in most of States including Punjab, North India. Few have adopted the universal recommendation of IADPSG (WHO 2013) criteria in their respective regions. Guidelines and standardization of GDM diagnostic criteria yet needs introspection in nations like India where diabetes prevalence numbers are fast increasing. It also becomes imperative to determine whether prevalence and risk factors influencing GDM using the WHO criteria (FPG  $\geq 7.0$  mmol/l and/or 2-hr postprandial plasma glucose (PPG)  $\geq 7.8$  mmol/l) will be different from the proposed IADPSG criteria (FPG  $\geq 5.1$  and/or a PPG  $\geq 8.5$  mmol/l) and their implications in a given population.

### *The HAPO Study*

The HAPO (Hyperglycemia and Adverse Pregnancy Outcome) study addressed the question of how to define GDM based upon pregnancy outcomes in a comprehensive way (111). This was an international cohort of 23316 pregnant women from 9 different countries. These women were screened for GDM by performing 75g OGTT at 24-28 weeks of gestation (111), and the proposed diagnostic threshold was based on pregnancy outcomes with odds ratio of 1.75 for birth weight  $\geq 90^{\text{th}}$  percentile of the offspring, cord blood C-peptide  $\geq$  the 90<sup>th</sup> percentile, offspring percentage body fat  $\geq$  the 90<sup>th</sup> percentile, primary caesarian section and neonatal hypoglycemia. The study reported a significant positive association between increasing glucose levels and secondary adverse outcomes, like premature delivery, shoulder dystocia or birth injury, intensive neonatal care, hyperbilirubinemia, and preeclampsia. Notably, the reported continuous statistically significant relationship between maternal plasma glucose levels and adverse pregnancy outcomes r, did not define any obvious threshold, illustrating that even with these data in mind, any changes in GDM diagnostic criteria would still need to be somewhat arbitrary (111). The data nevertheless formed the basis for the IADPSG (International Association of Diabetes and Pregnancy Study Group) GDM criteria in 2010 characterized in particular by lower fasting plasma glucose cut off criteria compared with previous criteria (104,111,112). In 2013, the WHO subsequently adopted these criteria.

## GDM risk factors

Several factors influence a pregnant woman's risk of developing GDM, including previous history of GDM, obesity (BMI  $>30\text{kg/m}^2$ ), increasing age, a past history of macrosomia, birth weight more than 4000g, family history of diabetes, multiparity, history of Polycystic Ovarian Syndrome (PCOS) and a high risk ethnicity (97).

There is evidence of a 48% higher recurrence rate of GDM in multiparous women (113). Parity has been found to enhance the risk of GDM after 4<sup>th</sup> delivery even after adjusting for other co-founding factors. (114). Further, it was reported that increasing BMI lead to higher prevalence of GDM. An almost 4-fold increased risk of GDM was reported in obese women ( where obesity was defined as (greater than or equal to body mass index [BMI] 30 kg m<sup>2</sup>), severe obesity (BMI≥35 kg m<sup>2</sup>) and healthy weight between 18.5 and 24.9 kg m<sup>2</sup>(115). The risk of developing GDM doubled in overweight women (116). Similar results were found in relation to age with increasing age being associated with increased the risk of developing GDM (117,118). Risk factors like PCOS (118,119) and family history of diabetes (120,121), considerably increased the risk of developing GDM in these women. Diabetes in first degree relative sis associated with increased risk of GDM using IADPSG criteria (121), with odds ratios of 1.6 to 3.0 (120). Ethnicity is also considered as an independent risk factor for GDM and subsequent T2D, and the prevalence of GDM is directly proportional to prevalence of T2D in a given ethnic group. (122-125). South Asian, Middle Eastern and Hispanics are among the ethnic groups with highest risk of GDM. These ethnic differences are attributed to differences in insulin secretion and action between populations (126-129), but the relative role of impaired insulin secretion or action, as well as the differential roles of genetics versus environmental factors are not known. Indeed, ethnic differences also exists within a population of a country, as for instance a South Indian study found a prevalence of GDM of 17.8% in urban, 13.8% in semi-urban and of 9.9% in rural areas (130), whereas the prevalence of GDM in North India has been unknown until recently.

## Maternal and fetal consequences of GDM

Hyperglycemia during gestation as already mentioned, contributes substantially to the risk of adverse fetal and maternal outcomes of a pregnancy. For the mother, there is increased incidence of macrosomia, caesarian section, shoulder dystocia, dyspraxia and hypertensive disorders (pre-eclampsia and gestational hypertension) among GDM pregnancies (131). In a review paper published in 2012 by Wendland et al, the risk of GDM defined using WHO1999 and WHO2013 criteria was reported. Risk ratios for complications compared with non-GDM pregnancies applying the above criteria were 2.2 and 1.4 for macrosomia, 1.4 and 1.2 for caesarian delivery and 1.7 (both criteria) for pre-eclampsia and large for gestational age (132). Furthermore, women with previous GDM have increased risk of cardiovascular disease (133,134), dyslipidemia, and subsequently of developing the metabolic syndrome after delivery (135,136). In a Danish study, an almost 3 times higher prevalence of the metabolic syndrome was reported in GDM women (137).

As mentioned earlier, GDM is also a risk factor for developing T2D later in life. In ethnic groups with history of high prevalence of T2D, the progression to develop diabetes following GDM is more rapid in comparison with others (138). It has been suggested that the incidence of T2D after GDM is up to 7-fold higher than after a normal pregnancy (139). (27,122,140-146). The cumulative incidence of T2D was 10% one year after GDM and increased further during the 5 years to 30% with a lifetime risk of about 50-70%(140). In another study by Kjos and Buchanan, a 17-63% risk of T2D was found 1-16 years after GDM (147). Lobner et al. showed 52.7% diabetes risk 8 years postpartum. (143). In a retrospective Danish study of diet treated GDM women, the incidence of diabetes doubled over the period of 10 years from 18.3% to 40.9% and was likely to be due to increase in BMI (148).

The offspring of a GDM mother have increased risk of complications during fetal life and development. As described previously, the Danish physician Jørgen Pedersen proposed in 1952 that intrauterine over-nutrient and subsequent excess fetal insulin production as a compensation to fetal hyperglycemia, contributes to the increased fetal growth (64,131). A high birth weight was associated with obstetrics complications both at the time of delivery as well as later in life (79-82 149). After delivery, there is an increased risk of hypoglycemia, (neonatal hypoglycemia) hyper-bilirubimemia, respiratory distress syndrome, polycythemia, hypocalcemia, hypertrophic cardiomyopathy (150). Fetuses exposed to maternal hyperglycemia are considered to have an abnormal intrauterine milieu for appropriate growth and metabolism. (122,123,135,151). Besides its immediate consequences for the infant and its mother during pregnancy and at birth, it predisposes the child to an increased risk of developing chronic diseases later in life (123-125) including hypertension, cardiovascular diseases and T2D (124,126,152). It is though provoking that the major risk factors predicting these diseases later in life include both low and high birth weights defining a U-shaped relationship between birth weight and risk of these diseases later in life (153). Accordingly, the child of a GDM mother is at higher risk of developing obesity and T2D later in life as compared with offspring of a normal pregnancy (154,155). The prevalence of congenital abnormalities in infants born to GDM women needs to be more carefully examined in different populations(122).

In a study by Crowther et al., it was reported that treating hyperglycaemia in GDM women significantly reduced neonatal postpartum complications (156). Results by Langer et al. supported these results (82), and in a more recent study by Landon et al., even milder forms of GDM was associated with improved outcomes when treated with glucose lowering modalities (157).

## Heritability of GDM

Despite being a transitory type of diabetes, GDM has been shown to exhibit a high level of heritability (158), and it has been reported that its putative genetic dimension is associated with both the genetic makeup of T1D and T2D (159). Indeed, GDM women have in general a higher prevalence of a positive family history of diabetes as compared to normal glucose tolerant pregnant mothers 13.2% vs. 30% (160,161). Interestingly, it has been suggested that there is increased familial aggregation of diabetes on the maternal side in offspring with T1D whose mother had GDM (162). Simultaneously, there is evidence for clustering of T2D and IGT in families with GDM (163). To this end, a higher prevalence of T2D in mothers of women with GDM has been reported (164). Thus, GDM was reported to be 8 times higher among mothers of GDM women versus mothers of non-GDM s (164). Studies also suggested a higher prevalence of GDM in individuals whose parents have a positive family history of diabetes (163). Another study revealed that women with parental history of diabetes had a 2.3 fold higher risk of GDM when compared to those with non-diabetic parents (165). The estimated sibling risk ratio of GDM was found to be 1.75 (159,166), and it has been shown that women with a diabetic sibling have an 8.4 fold higher risk of GDM than women with no diabetic siblings (167). These studies together reveal a strong heritability and thus a putative genetic component in GDM. However, no studies have yet specifically assessed or measured inheritance of GDM by applying any form of twin study or familial clustering approach(159).

The human genome: The human genome comprises of approximately 3.1 billion base pairs or nucleotides organized in chromosomes (168). Alleles are homologous copies of a gene. The discovery of the sequence of the human genome was first drafted and published in 2001(168,169). It has been shown that there are around 30,000 protein coding genes in a human genome (169-171). The Human genome is close to 99.9% identical between different individuals. The difference in nucleotide sequence between two unrelated individuals is the remaining 0.1% (172). A position where two, or in rare cases more than two, alternative bases are present in one nucleotide position of the human genome, is termed a Single Nucleotide Polymorphism (SNP) which are abundant in the human genome (173). ). The 1 000 genome project, showed approximately 38 million SNPs in the human genome, h 10 million of which have allele frequency of  $\geq 0.1\%$ . Thus, SNPs can be found at about y 300 base pairs (173-175). Depending on the location the SNP may or may not be functional. If a polymorphism is located within a coding region of a protein, it can either alter the amino acid sequence, called a non-synonymous SNP, or it does not change the amino acid sequence of the protein called a synonymous SNP (176). Most of these SNPs are present in the noncoding (noncoding SNPs). Even though synonymous SNPs do not affect the protein sequence, they can have functional



effects and by altering the expression of a gene or genes in the vicinity named expression quantitative traits (eQTLs).

Common SNPs can be associated with a disease and thus serve as a marker for the disease.

## Genetics of GDM and T2D

The pathophysiology of T2D involves an interplay between increased insulin resistance and decreased insulin secretion. Similarly, the hallmark of GDM is increased IR (insulin resistance) accompanied by decreased compensatory IS (insulin secretion) (58). Thus, both GDM and T2D share key pathophysiological features. To this end, both types of diabetes are influenced by risk factors like high BMI, age, ethnicity and not at least family history of diabetes, (177-182). Several studies of T2D have reported more than 100 SNPs associated with risk of T2D (183). Other studies have revealed genetic contributions to abnormal glucose tolerance and GDM (184). Thus risk of GDM is likely to be increased by multiple genetic variants. However, the extent to which such genetic variants predispose the etiology of GDM needs to be determined. .

Studies on genetic risk loci for GDM are limited. Many studies have examined whether the same genetic risk variants, which increase risk of T2D, increase risk of GDM (185,186). In a study by Cho et al, 18 SNPs in nine T2D susceptibility loci were examined in Korean subjects to assess their association with GDM (185). And it revealed genetic variants in *CDKAL1* (CDK5 Regulatory Subunit Associated Protein 1 like 1) and *CDKN2A/2B* (Cyclin Dependent kinase Inhibitor 2a/2b) were strongly associated with risk of GDM and decreased insulin secretory capacity (185). Lauenborg et al also found that the *TCF7L2* (Transcription Factor 7-like2) variant showing the strongest association with T2D, and a variant in the *CDKAL1* gene were strongly associated with risk of GDM in European women (186). Another study by Kwak et al strong associations of variants in the *KCNQ1* (Potassium voltage-gated channel subfamily Q member 1), *CDKAL1* and *MTNR1B* (Melatonin Receptor 1 B) gene increased risk of GDM (187,188). Six genetic variants in five genes have been shown to impair beta-cell function; *CDKAL1*, *IGF2BP2* (Insulin-like growth factor 2 mRNA binding protein 2) *KCNQ1*, *KCNJ11* (Potassium voltage-gated channel subfamily J member 11), *MTNR1B*, whereas variants in two common genes have been associated with insulin resistance *PPARG*; (peroxisome proliferator activated receptor – gamma) and *TCF7L2*. . Although, it has been studied that there is overexpression of *TCF7L2* gene in islets of T2D and

is associated with impaired insulin secretion, impaired incretin effect, and increase hepatic insulin resistance. Also a variant in the *GCK* (glucokinase) gene that regulates the threshold for glucose –stimulated insulin secretion in pancreatic islets and hepatic gluconeogenesis has been associated with impaired insulin secretion (186,189-197)

In a meta-analysis, eight genetic polymorphisms within or near the *TCF7L2*, *MTNR1B*, *IGF2BP2*, *KCNJ11*, *CDKAL1*, *KCNQ1*, *GCK* genes were associated with risk of GDM (198). Studies in South Asian Indians revealed an association between the common *CDKAL1* variant and GDM (199). A study in Mexican women, showed an association between variants in the *TCF7L2*, *KCNQ1* identified association *CENTD2* (Ankyrin repeat and PH domain containing protein 1) and *MTNR1B* (rs1387153) genes with GDM (200).. Identification of genetic variants linked to GDM will contribute to better knowledge about the etiology of GDM

# Aim of this thesis

The overall aim of this thesis was to determine the prevalence of gestational diabetes, to assess pathophysiological aspects and to dissect the impact of genetic and non-genetic risk factors on susceptibility to GDM defined by WHO 1999 and WHO 2013 diagnostic criteria in North Indian women.

*The specific aims were:*

## **Paper I**

To determine the prevalence of GDM comparing the previous WHO 1999 criteria to the WHO 2013 criteria and to examine the influence of various risk factors on both fasting and post prandial glucose concentrations in North Indian pregnant women.

## **Paper II**

To determine the relative contribution of defects insulin secretion and insulin resistance to GDM defined by the WHO 1999 and adapted WHO 2013 and assess the possible influence of selected risk factors in North Indian pregnant women.

## **Paper III**

To investigate whether common GDM and T2D loci from studies based on Indian and European populations associate with GDM in the Punjabi population and to further examine their role in North Indian GDM mothers.

## **Paper IV**

To determine the phenotypic and genotypic differences in Indian and Swedish women with gestational diabetes.



# Study design and methodology

## Study design and participants

The current study was carried out in the North Indian state Punjab. A multistage random screening technique was applied for recruitment of pregnant women, and included selection of three major representative regions in Punjab (fig.5). There were nine recruitment sites including antenatal clinics from public, private and primary health care sectors as shown in table 2. The data were collected from August 2009 until December 2012.

### Area selected for project

Ludhiana, hub of central Punjab state, the nodal area

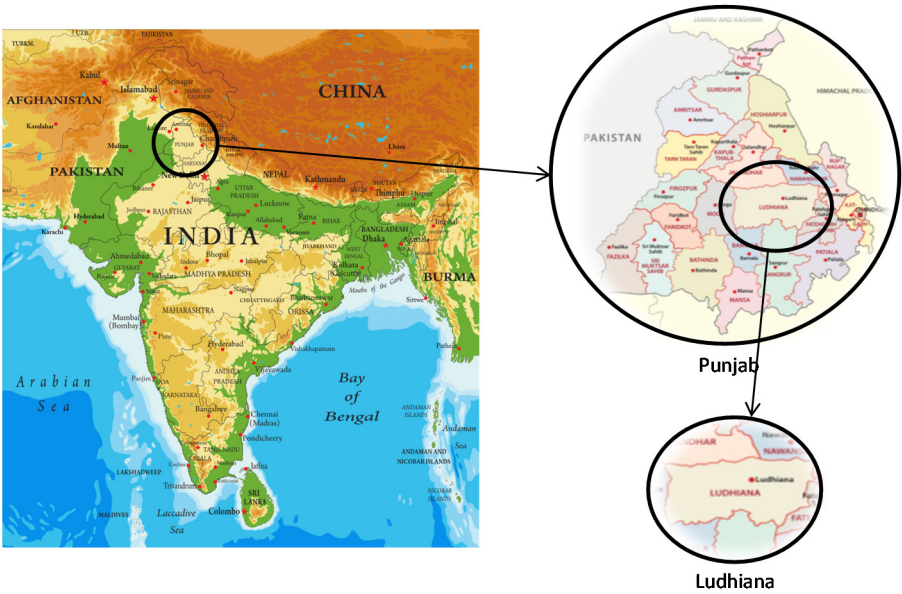


Figure. 5

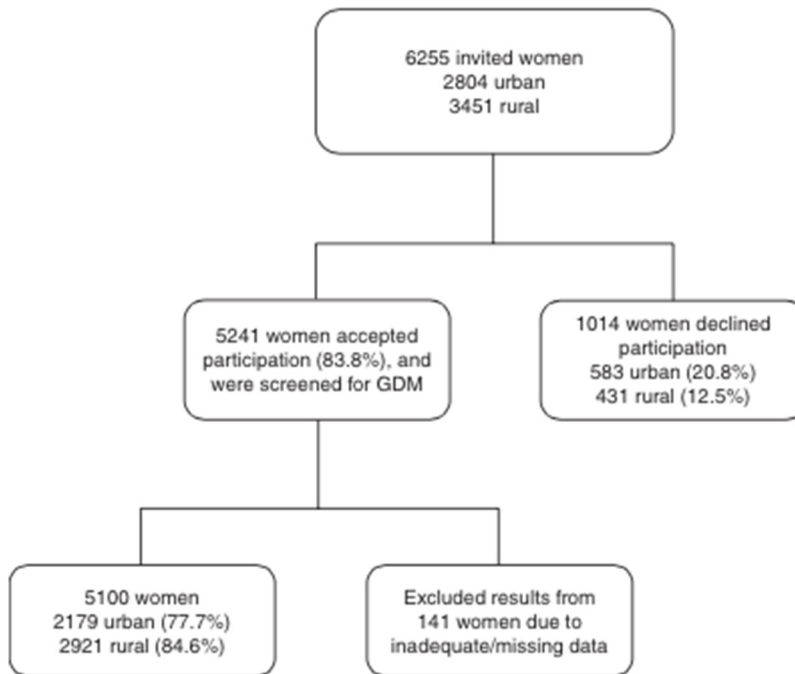
**Table 2.**  
The nine antenatal clinics included in the study.

Category	Hospitals/PHCs
<b>Public Sector</b>	Govt. Medical College & Hospital, Patiala
	Govt. Medical College & Hospital, Amritsar
	Civil Hospital, Ludhiana
<b>Private Sector</b>	Deep Hospital, Ludhiana
	Shri Rama Charitable Hospital, Ludhiana
	Chawla Nursing Home (maternity home), Ludhiana
<b>Primary Health Centers</b>	PHC, Sahnewal, Ludhiana
	PHC, SidhwanKalan, Ludhiana and OR
	PHC, Machhiwara, Ludhiana

At least 5000 pregnant women were aimed to be screened randomly for GDM. Women visiting the clinics belonged to diverse socio-economic backgrounds in both urban and rural settings. Since the selected hospitals were prominent medical care centers and commonly visited antenatal clinics by majority of population around the region, the subject participants formed the representative group of North Indian pregnant Punjabi women. The study included universal screening of all pregnant women visiting these antenatal clinics during gestational week 24-28 who were willing to participate. Women with pre-gestational diabetes were excluded from the study. The majority (70%) of women came in fasting, defined as overnight fast of 8-12 hours. Those who were not fasting were asked to come back the next day.

As shown in figure 6, at random 6255 women were invited to participate in the screening and of them, 1014 women declined participation. Consequently, 5241 women were screened for GDM, however due to inadequate data quality including missing data from questionnaires and/or blood samples, it was decided prior to the statistical analyses not to include results from 141 women resulting in 5100 participants. The main reason for declining participation was fear of being diagnosed with diabetes during pregnancy, which was considered a social stigma. The lack of time due to household routines (mainly urban), daily wagers and laborers (mainly rural) were expressed as reasons for not participating. The analysis was carried out on 5100 pregnant women samples drawn from these randomly selected women. All information material and consent forms were in three languages, Hindi (National), Punjabi (Regional) and English. Informed written consent was obtained according to the Indian Medical Research Council (ICMR) New Delhi guidelines, in the form of signature of a thumb impression (a proxy for illiterate subjects). The study was approved by the Regional Ethics Committee and the Directorate of Medical Research and Education of the State. In each of the selected study sites, a team of different healthcare professionals like nurses/mid

wives, parametrical staff and diabetic educators were assigned to inform and recruit eligible subjects. To ensure uniformity at all selected hospitals in performing screening and sampling, training sessions were conducted regularly.



**Figure 6.**  
Participation inclusion (201)

## Examinations and diagnosis

### *Questionnaires*

The data were collected as a personal interview using a structured questionnaire. Information was filled in by a medical personnel for all women included in the study. Information about age, place of residence (rural/urban), education status (proxy for socio economic status - educated if able to provide a signature; illiterate if only able to give a thumb impression), religion, diet (vegetarian/non vegetarian), family history of diabetes (irrespective of type, in 1st and 2nd degree relatives), history of addictions, present and past obstetric history (complications if any) as

well as age at marriage was recorded. The height and weight were measured using standardized procedures and BMI was calculated.

#### *Oral glucose tolerance test (OGTT)*

A 2-hr OGTT was performed in all women. The OGTT procedures were standardized at all study sites, and the women were subjected to drink 75 g of glucose solution (250 ml) within five minutes. A fasting venous blood sample was drawn from an ante-cubital vein in 10 ml EDTA vacutainers (no fluoride). Fasting glucose concentration and fasting insulin measurements were determined from this venous sample. Based on enzymatic glucose oxidase method, calibrated glucometers were used. Validation of glucose values was performed in the lab using enzymatic reaction, glucose oxidase peroxidase (GOD-POD) method (Microlab 300, Merck Diagnostics, India) (201,202). Fasting plasma insulin concentrations were determined with ELISA using monoclonal antibodies (Insulin ELISA Kit, Diamater, Milan, Italy). The ELISA Kit had an intra Assay Variation (within run variation was determined by three different levels of serum in one assay) of <5.0% and inter Assay Variation (between run variation was determined by replicate measurements of three different level of serum indifferent lots) of <10.0%. The assay had an average accuracy of 96.9% I 5.4% (SD). The 2hr plasma glucose concentration was measured in capillary blood using Accu-Chek glucometer (Roche Diagnostics, Mumbai, India). This approach was used to keep the cost down and to make it feasible and convenient for the participant. At most of the sites, glucometer was used for both fasting and 2hr glucose concentration measures at a main laboratory and at bed-site sampling.

Two blood samples were drawn simultaneously 2 hours after the OGTT in 183 randomly selected women samples for comparative analyses of capillary plasma glucose (CPG) measured by glucometers with venous plasma glucose levels (VPG) measured in the laboratory by the GOD-POD method (203). The mean difference was 15%, with the CPG values being higher than VPG values which was in accordance with previous findings (204). Accordingly, the post OGTT CPG values were corrected (reduced) by 15%, and with the WHO criteria of GDM, the 2hr VPG cut-off level of 7.7 mmol/l was equal to a CPG level of 8.9 mmol/l measured by glucometers. We found a significant positive correlation between the CPG and VPG levels ( $r=0.82$ ,  $P<0.0001$ ). In one study by Balaji et al. in South Asian women, CPG was recommended as a feasible, economical and evidence based diagnostic tool for diagnosis of GDM in health care centers where laboratory technology was not available (205).

#### *Diagnosis of GDM*

As previously mentioned, there is consensus that the ideal time for testing the average-risk woman for GDM is between 24-28 weeks of pregnancy (91). Early



pregnancy is associated with increased insulin sensitivity, and fasting glucose values are thus lower during first and early second trimester in a normal pregnancy, compared to non-pregnant women. During the second trimester the degree of insulin resistance increase and glucose levels will rise if the woman cannot produce enough insulin to compensate for this resistance. However, it is recommended that GDM screening of high-risk pregnant women is performed early in pregnancy.

The GDM women included in the current study were screened during gestational weeks 24-28 and diagnosed using both the WHO 1999 and WHO 2013 criteria

According to the WHO 1999 criteria, GDM is defined as a fasting plasma glucose (FPG) level  $\geq 7.0$  mmol/l (126 mg/dl) or 2-h PG levels after a 75g OGTT  $\geq 7.8$  mmol/l (140 mg/dl)(table 1). WHO 2013 diagnostic criteria was based on the International Association of Diabetes and Pregnancy Study Groups (IADPSG) consensus panel, that after reviewing the results of the HAPO and other studies which associated maternal glycaemia with perinatal and long-term outcomes in offspring, suggested to use different diagnostic threshold values in comparison with WHO1999 criteria. The WHO 2013 criteria proposed to lower FPG for diagnosis of GDM to  $\geq 5.1$  mmol/l (92 mg/dl) while a 2-hr PG threshold of  $\geq 8.5$  mmol/l(153 mg/dl) was proposed(90).

We applied adapted WHO 2013 criteria excluding the 1-hour glucose value to diagnose GDM. The current study did not include a 1-hr glucose sample since it was designed according to the DIPSI guidelines using 2-hr glucose value as diagnostic criteria. Furthermore, feasibility, compliance and cost had to be taken into account especially in rural settings in India.

#### *Homeostatic model assessment*

The homeostatic model assessment (*HOMA*) is a method used to quantify insulin resistance and beta-cell function in a steady state as percentages in normal reference population.(206).In 1976, Robert Turner and Rury Holman suggested that there existed a hepatic-beta cell feedback mechanism which determined fasting plasma insulin and glucose levels. The concept claimed that when there was a decreased insulin secretion, elevated fasting glucose levels depicted a compensatory state that maintained fasting insulin levels, further stating that the rise in fasting insulin levels was directly proportional to decreased insulin sensitivity (S). Based on this concept, a mathematical feedback model was developed (206). In 1985, David Matthews *et al* produced a computer model which was more structured and also available as a set of linear equations that gave an approximation of insulin secretory capacity (%B) and insulin resistance (reciprocal if % S) in a normal weight individual and

hypothetical 100% insulin secretory capacity, known as Homeostasis Assessment Model (HOMA)(207). In 1998, Jonathan Levy et al, came up with modified version of this model as HOMA 2 which is widely used as an application to determine beta cell capacity (HOMA-B) and insulin resistance (HOMA-IR) (208). Thus in the current study, measurements of fasting glucose and insulin concentrations was used to obtain surrogate measures of insulin action (HOMA2-IR) and insulin secretion (HOMA2-B) in the women with or without GDM defined by both WHO 1999 and WHO 2013 criteria using the HOMA2 calculator v2.2.3 <http://www.dtu.ox.ac.uk/homacalculator/> (208).

## DNA Extraction

Genomic DNA was extracted from white blood cells (buffy coats) using a standard protocol. Briefly, the red blood cells were lysed leaving the white blood cells intact. These white cells are further lysed by specific white cell lysis solution containing proteinase K. Proteins were salt-precipitated and separated together with other debris in the cell with centrifugation. DNA was separated from the supernatant solution after clumping of debris (broken proteins, lipids, and RNA) occurred. DNA obtained was precipitated with 100% isopropanol, washed with 70% ethanol and hydrated with DNA hydration solution and stored at 20 °C (QIAGEN Autopure LS).

## Genotyping

The main method used for genotyping was the available Sequenom Mass Array Platform, San Diego, CA, USA.,2010 (Sequenom reagents, assays and protocols) PLEX using MALDI-TOF mass spectrometer (209). Individual were excluded with < 60% successfully genotypes SNPs as marker of bad DNA quality. SNPs were excluded when they had < 90% genotype success rate or when they deviated from Bonferroni-corrected Hardy-Weinberg Equilibrium in each set of SNPs of the specific traits.

### *Sequenom:*

*Locus Specific PCR Reaction:* A template PCR was carried out to amplify the region of interest. After adding PCR mix (DNA template, nucleotides- dNTPs, catalyst enzyme-Taq DNA Polymerase, Primer Pairs, co-factor MgCl<sub>2</sub>, PCR buffer), the process was continued with denaturation (94 °C for 5 min), then repeated 30 cycles of denaturation (94-96 °C for 30s), annealing (30s), extension (72 °C for 30-60s),

final extension run at (72 °C for 10 min) and amplification was carried out to obtain an amplified PCR product. PCR product cleanup was performed. This TypePLEX reaction involved obtained amplified product to be treated with SAP (Shrimp Alkaline Phosphate). This neutralized unused dNTPs during initial amplification reaction. SAP cleaves a phosphate from unincorporated dNTPs converting them into dNDPs and rendering them unavailable for future reaction (fig.7).

*Locus-specific Primer Extension Reaction (IPLEX Assay):* TypePLEX reaction cocktail (primer, enzyme, buffer, ddNTPs mass-modified terminal nucleotides) was added to the obtained products (209,210). In this primer extension reaction, an oligonucleotide primer anneals immediately upstream of the polymorphic site being genotyped. The primer and amplified PCR product is subjected to enzymatic addition of terminator nucleotides into the diagnostic site. It is done using programmed thermo cycling process. In the reaction mixture, all four terminator nucleotides A, T, C and G are present. The primer is extended by one of the nucleotides, which terminated the extension of the primer. Thus, the primer extension occurred depending upon the sequence of the variant site (allele), and is a single complementary mass-modified base (209,210). Mixing of different locus-specific primers, many individual loci of DNA with their corresponding SNP sites could be studied in one well reaction. Further, Sequenom spectro clean was performed. Here, the product was cleaned with cationic resin, which is pre-treated with acid reagent that removed Na<sup>+</sup>, K<sup>+</sup>, and Mg<sup>2+</sup> ions.

*Spectro Chip Array spotting of Primer extension products:* A small volume (~25 nl) of analyte product obtained after clean-up was arrayed on existing matrix spots on the silica chip (Spectro Chip) by Mass Array nano dispenser.

*Primer Extension Products by Mass Spectrometry (mass ARRAY compact mass spectrometer):* With the use of MALDI-TOF (matrix-assisted laser desorption ionization-time-of-flight) mass spectrometry, the mass of the extended primer was determined. These primer masses present at the polymorphic site being studied represented a particular sequence or the alleles. Here, the chip was placed into the mass spectrometer and each spot was shot with a laser under vacuum by the (MALDI-TOF) method (211). It is believed that here, the sample molecules are vaporized, ionized, transferred electrostatically into a time-of-flight mass spectrometer (TOF-MS), there separated from the matrix ions, and are individually detected based on their mass-to-charge ratios, and analyzed. (211,212). Further, the results were obtained by automatic translation of the mass of the observed primers into a specific genotype for every sample or a reaction. This is done by Sequenom Spectro Typer, a software supplied by Sequenom (Spectro Typer) (fig.7).

*Taqman:* Genotyping of some SNPs was carried using Taqman allele discrimination assay. The assay was performed using an ABI Prism 7900 sequence detection

system (Applied Biosystems, Foster city, CA, USA) according to protocols. Primers and probes were designed using Assays-by-Design (Applied Biosystem,2015). Figure output from software which was used to analyze genotyping data (213). Taqman allelic discrimination was used to genotype SNPs separately which did not have a successful run and analysis results on Sequenom. Each assay detected specific SNP allele in an individual. It was performed using florescent labeled probes. These specific probes discriminated between alleles (214). To differentiate between two alleles, two different colors of dye are used with which they are labeled. There is a quencher preventing the fluorescence from the dye when the probe is intact.

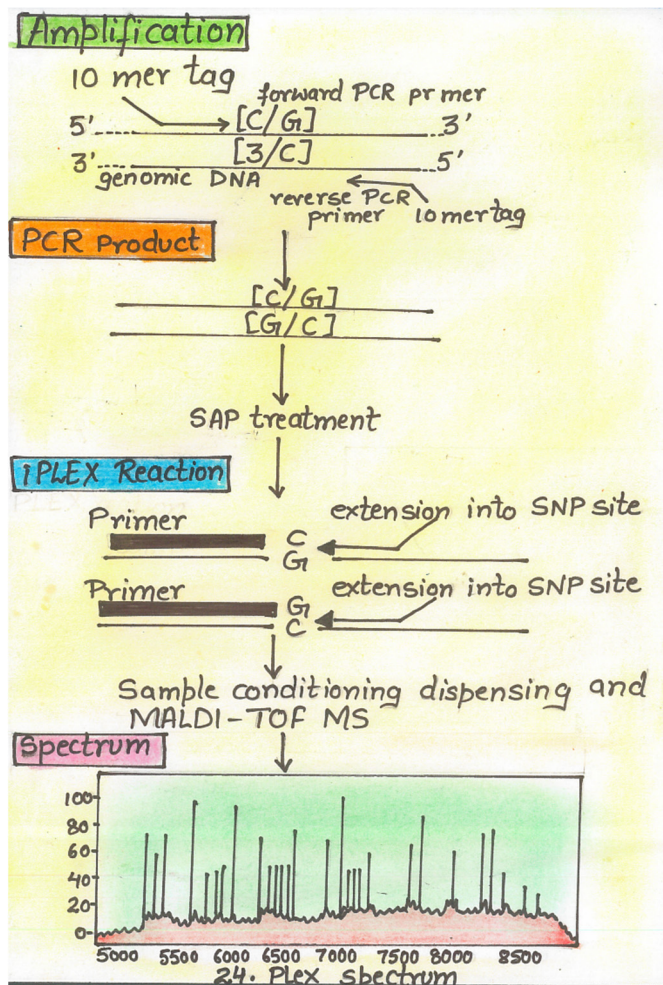


Figure 7. 'Sequenom' Flow chart

The principle followed here is that with the help of Taq DNA Polymerase enzyme's exo-nuclease activity, the hybridized probes with the same sequence attached, are cleaved. This results in the separation of the reporter dye from the quencher allowing the fluorescence to be emitted (homozygous carriers of an allele emit same color and heterozygous carriers having both signals from two dyes emit two colors). Only the cleaved probe emitted the signal. This allowed for a specific discrimination between the two colors representing two different alleles. Allele discrimination was performed on the ABI 7900HT sequence detection system (Applied Biosystems, Foster City, CA) (215)(fig.8).

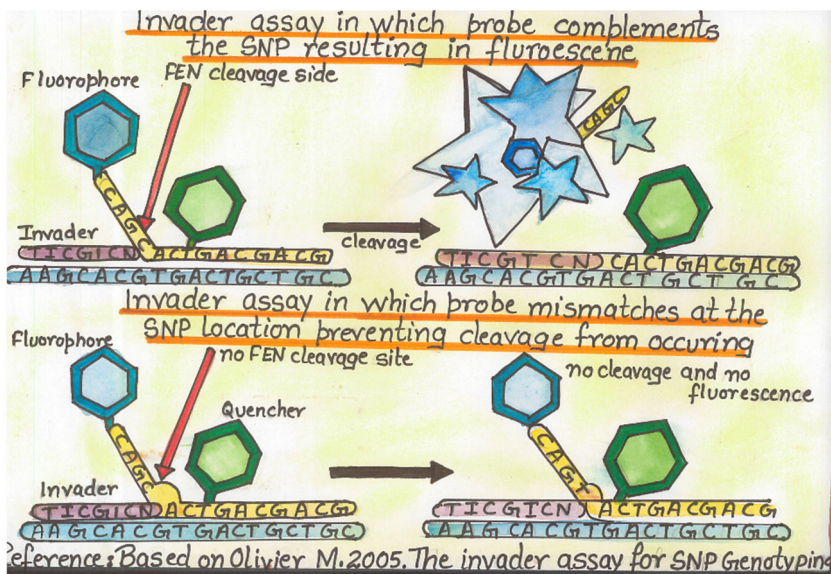


Figure 8. 'Taqman' probes and cleavage

In total, genotyping data was obtained for 4018 women. The study characteristics are noted below (table 3).

Table 3. Characteristics of study participants.

	N	Mean	SD
Age (years)	4018	21.41	3.40
BMI (kg/m <sup>2</sup> )	4018	24.11	4.34
Fasting plasma glucose (mmol/l)	4018	4.81	0.76
Plasma insulin (pmol)	4018	54.25	61.86
2 hour glucose (venous, mmol/l)	4018	6.20	1.37
HOMA2-B	3680	104	55.71
HOMA2-IR	3680	0.97	0.74



# Statistics

## *Paper I*

Based on different criteria and cut-off thresholds used to diagnose GDM in the study (WHO 1999 and WHO2013 criteria), separate statistical analysis was done to obtain prevalence of GDM and various risk factors influencing GDM. Group means of FPG and 2-h PG levels and group means of non-GDM and GDM women were determined by ANOVA (Analysis of Variance). A linear regression analysis was the statistical method used to determine the relation between fasting glucose and 2-hour prandial glucose levels and risk variates influencing both glucose values. The relationship between GDM and different environmental risk factors selected in the study was tested. This was done by using multivariate logistic regression analysis with backward elimination of independent variables. The Pearson ( $\chi^2$  test) test was used for comparison of group frequencies. Two-sided P-values of  $\leq 0.05$  were considered statistically significant. All the statistical analyses in the study were performed using Stata 13 (Stata Corp, College Station, TX, USA).

## *Paper II*

The statistical interpretation of data was performed using Student's t-tests for comparing different mean values obtained between GDM and Non-GDM subjects, using A Z-Test when comparison was to be made within and between the groups and further using analysis of variance (ANOVA) test for multiple comparisons between variables. In addition, the influence of different demographic risk factors, BMI, age, family history, habitat (urban vs. rural), diet (vegetarian vs non-vegetarian), religion and education (literate vs illiterate) on metabolic parameters HOMA-IR and HOMA-B was evaluated. For this, a linear regression analysis, adjusted for independent variables was used. These various statistical analyses applied in the study were performed using SPSS software v. 20.0 (IBM, NY, USA). A two sided p-value of  $\leq 0.05$  was considered statistically significant.

## *Paper III*

A logistic regression equation was used to assess the association of SNPs with GDM risk which was adjusted for BMI and age of the mother. The results were tabulated as ORs and their corresponding 95% confidence intervals (CI). Further, taking maternal age and BMI as covariates, a linear regression analysis was run to

determine the association of previously studied glycemic traits loci (FBS, PPBS, HOMA2-B, HOMA2-IR) were with their corresponding traits. Normalization of data was done with logarithmic transformation in all analysis for skewed distribution. A  $p$ -value of  $\leq 0.05$  was considered significant statistically in all analysis. The power to determine GDM 2013 associations for 79 SNPs with Bonferroni corrected significance level of 0.0006, allele frequency of 0.3 and effect 1.3 was 0.97, and for effect 1.2, was 0.64 for the same frequency. In GDM1999 associations, it was 0.39 and 0.12 respectively. In addition, the power assessed for association with quantitative traits was 1 at alpha 0.05 for effect allele frequency of 0.3 (216,217). Genetic risk scores were evaluated on commonly studied loci associated with insulin secretion and insulin resistance for insulin secretion and insulin resistance respectively. In order to assess if different interpretations of criteria altered genetic associations, logistic regression analysis adjusting for BMI and age was performed with the GDM as outcome where GDM was defined as (i)  $FG \geq 7.0$ , (ii) 2 hr glucose  $\geq 7.8$ , (iii)  $FG \geq 5.1$ , (iv)  $2hrG \geq 8.5$  (v)  $FG \geq 7.0$  and 2hr glucose  $\geq 7.8$  and (vi)  $FG \geq 5.1$  AND 2hr glucose  $\geq 8.5$ . STATA was used for all calculations in this analysis.

#### *Paper IV*

GDM here was defined using Swedish criteria due to availability of phenotypes in the Swedish cohort. Chi-square test was used to compare allele and genotype frequencies between groups. The difference in the group means and their significance was tested by Mann-Whitney U-test or analysis of variance (ANCOVA) with BMI and age as covariates. Normalization of data with skewed distribution was obtained by inverse normal transformation. Association of selected SNPs with GDM was assessed by logistic regression analysis adjusted for maternal age and results presented as ORs with their 95% confidence intervals (CI) in plink (Plink v1.09). Linear regression analysis was done to test association of alleles with glucose, insulin and HOMA2-B and HOMA2-IR, adjusted for age. Power to detect association with GDM (Indian: 125 cases and 3893 controls) for 79 markers at a significance level of 0.05 was 0.04 under the additive model and 0.12 under the multiplicative model at 0.50 MAF and OR of 1.5. For the Swedish population group, with at 245 cases and 335 controls, the above figures were 0.06 and 0.17 respectively. Two-sided  $p$ -values of less than 0.05 were taken as statistically significant. For polygenic risk scores (PRS), PRSice was used for calculations (218). Genetic risk scores (GRR) for insulin secretion and action were formulated using PLINK (219). Here, we used 12 SNPs previously associated with insulin secretion and five SNPs with insulin resistance to build GRR for this study.



# Results

## Paper I

### *Prevalence and Risk Factors of Gestational Diabetes in Punjab, North India – Results from a Population Screening Program.*

The WHO changed the diagnostic criteria for GDM in 2013 based on results from the HAPO study which found a continuous increase of adverse perinatal outcomes across the glucose concentration range (94). The new diagnostic criteria for GDM included fasting and 2-h blood glucose values with thresholds of  $\geq 5.1$  mmol/L and  $\geq 8.5$  mmol/L. The purpose of widening the diagnostic window was to improve both short- and long-term outcome for mother and offspring.

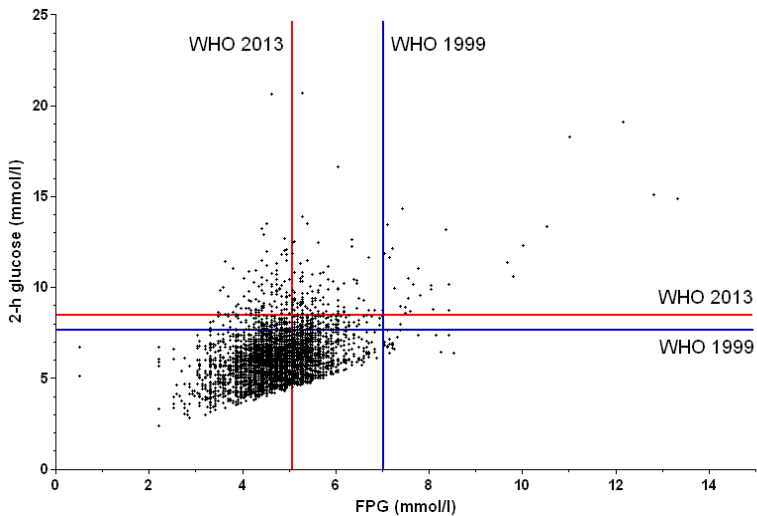
In the present study, we aimed to determine the prevalence and risk factors of GDM comparing the previous WHO 1999 criteria to adapted WHO 2013 diagnostic criteria (excluding 1-hr glucose values) in women in Punjab, North Indian. Five thousand one hundred (5100) pregnant women were recruited from nine different health care centers (public, private, rural and urban). The women were interviewed by study personnel using a questionnaire asking about residence, education, religion, diet, diabetes in the family, obstetric history, age when married etc. Gestational week was calculated and height and weight measured. The Women were subjected to a standardized 75-g OGTT where fasting and 2-hr blood samples were obtained (201).

We found that the prevalence of GDM in North Indian women was 9.9% using the previous WHO 1999 diagnostic criteria while it increased 3-fold to 34.9% applying the current WHO 2013 criteria.

The GDM women had significantly higher fasting and 2-h plasma glucose (FPG and 2-h PG) levels as compared to non-GDM women using both criteria ( $p < 0.001$ ). The non-GDM women had significantly higher fasting ( $p < 0.0001$ ) and 2-h ( $p = 0.004$ ) plasma glucose levels, whereas it was only the 2-h plasma glucose ( $p < 0.0001$ ) levels that were significantly increased in the GDM women when applying the WHO 1999 compared to the WHO 2013 criteria. The GDM women diagnosed according to the WHO 2013 criteria had higher BMI ( $p = 0.01$ ), were older ( $p < 0.001$ ) and shorter ( $p = 0.01$ ) compared to non-GDM women. Applying the WHO 1999 criteria the GDM women were shorter than non-GDM women ( $p < 0.001$ ).

The relationship between FPG and 2-h PG levels for the 5100 women included in the study (fig.9) is not straight forward or linear, in that different women are

diagnosed with GDM using the different criteria; 7.2% had GDM by criteria, 1.8% by WHO 1999 criteria and 27.7% by WHO 2013 criteria only. The remaining 63.3% of women were classified as non-GDM by both criteria.



**Figure 9.**  
WHO 2013 cut off is shown in red and WHO1999in blue.

With regards to risk factors, we found that urban life( $p<0.001$ ), Sikh religion( $p=0.04$  and  $p<0.001$ ), vegetarianism (FPG  $p=0.004$ ), increasing age( $p<0.001$ ) and BMI( $p<0.001$ ), family history of diabetes( $p<0.001$ )were associated with significantly increased FPG and 2-h PG levels. Illiteracy was only associated with increased 2-h PG level ( $p=0.05$ ). As for the two different criteria, WHO 2013 criteria were urban life( $p<0.001$ ), vegetarianism( $p=0.04$ ), and increasing age ( $p=0.004$ )associated with a significant increased prevalence of GDM whereas urban life( $p=0.001$ ), Hinduism( $p=0.02$ ), non-vegetarian lifestyle( $p=0.001$ ) and illiteracy ( $p<0.001$ )were associated with a significant increased GDM prevalence.

Using a logistic regression analysis, we found that the independent risk factors for GDM using WHO 1999 were urban life ( $p=0.001$ ), Hindu religion( $p<0.001$ ), illiteracy( $p<0.001$ ), non-vegetarian lifestyle( $p<0.001$ ), low height ( $p<0.001$ )and increasing BMI( $p=0.02$ ). Independent risk factors for GDM using WHO 2013 criteria were urban life( $p<0.001$ ), increasing age( $p=0.001$ ) and a low height( $p=0.005$ ). Finally, the independent risk factors possibly influencing FPG were urban life( $p<0.001$ ), family history of diabetes( $p=0.003$ ), illiteracy( $p=0.007$ ), age ( $p<0.001$ )and BMI ( $p<0.001$ ) and factors influencing 2-hr PG were urban life( $p<0.001$ ), height( $p<0.001$ ), illiteracy( $p<0.001$ ), BMI ( $p<0.001$ )and a family history of diabetes( $p<0.001$ ).

## Paper II

### *Insulin Secretion and Action in North Indian Women during Pregnancy.*

Lowering the fasting glucose cut-off level from 7.0 to 5.1 mmol/L according to the new WHO 2013 criteria resulted in a 3-fold increase in GDM in North Indian women. The plasma glucose threshold for GDM is currently controversial, and potential differences in underlying pathophysiological mechanisms characterizing women diagnosed with WHO1999 and WHO2013 are unknown.

Here we aimed to determine the impact of defects in insulin secretion and action on development of GDM diagnosed by WHO 1999(GDM1999) and adapted WHO 2013 (GDM2013) criteria in 5100 North Indian pregnant women (218). A 75-g standardized OGTT was performed and beta-cell function (HOMA2-B) and insulin resistance (HOMA2-IR) were determined by the HOMA2 calculator (203). Both the WHO1999 (FPG  $\geq$ 7.0 and/or 2-hr PG $\geq$ 7.8 mmol/L) and the adapted WHO 2013 (FPG  $\geq$ 5.1 and/or 2-hr PG  $\geq$ 8.5 mmol/L) criteria were used to diagnose GDM (202).

An OGTT was performed in 4665 women out of the 5100 pregnant women (91.5%). Using the adapted WHO 2013 criteria, we found that the GDM women had significantly higher age than pregnant women with normal glucose tolerance women ( $p\leq 0.001$ ). Furthermore, GDM women had lower height compared with normal glucose tolerance women ( $p=0.001$  and  $p=0.008$ ) also diagnosed by both criteria. The fasting glucose levels were significantly higher in women diagnosed according to the GDM2013 compared to GDM1999 criteria ( $p\leq 0.001$ ), whereas we found the contrary for the 2-hour glucose levels ( $p=0.001$ ). The GDM women had significantly lower insulin secretion (HOMA2-B) as compared to the normal glucose tolerance women diagnosed by both criteria (all  $p\leq 0.001$ ). The degree of insulin resistance (HOMA2-IR) was significantly higher in women with GDM versus women with normal glucose tolerance using the adapted GDM2013 criteria ( $p\leq 0.001$ , adjusted  $p=0.008$ ).

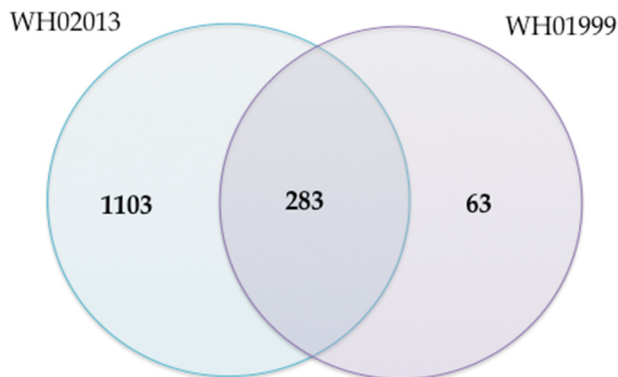
Of the factors influencing insulin secretion we found that urban life( $p\leq 0.001$ ), Hindu religion( $p\leq 0.001$ ), low BMI ( $p\leq 0.001$ ) and illiteracy ( $p=0.002$ ) were associated with lower HOMA2-B. HOMA2-IR was significantly increased by rural life ( $p=0.01$ ), Sikh religion ( $p\leq 0.001$ ), increasing age and BMI ( $p\leq 0.001$ ), family history of diabetes ( $p\leq 0.001$ ) and literacy ( $p=0.002$ ).

## Paper III

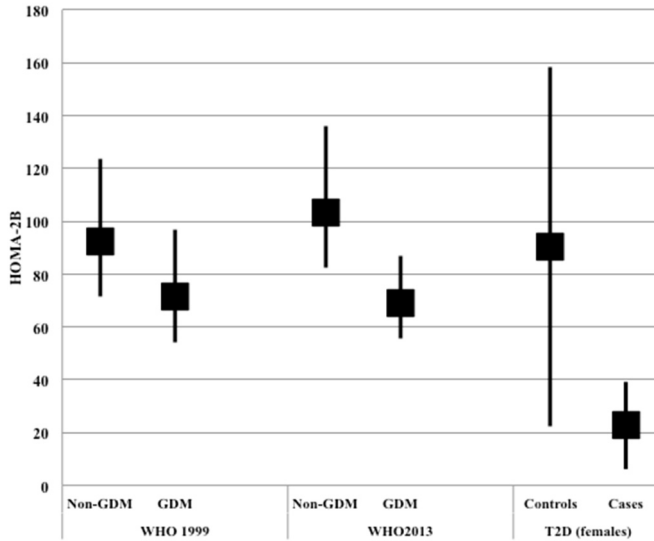
### *Association of Genetic Risk Variants and Glucose Intolerance during Pregnancy in North Indian Population.*

In previous reports it has been shown that GDM and T2D share common genetic background. In this study, we aimed to explore if common and known T2D risk variants associated with GDM in North Indian pregnant women diagnosed with various interpretations of existing criteria. We obtained genotyping data for 4018 pregnant women. The study characteristics obtained are shown in table 4.

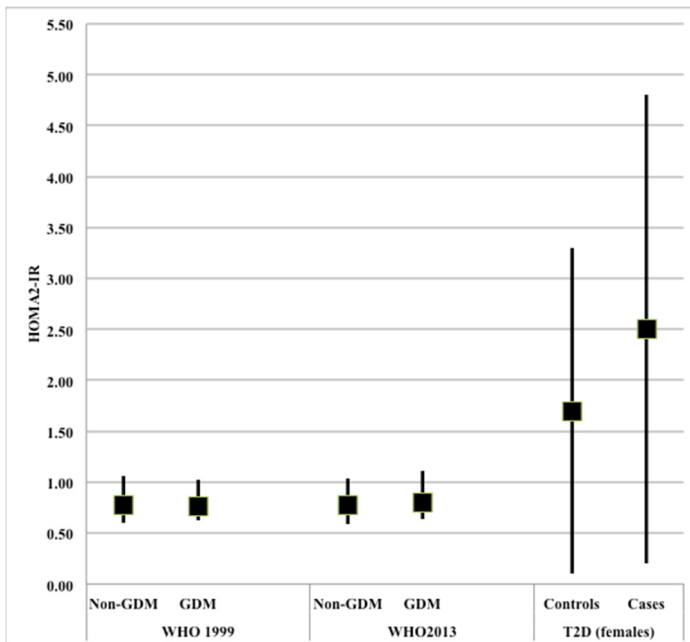
Applying the WHO 2013 criteria resulted in a total of 1386 women with GDM (34.5 %) whereas the number was 346 (8.6%) when WHO 1999 criteria were used. Notably, only 283 (7.0%) women were diagnosed using both GDM 2013 and GDM 1999 criteria (fig. 10). A total of 1386 (34.5%) women were diagnosed as GDM defined by WHO 2013 criteria whereas 346 (8.6%) were diagnosed GDMs when WHO1999 criteria was applied and only 283 (7.0%) women were diagnosed using both GDM 2013 and GDM 1999 criteria (fig. 10) in this North Indian pregnant group population. Insulin secretion (HOMA2-B) was lower in GDM mothers defined by both criteria (WHO1999 and WHO2013) in comparison with normal glucose tolerant women and also was lower in T2D individuals compared to GDM (fig. 11). HOMA-IR was found to be higher in GDM mothers than euglycemic mothers but also was lower than insulin resistance in women with T2D(fig. 12).



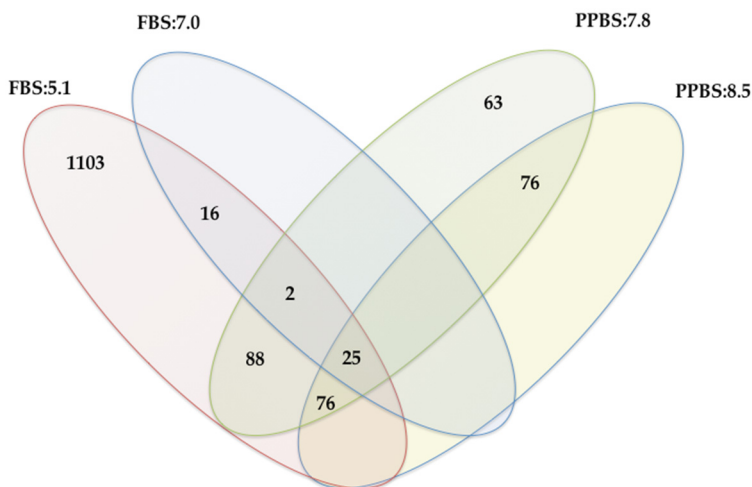
**Figure 10.**  
Number of GDM women according to WHO2013 and WHO1999 criteria



**Figure 11.** Insulin secretion (HOMA-B) in GDM, T2D, normal glucose tolerant non pregnant women and healthy pregnant Punjabi women. T2D and data calculated from Been et al, Nutr Metab Cardiovasc Dis. 2013.



**Figure 12.** Insulin resistance (HOMA-IR) in GDM, T2D, non-pregnant normal glucose tolerant and pregnant Punjabi women with NGT. T2D and data calculated from Been et al, Nutr Metab Cardiovasc Dis. 2013.



**Figure 13.** Distribution of GDM according to different interpretations of WHO1999 and WHO2013.

**Table 4.** Study population characteristics

Subject characteristics			
	N	Mean	Stddev
Age (years)	4018	21.41	3.40
BMI	4018	24.11	4.34
Fasting plasma glucose (mmol/l)	4018	4.812	0.76
plasma insulin (pmol)	4018	54.25	61.86
2 hour glucose (venous, mmol/l)	4018	6.20	1.37
homa2_b with acceptable steady state glucose and insulin values	3680	104.02	55.71
homa2_ir with acceptable steady state glucose and insulin values	3680	0.97	0.74

### Associations with previously studied SNPs:

Six SNPs previously associated with GDM or T2D in India (199, 220-223) (supplementary table 1) and 79 SNPs previously associated with T2D risk in Europe and elsewhere (some of these also with GDM risk) in GWAS studies upto 2012 were selected for the present study (Supplementary table 1) (224). No association between 6 selected SNPs previously associated with either GDM or T2D and in Indian populations and women here defined as GDM using either WHO1999 or WHO2013 criteria was seen. (table 5, supplementary table 5). Out of the 12 selected previously studied GDM risk loci, the T allele of the missense SNP rs5219 in the *KCNJ11* gene was nominally associated with GDM1999 ( $p= 0.019$ )(table 6). When assessed for their association with 12 selected GDM risk loci previously studied, the

T allele of SNP rs5219 in the *KCNJ11* gene was found to be nominally associated with GDM1999 ( $p=0.019$ ) (table 6). Paradoxically, the risk allele A of SNP rs11708067 in the *ADCY5* gene here revealed decreased risk in GDM2013 ( $p=0.037$ ) (table 6) but not in GDM1999 women. The SNP rs2796441 in the *TLE1* gene was associated with decreased insulin secretion ( $p=0.013$ ) (Supplementary table 2).

Among previously reported T2D genetic risk variants, T2D risk allele C of SNP rs13389219 in *GRB14* was associated with GDM1999 ( $p=0.022$ ) (table 7) and nominally associated with GDM2013 ( $p=0.058$ , table 4). SNP rs11920090 of *SLC2A2* associated with GDM2013 ( $p=0.030$ ) (table 7) and also with GDM while applying diagnostic cut off threshold as 2-hour glucose  $\geq 8.5$ , ( $p=0.032$ ), FBS  $\geq 5.1$  ( $p=0.053$ ), FBS  $\geq 5.1$  and 2-hour glucose  $\geq 8.5$  both ( $p=0.050$ ) (supplementary table 5).

Paradoxically, T2D risk allele A in SNP rs11605924 of *CRY2* associated with decreased risk of GDM1999 ( $p=0.025$ ) (table 7). Interestingly, it associated with GDM defined using diagnostic cut off value for GDM as 2-hour glucose  $\geq 7.8$  ( $p=0.024$ ) (supplementary table 5) and also as 2-hour glucose  $\geq 8.5$ , ( $p=0.028$ ) (supplementary table 5). The same SNP also associated with decreased 2-hour glucose in GDM2013 women ( $p=0.038$ ) (supplementary table 4). Similarly, T2D risk allele A of SNP rs1552224 of *CENTD2* associated with reduced risk in GDM2013 women ( $p=0.001$ ) (table 6) and with GDM defined with FBS cut-off of  $\geq 5.1$  ( $p=0.007$ ) (supplementary table 5) in this cohort. In addition, we found that T2D risk allele A in rs11071657 at the *FAM148B* genetic loci associated with increased insulin secretion ( $p=0.044$ ) (table 8) when looked for association between HOMA-B in these women and 12 SNPs previously associated with insulin secretion. When assessed for insulin resistance, among 6 SNPs previously associated with insulin resistance, 3 SNPs here associated with HOMA2-IR (table 9). The C allele of rs7607980 in the *COBLL1* gene associated with decreased HOMA2-IR ( $p=0.0001$ ), C allele of rs13389219 near *GRB14* ( $p=0.026$ ) and A allele of rs10423928 in the intron of the *GIPR* gene ( $p=0.012$ ) associated with increased HOMA2-IR (table 9).

**Table 5:**  
Association of previously reported GDM and T2D loci from Indian population based studies with risk of GDM according to both criteria

Genotype	EA	Chr	Gene/nearest gene	Location	OR_who1999	lower CI	upper CI	p_who1999	OR_who2013	lower CI	upper CI	p_who2013	n
rs998451_A	A	2	TMEM163	Intron	0.987	0.795	1.224	0.902	0.959	0.843	1.090	0.518	3882
rs1799999_A	A	7	PPP1R3A	missense	0.862	0.728	1.020	0.083	0.997	0.905	1.098	0.953	3890
rs689_A	A	11	INS	5'UTR	1.077	0.879	1.319	0.474	1.033	0.914	1.167	0.603	3903
rs9552911_A	A	13	SGCG	intron	1.057	0.830	1.347	0.653	1.017	0.875	1.183	0.824	3890
rs4812829_A	A	20	HNF4A	intron	1.040	0.871	1.240	0.667	0.988	0.890	1.096	0.814	3801
rs7178572_G	G	15	HMG20A	intron	0.988	0.832	1.173	0.891	1.017	0.921	1.122	0.743	3541

**Table 6:**  
Association of previously reported GDM loci with risk of GDM according to both criteria

SNP	EA	Chr	Gene/nearest gene	Location	WHO 1999			WHO 2013					
					OR	CI(lower)	CI(upper)	OR	CI(lower)	CI(upper)	p-value	N	
rs9939609_A	A	16	FTO	Intron	1.042	0.860	1.262	0.676	0.988	0.884	1.105	0.834	3120
rs2796441_G	G	9	TLE1	Intergenic	0.993	0.843	1.169	0.929	1.072	0.975	1.179	0.152	3905
rs860887_C	C	2	G6PC2/ABCB11	Intron	1.182	0.920	1.520	0.191	1.114	0.967	1.284	0.134	3910
rs11708067_A	A	3	ADCY5	Intron	0.983	0.814	1.188	0.860	0.888	0.794	0.993	<b>0.037</b>	3877
rs7754840_C	C	6	CDKAL1	Intron	0.878	0.727	1.061	0.179	0.966	0.869	1.073	0.518	3721
rs1111875_C	C	10	HHEX	Intergenic	0.905	0.771	1.064	0.226	1.058	0.962	1.162	0.246	3901
rs7756992_G	G	6	CDKAL1	Intron	0.913	0.757	1.101	0.340	0.975	0.876	1.085	0.645	3686
rs10811661_T	T	9	CDKN2A/2B	Intergenic	0.990	0.776	1.263	0.936	1.088	0.947	1.251	0.233	3890
rs4402960_T	T	3	IGFBP2	Intron	1.024	0.871	1.204	0.772	0.950	0.864	1.045	0.293	3750
rs13266634_C	C	8	SLC30A8	coding- intron	0.969	0.798	1.177	0.751	0.972	0.872	1.084	0.614	3898
rs10010131_G	G	4	WFS1	Intron	1.138	0.950	1.362	0.160	0.999	0.902	1.108	0.992	3843
rs5219_T	T	11	KCNJ11	coding- missense	1.211	1.032	1.422	<b>0.019</b>	1.000	0.907	1.102	0.999	3595



**Table 7:**  
Association of previously reported T2D loci with risk of GDM according to both criteria

SNP	EA	Chr	Gene/nearest gene	Location	WHO 1999				WHO 2013				
					OR	CI(lower)	CI(upper)	p-value	OR	CI(lower)	CI(upper)	p-value	
rs2296172_G	G	1	MACF1	coding-missense	0.925	0.711	1.204	0.562	1.043	0.896	1.213	0.588	3847
rs340874_C	C	1	PROX1	Intergenic	0.948	0.804	1.117	0.521	0.966	0.878	1.062	0.476	3709
rs7578597_T	T	2	THADA	coding-missense	0.906	0.729	1.127	0.377	0.927	0.808	1.063	0.277	3710
rs243088_T	T	2	BCL 11A	Intergenic	1.105	0.941	1.299	0.224	1.072	0.974	1.181	0.156	3717
rs7593730_T	T	2	RBM51/ITGB6	Intron	1.019	0.849	1.224	0.836	0.996	0.889	1.115	0.939	3906
rs7607980_C	C	2	COBL1	coding-missense	0.958	0.736	1.247	0.751	0.951	0.815	1.110	0.523	3885
rs13389219_C	C	2	GRB14	Intergenic	1.256	1.033	1.528	<b>0.022</b>	1.110	0.996	1.236	<b>0.058</b>	3829
rs7578326_A	A	2	KIAA1486/IRS1	intron of uncharacterized LOC646736	0.974	0.800	1.184	0.789	0.985	0.878	1.105	0.795	3600
rs2943641_C	C	2	IRS1	Intergenic	0.927	0.767	1.120	0.432	0.977	0.874	1.092	0.679	3643
rs4675095_A	A	2	IRS1	Intron	1.113	0.871	1.422	0.391	1.040	0.905	1.196	0.580	3817
rs831571_C	C	3	PSMD6	Intergenic	1.029	0.845	1.252	0.777	0.935	0.833	1.051	0.261	3726
rs4607103_C	C	3	ADAM17/S9-AS2	Intron	1.146	0.982	1.337	<b>0.083</b>	1.002	0.913	1.099	0.971	3884
rs11920090_T	T	3	SLC2A2	Intron	1.190	0.933	1.517	0.161	1.164	1.015	1.335	<b>0.030</b>	3606
rs6815464_C	C	4	MAEA	Intron	1.042	0.833	1.305	0.716	1.032	0.903	1.180	0.640	3722
rs469193_G	G	5	ANKRD55	Intergenic	0.990	0.841	1.167	0.908	1.072	0.972	1.161	0.163	3884
rs4457053_G	G	5	ZBED3	intron of ZBED3-AS1	1.059	0.869	1.290	0.572	0.955	0.848	1.076	0.454	3579
rs9470794_C	C	6	ZFAND3	Intron	1.079	0.857	1.359	0.519	1.054	0.911	1.218	0.481	3608
rs17168486_T	T	7	DGKB	Intergenic	0.991	0.835	1.178	0.921	0.975	0.881	1.078	0.622	3855
rs2191349_T	T	7	DGKB/TMEM195	Intergenic	1.042	0.885	1.229	0.620	1.003	0.911	1.103	0.956	3903
rs864745_T	T	7	JAZF1	Intergenic	0.986	0.835	1.165	0.870	1.022	0.922	1.132	0.681	3876
rs4607517_A	A	7	GCK	Intergenic	1.046	0.826	1.324	0.708	1.013	0.881	1.164	0.861	3903
rs17133918_T	C	7	GRB10	Intron	1.038	0.871	1.238	0.675	0.976	0.880	1.083	0.651	3907
rs933360_A	A	7	GRB10	Intron	1.033	0.873	1.224	0.703	1.032	0.934	1.140	0.541	3905
rs6943153_T	C	7	GRB10	Intron	0.869	0.732	1.032	0.110	0.954	0.862	1.057	0.369	3802
rs6467136_G	G	7	GCC1-PAX4	Intergenic	1.119	0.955	1.311	0.166	0.977	0.890	1.073	0.625	3593
rs516946_C	C	8	ANK1	Intron	1.011	0.828	1.235	0.916	1.095	0.973	1.232	0.131	3922
rs896854_T	T	8	TP53/NP1	Intron	0.976	0.833	1.143	0.759	0.973	0.885	1.069	0.570	3903
rs7034200_A	A	9	GLIS3	Intron	0.985	0.839	1.155	0.849	1.031	0.939	1.132	0.525	3868
rs13292136_C	C	9	TLE4 (CHCHD9)	Intergenic	0.946	0.757	1.183	0.628	0.982	0.861	1.121	0.793	3706
rs1251761_A	A	10	ZMIZ1	Intron	0.865	0.737	1.016	<b>0.077</b>	0.966	0.875	1.066	0.490	3601
rs563668_A	A	10	ADRA2A	UTR-3	1.177	0.993	1.396	<b>0.060</b>	1.078	0.972	1.196	0.155	3666
rs10885122_G	G	10	ADRA2A	Intergenic	1.034	0.841	1.271	0.754	1.050	0.932	1.182	0.426	3683
rs163184_G	G	11	KCNQ1	Intron	0.903	0.762	1.070	0.237	1.001	0.908	1.104	0.980	3713
rs2237895_C	C	11	KCNQ1	Intron	0.964	0.817	1.137	0.664	1.013	0.920	1.116	0.790	3682
rs11605924_A	A	11	CRY2	Intron	0.840	0.721	0.979	<b>0.025</b>	1.009	0.920	1.106	0.854	3909
rs7944584_A	A	11	MADD	Intron	0.917	0.744	1.131	0.417	1.094	0.967	1.237	0.155	3553
rs174550_T	T	11	FADS1	Intron	0.947	0.763	1.175	0.621	0.964	0.851	1.092	0.568	3908
rs1552224_A	A	11	GEN102	Intergenic	0.924	0.752	1.136	0.453	0.818	0.723	0.924	<b>0.001</b>	3911
rs11063069_G	G	12	CEND2	Intergenic	0.988	0.804	1.239	0.987	1.043	0.915	1.190	0.526	3671

rs10842994_C	C	12	KLHDC5	Intergenic	1,138	0,896	1,445	0,289	0,971	0,846	1,114	0,671	3906
rs1153188_A	A	12	DCD	Intergenic	1,153	0,930	1,429	0,193	1,014	0,898	1,144	0,824	3912
rs1531343_C	C	12	HMGAI2	intron of pseudogene	0,836	0,678	1,031	<b>0,094</b>	0,905	0,801	1,021	0,105	3915
rs7961581_C	C	12	TSPAN8_LGR5	Intergenic	0,917	0,775	1,085	0,314	1,026	0,928	1,136	0,614	3703
rs1957197_T	T	12	QASL/TTCF1/HNF1A	intron of QASL	0,878	0,657	1,173	0,379	1,004	0,831	1,212	0,968	3924
rs17271305_G	G	15	VPST3C	Intron	1,020	0,860	1,209	0,819	0,928	0,837	1,029	0,158	3825
rs11071657_A	A	15	FAM148B	Intergenic	1,030	0,870	1,220	0,728	0,926	0,837	1,024	0,136	3897
rs7177055_A	A	15	HMG20A	Intergenic	1,001	0,851	1,177	0,904	0,985	0,896	1,081	0,745	3907
rs11634397_G	G	15	ZFAND6	Intergenic	0,894	0,761	1,049	0,169	0,966	0,878	1,063	0,478	3910
rs8042680_A	A	15	PRC1	Intron	0,894	0,764	1,047	0,164	0,997	0,904	1,100	0,958	3887
rs7202877_T	T	16	BCAR1	Intergenic	1,214	0,895	1,646	0,213	1,047	0,877	1,250	0,613	3915
rs8090011_G	G	18	LAMA1	Intron	0,965	0,815	1,119	0,571	0,931	0,847	1,022	0,134	3911
rs10401969_C	C	19	SUGP1	Intron	0,963	0,728	1,274	0,791	0,860	0,729	1,015	<b>0,074</b>	3605
rs8108269_G	G	19	GIPR	Intergenic	1,027	0,858	1,230	0,770	1,078	0,969	1,198	0,167	3508
rs10423928_A	A	19	GIPR	Intron	0,858	0,679	1,085	0,201	1,060	0,932	1,207	0,374	3911
rs6017317_G	G	20	F1TM2-R3HDML-HNF4A	Intergenic	0,961	0,815	1,134	0,641	0,983	0,890	1,085	0,728	3758
rs5945326_A	A	X	DUSP9	Intergenic	0,957	0,816	1,121	0,583	1,016	0,921	1,122	0,745	3589

**Table 8**  
Association of selected loci with insulin secretion (HOMA2-B)

SNP	EA	Chr	Gene/nearest gene	Location	Beta	SE	p-value	N
rs340874_C	C	1	<i>PROX1</i>	Intergenic	0,009	0,011	0,388	3395
rs560887_C	C	2	<i>G6PC2/ABCB11</i>	Intron	-0,004	0,016	0,818	3578
rs11708067_A	A	3	<i>ADCY5</i>	Intron	0,024	0,012	0,053	3556
rs11920090_T	T	3	<i>SLC2A2</i>	Intron	-0,014	0,015	0,361	3301
rs4607517_A	A	7	<i>GCK</i>	Intergenic	0,007	0,012	0,571	3372
rs2191349_T	T	7	<i>DGKB/TMEM195</i>	Intergenic	-0,008	0,011	0,480	3575
rs7034200_A	A	9	<i>GLIS3</i>	Intron	0,002	0,016	0,922	3576
rs10885122_G	G	10	<i>ADRA2A</i>	Intergenic	-0,006	0,010	0,546	3545
rs7944584_A	A	11	<i>MADD</i>	Intron	-0,021	0,013	0,116	3372
rs174550_T	T	11	<i>FADS1</i>	Intron	0,011	0,014	0,435	3248
rs7756992_G	G	6	<i>CDKAL1</i>	Intron	0,011	0,014	0,446	3576
rs11071657_A	A	15	<i>FAM148B</i>	Intergenic	0,023	0,011	0,044	3568

**Table 9:**  
Association with HOMA-IR selected loci: insulin resistance SNPs

SNP	EA	Chr	Gene/nearest gene	Location	Beta	SE	p-value	N
rs2943641_C	C	2	<i>IRS1</i>	intergenic	-0,001	0,014	0,923	3337
rs4675095_A	A	2	<i>IRS1</i>	intron	-0,028	0,017	0,102	3500
rs4607517_A	A	7	<i>GCK</i>	intergenic	0,018	0,018	0,299	3576
rs7607980_C	C	2	<i>COBLL1</i>	coding-missense	-0,070	0,019	0,0001	3557
rs13389219_C	C	2	<i>GRB14</i>	intergenic	0,029	0,013	0,026	3518
rs10423928_A	A	19	<i>GIPR</i>	intron	0,041	0,016	0,012	3585

To assess whether changing the “cut-off” value of glucose threshold applied for diagnosis of GDM changes the association of SNPs, different cut off values of glucose taken as different interpretations of WHO1999 and WHO2103 criteria used for defining GDM and their association with selected SNPs in this North Indian pregnant group was determined. GDM in subjects was defined by (i) FBS  $\geq 5.1$ , (ii) FBS  $\geq 7.0$ , (iii) 2-hour glucose  $\geq 7.8$ , (iv) 2-hour glucose  $\geq 8.5$ , (v) FBS  $\geq 5.1$  and 2 hour glucose  $\geq 8$  and (vi) FBS  $\geq 7.0$  and 2-hour glucose  $\geq 7.8$ . . GDM prevalence according to these criteria is shown in fig. 13.

Various associations were observed for different SNPs at different glucose diagnostic values including SNPs rs7903146 of *TCF7L2* ( $p=0.045$ ), rs1799999 of *PPIR3A* ( $p=0.029$ ), and rs11063069 of *CCND2* ( $p=0.046$ ) with GDM defined using FBS  $\geq 5.1$  AND 2-hour glucose  $\geq 8.5$  (supplementary table 5). SNP rs6467136 of *GCCI-PAX4* associated with GDM women defined using (i) only FBS  $\geq 7.0$  ( $p=0.010$ ), (ii) 2-hour glucose  $\geq 8.5$  ( $p=0.044$ ), and (iii) FBS  $\geq 7.0$  and 2-hour glucose  $\geq 7.8$  ( $p=0.005$ ) (supplementary table 5).

Similarly, SNPs rs10401969 of *SUGPI* ( $p=0.031$ ) with FBS  $\geq 5.1$ , SNP rs459193 of *ANKRD55* ( $p=0.045$ ) with FBS  $\geq 7.0$ , rs6943153 of *GRB10* ( $p=0.040$ ) with 2-hour glucose  $\geq 8.5$  associated with GDM (supplementary table 5). Further, significant associations were seen between GDM and SNPs rs17168486 of *DGKB* ( $p=0.039$ ), rs2191349 of *DGKB/TMEM195* ( $p=0.017$ ), and rs689 of *INS, INS-IGF2* ( $p=0.038$ ) using “cut off” threshold as FBS  $\geq 7.0$  AND glucose  $\geq 7.8$  (supplementary table 5).

## Paper IV

### *Phenotypic and genotypic differences between Indian and Swedish women with gestational diabetes mellitus.*

The prevalence of GDM in North Indian women residing in the state of Punjab was 3.11% defined by GDM criteria cut off followed in Sweden. The women in Sweden were  $>10$  years older ( $p=1.21 \times 10^{-40}$ ) and had higher BMI ( $28.09 \pm 0.64$  vs.  $24.08 \pm 0.42$ ,  $p=3.76 \times 10^{-07}$ ) than the pregnant women in Punjab recruited in the study. Indian women had higher fasting and 2 hour glucose values, lower fasting insulin and lower insulin secretion depicted as HOMA2-B and low insulin resistance depicted as HOMA2-IR adjusted for BMI and age, in comparison with GDM women from Sweden (table 1).

**Table 10.**

Clinical characteristics of Indian and Swedish women with GDM (diagnosed based on 2 hour glucose cut-offs  $\geq 10$ mmol/l). Mean  $\pm$  SEM are represented. P-values are calculated based on inverse normal transformed data.

	Swedish	N (Swedish)	Indian	N (Indian)	P value
Age	31.78 $\pm$ 0.36	149	20.97 $\pm$ 0.33	125	1.21x10 <sup>-40</sup>
BMI	28.09 $\pm$ 0.64	56	24.08 $\pm$ 0.42	125	3.76 x10 <sup>-07</sup>
Fasting glucose <sup>a</sup>	4.79 $\pm$ 0.10	49	5.72 $\pm$ 0.15	125	1.60 x10 <sup>-05</sup>
2 hour glucose <sup>a</sup>	10.99 $\pm$ 0.08	149	12.07 $\pm$ 0.20	125	3.13 x10 <sup>-02</sup>
Fasting insulin <sup>a</sup>	78.17 $\pm$ 12.67	51	51.8 $\pm$ 5.35	125	3.74 x10 <sup>-06</sup>
HOMA2-B <sup>a</sup>	123.99 $\pm$ 7.55	45	76.61 $\pm$ 3.83	109	3.00 x10 <sup>-09</sup>
HOMA2-IR <sup>a</sup>	1.26 $\pm$ 0.10	45	1.04 $\pm$ 0.10	109	1.11 x10 <sup>-03</sup>

<sup>a</sup>adjusted for age and BMI

Six SNPs previously associated with GDM/T2D in Indian population based studies were assessed for association with GDM in Indian and Swedish women defined by Swedish GDM criteria. Risk allele C of rs7178572 SNP near *HMG20A* nominally associated with GDM in Indian but not in Swedish women (table 11). Another T2D risk genetic loci associated specific for Punjabi community known as Jat Sikhs, the Asp/Tyr missense variant of SNP rs1799999 in the *PP1RR3A* gene, revealed a trend towards significance in Indian subjects but not in Swedish women (table 11). The variant was also nominally associated with decreased 2-hour insulin in Swedish women ( $-\beta = -0.57 \pm 0.22$ ,  $p=0.02$ ).

When assessed for SNPs previously associated with GDM/T2D in Europeans, the rs1111875 SNP near the *HHEX/IDE* genes nominally associated with GDM in Swedish women ( $p=0.031$ , table 11). The same SNP differed in frequency between Indian and Swedish women ( $p<0.0001$ , table 12). The risk allele of rs11708067 in *ADCY5* was also associated with increased 2-hour glucose ( $p= 0.037$ ), decreased HOMA2-B ( $p=0.010$ ) in Swedish GDM women (supplementary table 1). The same SNP was associated with 2 hour glucose in all Swedish women (GDM + non-GDM) ( $\beta = 0.12 \pm 0.04$ ,  $p=0.004$ ). The T2D risk allele A of rs11605924 SNP in the intron of the *CRY2* gene was protective in the Indian population (OR = 0.67,  $p=0.0026$ ) and was a risk variant in the Swedish women (OR=1.44,  $p=0.012$ ).

Both the before mentioned SNPs showed significant differences in the major and minor allele frequencies between both populations (*ADCY5* SNP  $p<0.0001$  and *CRY2* SNP  $p=0.0004$ ) (table 12).

The rs8090011 SNP in intron of the *LAMA1* gene nominally associated with GDM risk (OR =1.49 (CI 1.11-2.01),  $p = 0.009$ ) and lower 2 hour insulin levels in Swedish women ( $\beta -0.28 \pm 0.13$ ,  $p = 0.044$ ). T2D/GDM risk SNPs rs12571751 in the intron of *ZMIZ1* ( $p=0,02$ ), rs5945326 near *DUSP9*( $p = 0.039$ ), and rs2237895 in the intron of *KCNQ1* ( $p=0,02$ ) nominally associated with GDM risk in Swedish women (table

11). The rs7593730 SNP near *RBMS1* was found to be associated with GDM risk in North Indian Punjabi women. Further, GDM risk alleles in rs560887 in *G6PC2* ( $p=0.0008$ ), rs11708067 in *ADCY5* ( $p=0.005$ ), rs10010131 in *WFS1* ( $p<0.0001$ ) and rs10811661 ( $p=0.0073$ ) in *CDKN2B* showed differences in frequencies when assessed for association with GDM in both Indian and Swedish women (table 12, fig. 15). Genetic risk scores (GRS) based on T2D/GDM loci predicted GDM risk in Indian (fig. 14a) but not Swedish women (fig. 14b). GRR for insulin resistance was  $0.91\pm 1.2$ ,  $p=0.064$  for Swedish,  $0.04 (\pm 1.2, p=0.25)$  for Indian women and for insulin secretion was  $-0.08 (\pm 0.043, p=0.46)$  for Swedish and  $-0.008 (\pm 0.037, p=0.83)$  for Indian women.

**Table 11.** Association of previously reported GDM and T2D with risk of GDM in Indian and Swedish women: intervals.

CHR	SNP	BP	Gene	Location	A1	INDIA			SWEDEN		
						N	OR (CI)	P	N	OR (CI)	P
15	rs7178572	77454848	HMG20A/DUSP9	intergenic	T	3346	0.75 (0.57 - 0.98)	<b>0.03</b>	476	0.8253 (0.59 - 1.15)	0.25
10	rs1111875	92703125	HHEX/IDE	intergenic	G	3675	1.02 (0.79 - 1.32)	0.86	443	0.71 (0.52 - 0.97)	<b>0.031</b>
3	rs11708067	123346931	ADCY5	intron	G	3648	1.29 (0.97 - 1.71)	0.084	466	0.69 (0.48 - 1.00)	0.054
11	rs11605924	45851540	CRY2	intron	A	3679	0.67 (0.52 - 0.87)	<b>0.003</b>	484	1.44 (1.08-1.91)	<b>0.013</b>
10	rs12571751	79182874	ZMIZ1	intron	G	3390	1.24 (0.95 - 1.61)	0.11	492	1.39 (1.05-1.83)	<b>0.021</b>
11	rs2237895	2835964	KCNQ1	intron	C	3463	0.81 (0.62 - 1.06)	0.13	410	1.43 (1.06-1.94)	<b>0.020</b>
2	rs243088	60341610	BCL11A	intergenic	T	3497	1.29 (0.99 - 1.68)	0.06	425	1.13 (0.83-1.55)	0.41
X	rs5945326	153634467	DUSP9	intergenic	G	3377	1.15 (0.88 - 1.50)	0.29	495	0.69 (0.49-0.98)	<b>0.035</b>
15	rs7177055	77540420	HMG20A	intergenic	G	3680	0.74 (0.57 - 0.96)	<b>0.024</b>	457	0.91 (0.65-1.27)	0.58
2	rs7593730	160314943	RBMS1/TGB6	intronic	T	3673	0.87 (0.63 - 1.21)	<b>0.40</b>	457	0.97 (0.68-1.37)	0.86
18	rs8090011	7068463	LAMA1	intron	G	3683	1.02 (0.79 - 1.32)	0.89	457	1.49 (1.11-2.01)	<b>0.009</b>

OR = odds ratio, CI = confidence

**Table 12.** Allele frequency comparison of previously reported GDM loci in Indian and Swedish women with GDM (Swedish diagnosis criteria).

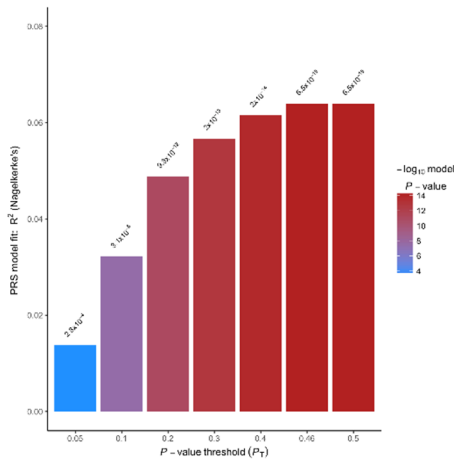
CHR	SNP	INDIA					SWEDEN					P		
		Minor/ Major	N	Minor N	MAF	MajAF	Minor/ Major	N	Minor N	MAF	MajAF		MajAF	
2	rs560887	A/G	244	32	0.1311	212	0.8689	A/G	192	50	0.2604	142	0.7396	<b>0.0008</b>
3	rs11708067	G/A	246	67	0.2724	179	0.7276	G/A	256	43	0.168	213	0.832	<b>0.005</b>
3	rs4402960	T/G	242	93	0.3843	149	0.6157	T/G	176	56	0.3182	120	0.6818	0.1794
4	rs10010131	A/G	242	62	0.2562	180	0.7438	A/G	224	100	0.4464	124	0.5536	<b>&lt;0.0001</b>
6	rs7754840	C/G	232	73	0.3147	159	0.6853	C/G	232	79	0.3405	153	0.6595	0.621
6	rs7756992	G/A	230	70	0.3043	160	0.6957	G/A	234	70	0.2991	164	0.7009	0.9197
8	rs13266634	T/C	244	56	0.2295	188	0.7705	T/C	260	69	0.2654	191	0.7346	0.3555
9	rs10811661	C/T	244	32	0.1311	212	0.8689	C/T	224	26	0.1161	198	0.8839	<b>0.0073</b>
9	rs2796441	T/C	244	106	0.4344	138	0.5656	T/C	252	106	0.4206	146	0.5794	0.7857
10	rs1111875*	G/A	240	107	0.4458	133	0.5542	A/G	242	85	0.3512	157	0.6488	<b>&lt;0.0001</b>
11	rs5219	T/C	234	92	0.3932	142	0.6068	T/C	126	58	0.4603	68	0.5397	0.2203
11	rs11605924*	A/C	240	94	0.3917	146	0.6083	C/A	270	121	0.4481	149	0.5519	<b>0.0004</b>

N = total number of alleles, minor\_n = total number of minor alleles, MAF = minor allele frequency, MajAF = major allele frequency, p = p-value for the frequency differences between India and Sweden.

\*Minor and major alleles are reversed



14(A)



14(B)

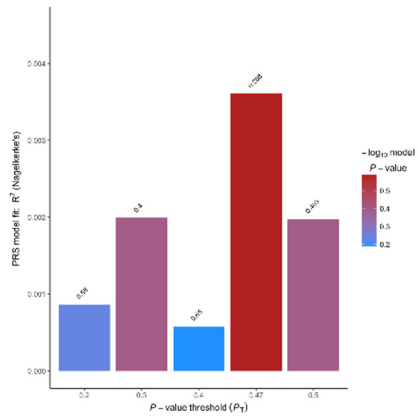


Figure 14

Bar plot from PRSice showing results at broad  $P$ -value thresholds for T2D polygenic risk scores predicting GDM in (A) Indian and (B) Swedish women. (A) is indicative of a role of common T2D genetic risk variants in GDM etiology in the Indian population.

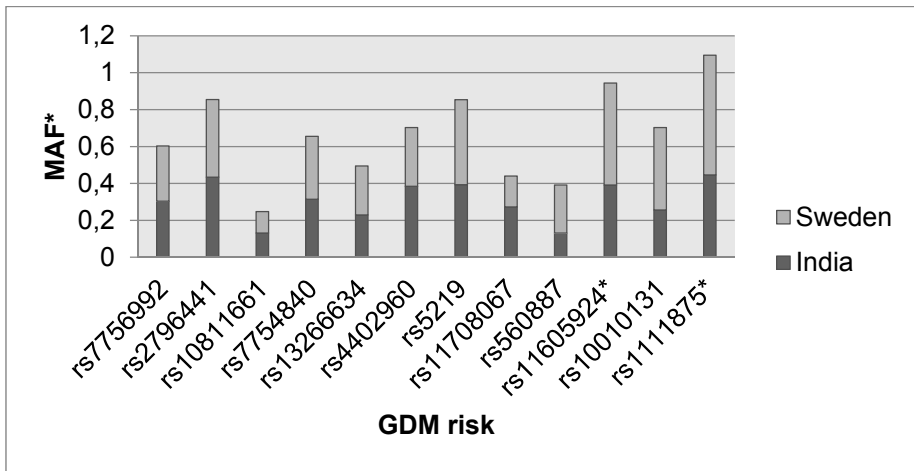


Figure 15

Frequencies of minor alleles (as defined in EUR population) of previously reported GDM loci in Indian and Swedish women with GDM. rs11605924 and rs1111875 showed an interchange of major and minor alleles in Indian GDM women.



# Discussion

The overarching aim of the current thesis was to address key aspects of the epidemiology and pathophysiology including the role of genetic versus non-genetic factors on the risk of developing GDM in North India. The project kicked off as a World Diabetes Foundation (WDF) sponsored GDM awareness and educational program, but driven by scientific curiosity and a true pioneering spirit, the project soon developed into a state-of-the-art epidemiological study of the prevalence and risk factors of GDM in North India using two different and somewhat controversial WHO1999 versus WHO2013 criteria. Due to limited financial resources and poorly established research infrastructure, the study set-up was simplistic and adapted to the experimental conditions to ensure feasibility as well as optimal quality of data for the chosen setting. The local implementation of the study was entirely driven by the author of this thesis relying on in depth knowledge about the local health care system, personal connections and a systematic training and supervision of the health care professionals that performed the physical examinations. The examinations of the pregnant women was kept a minimum of what is required to address the key questions of the project, including a standard questionnaire, a standard 75 gram oral glucose tolerance test as well as a fasting blood sample for measurements of serum insulin levels and extraction of DNA. Plasma and serum glucose and insulin levels were measured at local laboratories while DNA extraction and analyses was performed in Sweden after appropriate permissions. The systematic and persistent approach ensured the successful examination of around 5000 pregnant women from different rural and urban sites in Punjab, North India, which key results are discussed in the following.

As a first and foremost important finding, we showed that the prevalence of GDM increased from 9% to no less than 35% when using the most recent proposed WHO2013 criteria as compared with the previous WHO 1999 criteria (201). These figures were in the same magnitude as results from a Norwegian GDM screening study including non-Caucasian women of Asian origin (125). Indeed such alarming figures stigmatizing more than a third of all North Indian pregnant women with a diagnosis of GDM needs careful consideration with respect to whether the proposed WHO2013 GDM criteria should be generally adopted in a resource low Indian health care system. The rationale behind the WHO2013 GDM criteria with its lower fasting plasma glucose cut off levels was the finding from the HAPO study that no

lower cut off levels could be identified for the association between fasting plasma glucose on one side and prevalence of maternal pregnancy complications as well as children malformations on the other side (111). However, despite the knowledge from clinical trials that lowering plasma glucose in GDM women diagnosed by previous and less inclusive criteria is associated with improved pregnancy outcomes for both mother and child, this may not necessarily be the case for glucose lowering treatment in women diagnosed by the much more inclusive WHO2013 criteria. To this end, the finding of an association between fasting plasma glucose levels and pregnancy outcomes even in the lowest near normal range of the scale does not necessarily mean that mild elevations of plasma glucose levels are the direct cause of pregnancy complications. In particular, common risk factors of GDM including adiposity, age and social status are also recognized risk factors of pregnancy complications irrespective of plasma glucose levels. Therefore, residual confounding by unknown non-glucose pregnancy risk factors may account for the association between plasma glucose levels at the lowest level of the scale on one side, and pregnancy complications on the other side. There is a need for a state-of-the-art randomized intervention study of intensive versus less intensive glucose lowering treatment in GDM women diagnosed by the WHO2013 criteria before general implementation of the these criteria can be recommended.

A potential influence of unknown confounding factors operating primarily in the lowest range of the scale may also explain our finding that different risk factors including obesity, age, vegetarian diet, illiteracy and religion affected fasting versus 2 hours post oral glucose challenge plasma glucose levels in a differential manner (201). This as well as the differential influence of these risk factors on GDM defined by the WHO1999 versus the WHO2013 criteria was discussed in depth in our initial cohort publication (202). Interestingly, a strong family history of diabetes was reported in more than a third of all women in the study including both GDM as well as non-GDM women by both criteria (201). Accordingly, family history of diabetes was therefore to our surprise not identified as an independent risk factor for GDM using either WHO 1999 or WHO 2013 criteria among North Indian women. The explanation for this remains unknown but actually not inconsistent with our genetic findings as mentioned in Paper 3 and 4 manuscripts and discussed below.

In the second publication of our North Indian GDM screening study we found evidence of impaired insulin secretion in GDM as classified by both the WHO1999 and WHO2013 criteria as compared with women classified as having a normal glucose tolerance by the respective criteria. These findings were in general cohesive with observations made by Nocter et al (225). Interestingly, women classified as having a normal glucose tolerance by the adapted WHO2013 criteria appeared metabolically healthier than normal glucose tolerant women by the WHO1999 criteria (table 1). The extent to which this influences the risk of short and long term

pregnancy complications in mother and offspring of pregnancies classified by the different criteria needs more extensive evidence based studies.

Another interesting finding was that the average fasting plasma glucose level among women with GDM by the WHO1999 criteria was slightly lower than in women diagnosed GDM with the adapted WHO2013 criteria. The explanation for this may as discussed previously be that women diagnosed GDM with the adapted WHO2013 criteria women qualified for their diagnosis due to elevated fasting plasma glucose levels (n=1779). In contrast, the majority of women with GDM by the WHO1999 criteria qualified for their diagnosis due to increased 2-hour post OGTT plasma glucose levels (n=458)(201). This difference may explain the lower insulin secretion in adapted GDM2013 compared with GDM1999 cases. Increased BMI and age were associated with increased insulin resistance and with a (possibly compensatory) increased insulin secretion until age 30 years hereafter insulin secretion declined (table 2).

Using regression analyses we furthermore documented that the same risk factors shown to influence GDM by the two criteria in a differential manner also influence the two major pathophysiological relevant defects in GDM, impaired insulin secretion and insulin resistance, in a differential manner (202).

As for the potential genetic contribution to the pathophysiology of GDM, we found that a family history of diabetes was exclusively associated with insulin resistance and not with impaired insulin secretion (225). Indeed, this finding is in line with previous studies of first degree relatives of patients with T2D (226). However, this finding is not in agreement with findings from genome-wide association studies of the majority of T2D susceptibility SNPs are associated with impaired insulin secretion rather than insulin resistance (227). This may be explained by the concept of heritability to be confounded by non-genetic shared risk factors of GDM in some families, which in the case of a weak (or even absent) true genetic component falsely appear as a genetic component.

Considering the common underlying genetic basis of GDM and T2D, in paper 3, we investigated the association of previously reported common (1) T2D (2) GDM and (3) T2D / GDM loci from Indian population based studies with GDM in the current study population. Very few studies have investigated the genetic architecture of T2D and GDM in the Indian population, and to our knowledge, no previous studies have investigated genetics of GDM in the North Indian population and in such a large scale in the world. (186,188,223,228).

Two SNPs in *HMG20A* and *HNF4A* previously associated with T2D risk in Asian Indian population and GDM risk in South Indian population (223) here did not associate with GDM in the Punjabi pregnant women regardless of diagnosis criteria. The North Indian pregnant women being studied here belongs to the “Ancestral

North Indians” (ANI) group and is genetically similar to Middle Eastern, Central Asian and European populations whereas the South Indian population belongs to “Ancestral South Indian” (ASI) group, which is distinct from the ANI and East Asian groups. It is possible that the differences in allele frequencies between North and South Indian groups be the reason why we didn’t see the association (229). This was evident with different frequency rates of risk allele G in *HMG20A* SNP rs7178572 and A in *HNF4A* SNP rs4812829 (52.08% and 28.97% in North Indians and 46.1% and 35.15% in South Indians respectively).

Notably, there were no associations demonstrated in this group for T2D or GDM risk genetic variants selected from previously replicated study reports in European or Indian populations in either criterion. The association of T2D risk SNPs in *CDKAL1* and *MTNR1B* on GDM is based on the only GWAS study thus far and was conducted on the Korean population. At least 2 previous candidate gene studies, one based on the Danish and another on Norwegian women, have shown the association of some T2D risk loci with GDM risk (186,,228) Another replicated genetic risk variant for T2D and GDM association is *MTNR1B* which has shown significant association with GDM in the Norwegian population(228).The CDK5 regulatory subunit associated protein 1 like 1 coding gene *CDKAL1* is expressed in pancreas, skeletal muscle and brain and specifically inhibits activity of the serine / threonine protein kinase cyclin-dependent kinase 5 (CDK5). CDK5 activation leads to inhibition of insulin secretion, particularly in a high glucose environment (230) Inhibition of this activity could protect pancreatic beta cells from glucotoxicity (231). The T2D risk variant in the melatonin receptor 1B coding *MTNR1B* gene modulates insulin release and melatonin treatment inhibited insulin secretion, with risk allele carriers exhibiting higher glucose levels In this present work, we did not find any association of *MTNR1B* variants or any of the other GDM or T2D risk variants with risk of GDM this Punjabi pregnant women cohort. This could suggest other alternate mechanisms as potential cause of GDM in this specific North Indian pregnant Punjabi population group.

Paradoxically, theT2D genetic risk loci in *CRY2* (WHO1999), *CENTD2* (WHO2013), and *ADCY5* (WHO2013) were protective against GDM in Punjabi women. T2D risk variants in the *CRY2* (WHO1999), *CENTD2* (WHO2013) and the *ADCY5* (WHO2013) genes were here protective for GDM. *CRY2* codes for the cryptochrome protein is involved in the regulation of the circadian clock. Risk allele carriers of the rs11708067 SNP in *ADCY5* has been previously shown to reduce *ADCY5* expression in pancreatic beta cells. In addition, *ADCY5* played a key role in coupling glucose to insulin secretion in human islets (232). Here, we also found 3 insulin resistance loci (C allele in rs7607980 in the *COBLL1*, rs13389219 in *GRB14* and rs10423928 in *GIPR*) among 6 previous reported insulin resistance loci, demonstrated an association with HOMA2-IR in these women., The C allele in rs7607980 in the *COBLL1* gene previously associated with lower serum insulin and

insulin resistance in overweight and obese children (233). *COBL1* codes for Cordon-Bleu WH2 Repeat Protein Like 1 protein. rs13389219 near the growth factor receptor bound protein 14 coding *GRB14* and rs10423928 in the gastric inhibitory polypeptide receptor coding *GIPR* also here associated with HOMA2-IR. To our knowledge, this is the first report of insulin resistance loci during pregnancy in the North Indian population. When more stringent interpretation of WHO1999 criteria ('AND' for both fasting and 2-hour glucose cut-off diagnostic values) is applied, one of the robust association of T2D genetic risk loci in *TCF7L2*, becomes significant for GDM in this North Indian cohort, which in turn suggested that GDM in North Indians align with impaired glucose tolerance in European population group. SNPs at *ANKRK55*, *GRB10* and 2 SNPs at the *DGKB* locus were also found to be associated with GDM as new genetic risk loci in this population group of pregnant Punjabi women. These findings may suggest that more stringent definition of current GDM diagnostic criteria are closer to T2D in a given population.

The 4<sup>th</sup> manuscript was a comparative study of GDM between Indian and Swedish populations. Here we standardized the diagnosis criteria for GDM in the Indian population to the Swedish cut-offs i.e., 2-hour glucose  $\geq 10$ mmol/l due to availability of data in the Swedish cohorts. Despite being on average 10 years younger, a higher prevalence of GDM was seen in the North Indian population compared to the previous reports on the Swedish women (3.11 and 2.6% respectively. (234). This is in alignment with results of previous studies that report higher the prevalence of T2D in a given population, higher the prevalence of GDM in the same group (235) India has also been reported to exhibit slightly higher prevalence of T2D in comparison with Sweden (8.8% vs. 6.8% (236,237). The Indian pregnant women in the current study were younger and had a lower average BMI than the Swedish GDM women. Despite this, however, they had higher fasting and 2-hour plasma glucose values, lower fasting insulin levels, lower insulin secretion as well as lower degree of insulin resistance. There is a significant association reported between BMI and insulin resistance (238) and therefore the differences depicted between Indian and Swedish women in insulin resistance could be attributed to BMI (Fig.1), wherein Swedish women had higher BMI and thus higher insulin resistance. It can be concluded that with low BMI and optimal insulin sensitivity, the defects in insulin secretion, supported by lower HOMA-B, was a dominant factor in Indian GDM women whereas insulin resistance was a more prevalent cause for GDM in Sweden.

To ascertain the genetic basis for these differences, we first assessed the association of 6 loci previously associated with T2D or GDM in India. The rs7178572 SNP near *HMG20A* associated with GDM in Indian while applying higher glucose threshold cut-off defined by WHO 1999 criteria, however this association was not seen in Swedish women. This SNP was previously associated with T2D in European populations. While earlier studies showed a weak association of rs7178572 with

*PSTPIP1* expression in lymphoblastoid cell lines, we here showed that rs7178572 significantly influences the expression of both *PSTPIP1* and *HMG20A*, thereby indicating that both could be causal. Proline-Serine-Threonine Phosphatase Interacting Protein 1 coding *PSTPIP1* gene is a tyrosine phosphatase that inhibits T-cell activation upon T-cell receptor (TCR) and CD28 engagement, irrespective of CD2 co-stimulatory effect (239). The high mobility group protein coding *HMG20A* showed higher expression in islets compared to muscle and adipose tissue and a transient increase in expression levels were observed upon glucose stimulation. *HMG20A* was downregulated in T2D and T1D islets, and knockdown decreased expression of *NEUROD*, *INS* and *GK* with an accompanying impairment in GSIS (240). Therefore, this could be a more plausible candidate gene in GDM etiology.

The previously reported GDM and T2D locus rs1111875 near *HHEX/IDE* was here associated with GDM risk in Swedish women whereas it revealed no association with GDM in the Indian population. The T2D risk SNP rs11605924 in *CRY2* had opposite effect in both groups. Thus, it was a protective against GDM in North Indian but in contrast conferred increased risk of GDM in the Swedish women. *CRY2* encodes the circadian rhythm gene cryptochrome 2, and is a target for the *CLOCK-BMAL1*, which are core components of the endogenous clock. The *CRY2* variant associated with fasting plasma glucose levels and reduced liver fat content in human liver in a previous study (233), and the *CRY2* mRNA expression associated with hepatic triglyceride content indicating that *CRY2* could represent a modulator in liver metabolism which promotes triglyceride storage and reduced glucose production (241). Interestingly, the protective effect of the T2D risk allele in the Indian population is suggestive of a different mechanism of GDM causation.

We could not find any overlaps between the GDM risk loci between Indian and Swedish populations. This could be indicative of differences in disease mechanisms, or alternately, due to limitations in study statistical power. The differences in frequencies were seen in 6 out of 12 GDM risk alleles, where 2 of them had reversal of major and minor alleles. One of the studies conducted previously determined 12 T2D risk alleles in 5 or more population groups that shared a stable pattern of decreasing frequencies from Africa through Europe to East Asia those were statistically significant. This declining effect seen in frequencies caused differentiation of T2D genetic risk showing higher in the Africans and lower in Asians, which was significant. The environment's unstable energy intake and its appropriate usage, and promotion of energy storage were thought to be causal mechanisms for these differences in different populations (242). Future studies and evidence will be needed to dissect such mechanisms, and *CRY2* could be considered as potential candidate gene as an example for the same.



# Summary and general conclusion

## *Paper I*

The prevalence of GDM was 35% using WHO 2013 criteria vs. 9% using WHO 1999 criteria. Environmental risk factors urban habitat, illiteracy, non-vegetarianism, increased BMI, Hindu religion and low adult height were all independent risk factors of GDM using the 1999 criteria, whereas only urban habitat, low adult height and increased age were independent risk factors of GDM using the 2013 criteria. If WHO 2013 criteria is implemented in North India for the diagnosis of GDM, there would be more than one third of women (four-fold increase in prevalence) suffering for the same and this might have strong social consequences and stigmata for a young woman in Indian system. More evidence based studies are needed to identify screening risk factors, genetic determinants and short and long term clinical outcomes of treatment against GDM using WHO2013 criteria in Indian population.

## *Paper II*

In this North Indian pregnant Punjabi women, GDM defined by both GDM1999 and adapted GDM2013 criteria are associated with impaired insulin secretion, but when categorized by the adapted GDM2013 criteria alone, association is by insulin resistance. Further evidence based data studying the interaction between genetic and environmental risk factors predisposing to GDM in this group of North Indian women compared with women of other ethnic origin is needed to understand underlying metabolic and genetic pathways, their implications and associations of glycaemia with GDM defined using WHO2013 and WHO1999 criteria.

## *Paper III*

Some common genetic basis for T2D and GDM was observed and few novel associations were demonstrated in this population group whereas most common genetic loci for GDM discovered through studies based on European population seemed to not associate with GDM in North India. Furthermore, the surprising protective effect of some T2D risk loci is indicative of different mechanisms underlying GDM etiology in North India. Also, association depicted (e.g. *TCF7L2*) when more stringent criteria threshold was used, suggest that more stringent

definition of current GDM diagnostic criteria are closer to T2D in a given population.

#### *Paper IV*

The exploration of phenotypic and genetic differences between pregnant women with GDM from India and Sweden showed Indian women had higher prevalence of GDM (compared to previous report), lower insulin secretion and better insulin sensitivity than Swedish women. The India specific rs7178572 SNP in the *HMG20A* gene nominally associated with GDM in Indian cohort as well but not in Swedish women. Genetic and non-genetic factors influencing glucose intolerance during pregnancy may depend upon ethnicity and given population group.

It is of paramount importance to explore the causes of and epidemiology of gestational diabetes and type 2 diabetes mellitus in different ethnic populations, especially in developing nations like India, where women are more susceptible and at increased risk of these diseases. Genetics factors may interact with environmental factors to manifest GDM or T2D in a given ethnic group. It is clear that the underlying mechanisms of GDM could vary between populations and therefore caution should be employed while applying standard criteria based on European populations to Indian women.

# Acknowledgements

*'Five-Golden ' inspirational quotes:*

The best way to find yourself is to lose yourself in the service of others.

Strength does not come from physical capacity it comes from an indomitable will.

Glory lies in the attempt to reach one's goal and not in reaching it.

A man is but the product of his thoughts. What he thinks he becomes.

Be the change you want to see in the world.

Mahatma Gandhi

To begin, I bow my head to Him, the Lord Almighty for His blessing hand and bestowing upon a creative and healthy environment throughout my academic period of study.

First and foremost, I express my gratitude to all those pregnant women from North Indian state of Punjab who gave their consent to be a part of this study.

A special thanking note for my “two strong pillars of support” where foundation was laid, Professor Leif Groop and Dr Allan Vaag, a class beyond compare. Thank you is a very small word to express my humble gratitude for believing in me and my goals and aspirations. You made impossible as “Possible”. Coming from a small town in the vicinity of Himalayan range in North India, where research is not a very friendly chapter, this work would not have made a “finish” mark, had you not accepted me and my resources as a positive challenge and encouraging spirit. Specially, as a “Remote control student”, I would like to thank you as my tutors and Supervisor, Professor Leif Groop and Dr Allan Vaag for giving me the opportunity and privilege to be a part of his amazing Diabetes Research Unit with International environment. Indeed, it was the most brain storming academic fiesta all these years where there was knowing, thinking, learning and discovering at every step of the work. Thank you for being great mentors, an inspiration, good listener, approachable and comfortable teachers, patient and understanding guides, friendly colleagues and vibrant motivational source all these years. What more could have I

wished for! Your scientific elegance and sophistication, brilliant knowledge, endless enthusiasm, strong beliefs, ability to solve problems in minutes, wise words of wisdom with constructive criticism, standing beside me in handling challenges in difficult situation, generous sharing, promptness in clarifications of doubts and fears, your par excellence of novel ideas with gratifying discussions, your zest in accepting diversity, making complexities in a simple verse and endless to mention “in continuum” support and encouraging advice both at professional and personal end has helped me grow immensely as a researcher and to be a better human being. Thank You Sir, for imbining in me always that dedication, grit and determination, hard work, honesty and strong integrity inside us are a never looking back success mantras. Again, I hereby thank you for introducing me to a wonderful world of science and imparting profound knowledge that would help me in growing and shaping my skills and career, and which indeed, will be an unforgettable gain and meaningful strength in my lifetime achievements.

From the beginning, my Research work and its supervision just kept falling into right place and protocols under the expertise and very meticulous guidance and support from dear friends, co-authors and senior co-supervisors Charlotte Brons and Rashmi Prasad. A whole hearted Thank you for believing in me and my vision , from the very first day. For them, words fall short to express my acknowledgement and appreciation, thanking them for just being there all these years in all ups and lows we faced in accomplishment of this work. Their contribution to make this possible is 'priceless'. I Thank both of you for being the best ' unofficial supervisors' to me, to make me work and achieve ' ' near perfection' goals, and for your valuable time, energy and great friendship, for being a guide and teacher in all ways possible. It would not have been possible without you both. I thank you for 'always ready to help' kind attitude, visiting me in India Charlotte when I needed it the most, sitting besides me at CRC overlooking the lake and making me refresh my 'Biology class of chromosomes', Rashmi and getting me entangled in this beautiful vicious cycle of science and seeing patients at my clinics back home in a very meticulous and methodical way. Special Thanks to you both for pushing me harder with each passing day, always encouraging me, appreciating me (even though I make colorful tables and write never-ending sentences), for your instant feedbacks, superfast revisions of doubts and manuscripts, for making me comprehend the appropriateness of knowing the subject, relevance, data organization, for understanding my shortcomings, small and big pitfalls witnessed on the way, for being there to solve problems , for those lunch discussions both academic and tiny-winy girlie gossips, and many more , for the list to be endless to mention. Thanks again for standing with me in this challenging journey, for your care and affection. I will always cherish this bond.

I express my gratitude and Thank you note to my co-author in papers, a great support in practical-cum-writing aspects of work and paper writing wherever needed, my

childhood and best friend and a wonderful human being, Professor Richa.G.Thaman. Thank you for your every trivial support, whether day or night, scientific or non-scientific, in all low and high tides of this work, Thank you for standing besides me as a shoulder to cry and smile upon. I thank you for all the help you delivered for our papers and your immense tutorials on physiological aspects of the subject. Thanks for being a nice colleague & host to my other team mates and co-workers. Your gesture is well appreciated.

I extend my Thank you to a friend, colleague and co-author in my paper Mikael Akerlund for helping me in analysis and writing of Paper 4. Thanks Mikael for taking out time and your contribution in completion of this work with all your efforts.

A special Thanks to Professor Kerstin Berntop and Nael Shaat for a great learning experience with them all these years. I would like to convey my special Thanks to Claes Ignell and Helena Malm for their very systemic guidance and advice in preparing for defense and Thesis submission.

This ‘Thanking’ would not be complete without saying ‘A BIG’ Thank you phrase to the most indispensable person around who is just perfect to be what ‘a team’ would need. The ‘Goal-keeper’, as always I say, ‘what would and how would it happen or I can make it happen if she was not there’. Yes, she is Ulrika Blom Nilsson. A friend and a colleague, always on her toes and smiling, ready and trying to help in her best possible way, be it her ‘computer’ I always borrowed or be it ‘pre-ponement’ of my travel tickets to India because I am homesick, anything to name, and she would be there, on phone or E mails.. All went in place all these years with her prompt and caring support. I Thank you Ulrika for all your moral support, help, guidance in every step of this work and making me feel at home away from home. Your contribution is silent but ‘the most important’ aspect of rather any study in LUDC.

A very big Thank you to the ‘Ring leaders in the lab’ whose contribution to this work was a nurturing sand and water to budding up dream I came with in CRC. A deep seated thank you my dear colleagues and friends in the lab, Maria Sterner, Malin Neptin and Gabriella Gremesperger, for all the technical help, support, much needed and timely deliverance of results, for all those queries and doubts, for my laboratory training repeatedly with DNAs and analysis graphs, and more so, creating a friendly environment to work , specially for those photo sessions to capture moments and memories . Besides, Thanks for making me smile at low times, sharing cultural talks at dinners and mainly for incredible laboratory learning experience. I thank my all other friends, Esa , Thea , Maria ( from Wallenberg L) in the lab for accepting my work with great enthusiasm.

I express my gratitude and Thanks to a wonderful Colleague Jaqueline Postma. Thanks for all your guidance and advice wherever needed, given always with a smile. Specially, for making my “submission” of Thesis Application just on time, for organizing the signatures and many other loops left at God’s mercy and by helping us to end with ‘made it’ before the deadline. I shall always be grateful to you.

A big Thank you to my mathematicians and co-authors: Peter Almgren and Mr Amrit Pal .I express my Thanks to you for taking out his valuable time in Sweden (CRC) and in India (PAU) for all the statistical help and very important contribution in this work.

A special Thanks to Jasmina Kravic for handling my Data so meticulously and being there when we needed you the most.

A Thank you note to all dedicated and talented Senior Colleagues working at CRC, my co-workers and friends for helping and motivating me. You all have been source of inspiration and admiration for me during my studies, to Prof Claus W, Prof Charlotte Ling, Prof Valeriya Lyssenko, Prof Ola H, Yang, Emma Alhquist, Mattias , Olof and my friends, Anna, Ruchi, Bushra, Emilie, for being a great help and support during this tenure. I would like to thank my friends who have left CRC but helped me and supported just at the time when it was most needed. I was naïve to this scientific as well as Swedish world when they were there for me. Dr Tarun Ahluwalia and my friend Yuedan, Tasnim, Kishan, Vini, Om, Gaurav and Hemang Parikh. I missed you all during these brushings months of completion of my work. I would wish to thank my Copenhagen friends, Louise, Linn, Line, Susan, Dorrit and others for being supportive and helpful in my work.

A hand folded Thank you all my colleagues, co-workers, friends and teachers in CRC, Malmo and in Copenhagen Denmark.A special Thanks to Dr Allan’s family and gratitude to Dr Leif’s family for making me feel at home while this study period.

I add a thank you note to my Indian mentors Dr L.S Chawla, Dr K.L Dhar, Dr Mary John and Dr Baldeep Singh and friends, my nurses, project teammates from around the State of Punjab, in Ludhiana and Deep Hospital. Special Thanks to Raman Gautam and Dr Ravi Sharma (Deep Hospital) who always trusted me and guided me all these years when I worked in India both in clinic and laboratory.

I extend my gratitude to WDF, Denmark and its team which served as a catalyst to my work. My special thanks for their support to the parts of GDM awareness campaign and screening which not only was beneficial to community's health care but also covered the expenses beyond the specific and other mandatory scientific project costs.

I must express my profound gratitude to my family, specially my husband Neeraj without whom I would not have gathered up courage to weave such a dream. A special Thank you to my son Parth for all the time he devoted for advanced technical help and to my daughter Nishtha for her prayers. Your prayers have worked wonders and sustained me this far.

***‘Karmanye vaadhika raste, Maa faleshu kadachana Maa karafalaheturbhu, Matresagotsva Karmani’*** (“No matter what conditions you encounter in life, your right is only to the works and not to the fruits thereof. You should not be impelled to act for selfish reasons, nor should you be attached to inaction.”)

***-- message from Bhagawad Gita ( Holy Book Mythological teachings, 700 words Hindu scripture in Sanskrit)***





# Popular Science Summary

## Some figures we knew before the study

### Population of India

- 1.21 billion (17.3% of the World)
- Male: Female = 1000:940
- 25 million women in reproductive age in India

### Population of Punjab

- 27.7 million
- Male: Female = 1000:893
- Estimated number of Deliveries in Punjab: 500000/year
- 72% of India's population is below 40 years
- 47% of Indians is under the age of 20 years
- 10% of the world population is an Indian under 25



**Figure 16.**  
Collected data from Government office during the study.

Diabetes is a colossal worldwide health problem. The latest estimate by World Health Organization (WHO) is that there are 415 million adults between the age of 20-79 years with diabetes globally and by 2040, the prevalence of diabetes may rise to 642 million worldwide. Developing countries like India will bear the brunt of Diabetic Epidemic in the 21<sup>st</sup> century with almost 80% of all new cases of diabetes expected to appear by 2025. The picture of Diabetes in India is considerably different from that seen in the developed countries or west, for which most information is available. The aim eyes upon “identifying, aiding, assisting & treating” with latest knowledge & to formulate strategies at prevention levels. What concern us more is to prevent this epidemic at primary prevention level. As rightly commented “No single period in human development provides a greater potential (than pregnancy) for long range ‘pay off’ via a relatively short range period of enlightened metabolic manipulation.

Women in India with glucose intolerance during pregnancy are the most ideal group for understanding and prevention of rising numbers of diabetes. All forecasts indicate that Asia will see an explosive increase in diabetes and Gestational Diabetes (GDM). As an introduction to entity called GDM, clinical studies in diabetes & pregnancy during the past few decades have brought about the new concept of recognition of abnormal glucose metabolism occurring first time during pregnancy, which may be responsible for increased fetal losses. Furthermore, the diagnosis of this transient abnormal glucose tolerance customarily called gestational diabetes allows for identification of a group of patients who are at risk for developing established diabetes at a later stage of life. The abnormal tolerance is mainly due to altered carbohydrate metabolism during pregnancy because of placenta serving as an added endocrine organ responsible for insulin removal by secreting enzyme insulinase & also by production of certain insulin like hormones like human placental lactogen, oestrogen & progesterone, which blunts action of insulin. Thus, GDM is a over-expression of normal physiological action of pregnancy and unhealthy state with high blood glucose. Unfortunately, our knowledge of the blood glucose values that distinguishes the unhealthy GDM condition from normal pregnancy is limited and based on arbitrary thresholds associated with increased health risks in mother and child. The prevalence of GDM in a population corresponds to prevalence of T2D in the same group. Gestational Diabetes mellitus and its diagnostic criteria has been the subject of considerable controversy. The criteria for the diagnosis of GDM that were previously applied were not designed to identify pregnant women who are at increased risk for adverse prenatal outcomes but rather women who are at high risk for the development of diabetes after pregnancy. The prevalence of GDM differs in different population groups depending upon the diagnostic criteria used to define them. Demographic risk factors, genes and ethnic differences play a major part in development of T2D and GDM. Ethnically, Indian women have a high prevalence of diabetes and the relative risk of developing GDM in South Indian women is 11.3 times compared to white women. All forecasts indicate that Asia will see an explosive increase in diabetes and GDM. This dissertation addresses the problem of GDM in Asia and is based on epidemiological screening of 5,000 pregnant women in Punjab, northern India. For diagnosis of GDM, both WHO 1999 and newly endorsed and adapted WHO 2013 (with different 'cut-off glucose threshold' value for diagnosis) definitions were used. Different women defined GDM with different criteria.

WHO 2013 criteria increase the incidence of GDM from 95 (WHO 1999) to 35% of all pregnant women. Insulin deficiency plays a greater role than insulin resistance in GDM pathophysiology. Apart from insulin hormone, the influence of environmental risk factors like age, body mass index -BMI (height and weight), family history of T2D, diet (vegetarian and non-vegetarian), area of residence (town and village), religion (Hindu and Sikh) and education (literate or illiterate) , and

various genetic risk factors ( previously reported as genetic risk variants for T2D and GDM ) had crucial role in the risk of development of GDM.

In our genetic analysis, 79 genetic variables (commonly studied as risk factors), 12 of them in India showed clear differences in genetic and non-genetic causes of GDM between Indian women and women from Sweden. Very few genetic risk variables associated with risk of GDM in this North Indian women group. Interestingly, these women showed unique genetic architecture as compared with rest of the data available for different population groups from across the world. In one commonly known genetic variant for increased GDM risk in other population and more specifically for Swedish women, it was found that the same genetic variant instead protected these North Indian women being studied for GDM risk. The association of genes with GDM in Indians was different from rest of the populations studied so far in various countries.

In summary, the results underline the need to dissect further larger prospective surveys of women with GDM and their children in different ethnic groups to understand the complex relationship between risk factors and health risks in different parts of the world. We also need to better understand the connection between diagnostic criteria (displaying different cut off glucose threshold values) and health risks and develop better means to prevent GDM and its consequences for mother and child for future and coming generation.



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**Supplementary table 1.**  
T2D associated SNPs selected from previously published GWAS studies upto 2012 and GDM associated loci (\*) from previous candidate and GWAS studies.

SNPs	GENE / nearest Gene	location	Chr	Locus	RA	OA	RAF	Trait	References
rs10923931	NOTCH2	intron	1	1p12	T	G	0.10	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs2296172	MACF1	coding - missense	1	1p34.3	G	A		T2D	A. Albrechtsen et al, Diabetologia, 2013
rs340874	PROX1	intergenic	1	1q41	C	T	0.45	Fasting glucose / insulin secretion / T2D	Dupuis et al Nat Genet 2010
rs243021	BCL11A	intergenic	2	2p16.1	A	G	0.46	T2D	Voight et al DIAGRAM 2010
rs243088*	BCL11A	intergenic	2	2p16.1	T	A	0.45	T2D / GDM	Morris, naturegenetics 2012
rs7578597	THADA	coding - missense	2	2p21	T	C	0.90	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs3923113	GRB14	intergenic	2	2q24.3	A	C	0.64 (0.74)	T2D	Kooner natgen 2012; Morris natgen, 2012
rs13389219	GRB14	intergenic	2	2q24.3	C	T	0.60	T2D	Morris, naturegenetics 2012
rs7607980	COBL1	coding - missense	2	2q24.3	C	T		T2D	A. Albrechtsen et al, Diabetologia, 2013
rs560887	G6PC2/ABCB11	intron	2	2q31.1	C	T	0.67	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs7578326	KIAA1486/IRS1	intron of uncharacterized LOC646736	2	2q36.3	A	G	0.64	T2D	Voight et al DIAGRAM2 2010
rs2943641	IRS1	intergenic	2	2q36.3	C	T	0.63	Fasting insulin / T2D / insulin sensitivity	Rung et al, Nat Genet 2010
rs4675095	IRS1	intron	2	2q36.3	A	T	0.94	fasting glucose/ insulin sensitivity	Dupuis et al Nat Genet 2010
rs7593730*	RBMS1/ITGB6	intronic	2	9q24.2	T	C	0.23	T2D / GDM	Qi et al, Hum Molec Gen. 2010
rs4607103	ADAM7S9-AS2	intron	3	3p14.1	C	T	0.76	T2D / GDM	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs831571	PSMD6	intergenic	3	3p14.1	C	T	1 (0.688)	Asian T2D	Cho natgen 2012
rs1801282	PPARG	coding - missense	3	3p25.2	C	G	0.86	T2D / Insulin sensitivity	DGI, MIT and LU, Science 2007
rs11708067*	ADCY5	intron	3	3q21.1	A	G	0.77	T2D / 2hr glucose / Fasting Glucose / HOMA B / GDM	Saxena et al, Nat Genet 2010
rs11920090	SLC2A2	intron	3	3q26.2	T	A	0.86	Fasting glucose / HOMA B	Dupuis et al Nat Genet 2010
rs4402960	IGF2BP2	intron	3	3q27.2	T	G	0.29	T2D	DGI, MIT and LU, Science 2007

rs10010131	WFS1	intron	4	4p16.1	G	A	0.60	T2D	Sandhu et al nature genetics 2007, Lysenko et al, NEJM 2008
rs6815464	MAEA	intron	4	4p16.3	C	G	0.522 - 0.64	Asian T2D	Cho natgen 2012
rs469193	ANKRD55	intergenic	5	5q11.2	G	A	0.70	T2D	Morris, naturegenetics 2012
rs4457053	ZBED3	intron of ZBED3-AS1	5	5q13.3	G	A	0.26	T2D	Voight et al DIAGRAM2 2010
rs9470794	ZFAND3	intron	6	6p21.2	C	T	0.50 (0.20)	Asian T2D	Cho natgen 2012
rs7754840	CDKAL1	intron	6	6p22.3	C	G	0.30	T2D	Steinthorsdottir, Nat Gen 2007, DGI, MIT and LU, Science 2007
rs7756992	CDKAL1	intron	6	6p22.3	G	A	0.25	T2D	Steinthorsdottir, Nat Gen 2007
rs4607517	GCK	intergenic	7	7p13	A	G	0.20	Fasting glucose/T2D / insulin sensitivity / HOMA B	Dupuis et al Nat Genet 2010
rs864745	JAZF1	intron	7	7p15.1	T	C	0.50	T2D	Zeggini, natgen, 2008, Lysenko et al, NEJM 2008
rs2191349	DGKB/TMEM195	intergenic	7	7p21.2	T	G	0.50	Fasting glucose / T2D / Insulin secretion	Dupuis et al Nat Genet 2010
rs17168486	DGKB	intergenic	7	7p21.2	T	C	0.19	T2D	Morris, naturegenetics 2012
rs6467136	GCC1-PAX4	intergenic	7	7q32.1	G	A	0.50 (0.81)	Asian T2D	Cho natgen 2012
rs516946	ANK1	intron	8	8p11.21	C	T	0.76	T2D	Morris, naturegenetics 2012
rs896854	TP53/IMP1	intron	8	8q22.1	T	C	0.48	T2D	Voight et al DIAGRAM2 2010
rs13266634	SLC30A8	coding - missense	8	8q24.11	C	T	0.70	T2D	Sladek R Nature 2007
rs10811661	CDKN2B	intergenic	9	9p21.3	T	C	0.80	T2D	DGI, MIT and LU, Science 2007, Gupta, Diabetologia 2012, Wu Y, Diabetes 2008
rs13292136	TLE4 (CHCHD9)	intergenic	9	9q21.31	C	T	0.93	T2D	Voight et al DIAGRAM2 2010
rs2796441	TLE1	intergenic	9	9q21.32	G	A	0.57	T2D	Morris, naturegenetics 2012
rs1034200	GLIS3	intron	9	9q24.2	A	C	0.50	Fasting glucose /T2D/proinsulin to insulin / insulin secretion	Dupuis et al Nat Genet 2010
rs1279790	CDC123/CAMK1D	intergenic	10	10p13	G	A	0.18	T2D	Zeggini, natgen, 2008, Lysenko et al, NEJM 2008
rs12571751*	ZMIZ1	intron	10	10q22.3	A	G	0.52	T2D / GDM	Morris, naturegenetics 2012
rs1111875*	HFEX/IDE	intergenic	10	10q23.3	C	T	0.52	T2D / GDM	DGI, MIT and LU, Science 2007

rs7903146	<i>TCF7L2</i>	intronic / promoter	10	10q25.2	T	C	0.50	T2D	Grant SFA, Nat genetics 2006,
rs563668	<i>ADRA2A</i>	UTR-3	10	10q25.2	A	G	0.50	T2D	Rosengren Science 2009
rs10885122	<i>ADRA2A</i>	intergenic	10	10q25.2	G	T	0.90	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs7944584	<i>MADD</i>	intron	11	11p11.2	A	T	0.75	Fasting proinsulin / T2D / Fasting glucose / HOMA B	Dupuis et al Nat Genet 2010
rs5219	<i>KCNJ11</i>	coding - missense	11	11p15.1	T	C	0.46	T2D	DGI, MIT and LU, Science 2007
rs2237895*	<i>KCNQ1</i>	intron	11	11p15.4	C	T	0.33	T2D / GDM	Yasuda natgen 2008
rs163184	<i>KCNQ1</i>	intron	11	11p15.4	G	T	0.51	T2D	Yasuda natgen 2008; Morris natgen, 2012
rs2237892	<i>KCNQ1</i>	intron	11	11p15.4	C	T	0.69	T2D	Yasuda Natgen 2008
rs231362	<i>KCNQ1</i>	intron	11	11p15.5	G	A	0.52	Fasting glucose / T2D	Voight et al DIAGRAM2 2010
rs174550	<i>FADS1</i>	intron	11	11q12.2	T	C	0.63	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs1552224	<i>CENTD2</i>	intergenic	11	11q13.4	A	C	0.88	T2D	Voight et al DIAGRAM2 2010
rs10830963	<i>MTNR1B</i>	intron	11	11q14.3	G	C	0.30	T2D / Fasting glucose / HOMA B	Prokopenko natgen 2008
rs10842994	<i>KLDC5</i>	intergenic	12	12p11.2 2	C	T	0.80	T2D	Morris, naturegenetics 2012
rs11063069	<i>CCND2</i>	intergenic	12	12p13.3 2	G	A	0.21	T2D	Morris, naturegenetics 2012
rs1153188	<i>DCD</i>	intergenic	12	12q13.2	A	T	0.73	T2D	Zeggini et al Nat Gen 2009
rs1531343	<i>HMG2</i>	intron of pseudogene	12	12q14.3	C	G	0.10	T2D	Voight et al DIAGRAM2 2010
rs7961581	<i>TSPAN8,LGR5</i>	intergenic	12	12q21.1	C	T	0.27	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs35767	<i>IGF1</i>	nearGene-5	12	12q23.2	G	A	0.88	Fasting glucose/Fasting insulin/T2D / Insulin sensitivity	Dupuis et al Nat Genet 2010
rs7957197	<i>OASL/TCF1/HNF1 A</i>	intron of OASL	12	12q24.3 1	T	A	0.85	T2D	Voight et al DIAGRAM2 2010
rs11071657	<i>FAM148B</i>	intergenic	15	15q22.2	A	G	0.77	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs17271305	<i>VPS13C</i>	intron	15	15q22.2	G	A	0.42	2hr glucose	Saxena et al, Nat Genet 2010
rs1177055*	<i>HMG20A</i>	intergenic	15	15q24.3	A	G	0.68	T2D / GDM	Morris, naturegenetics 2012
rs11634397	<i>ZFAND6</i>	intergenic	15	15q25.1	G	A	0.60	T2D	Voight et al DIAGRAM2 2010



rs8042880	PRC1	intron		15	15q26.1	A	C	0.22	T2D	Voight et al DIAGRAM2 2010
rs7202877	BCAR1	intergenic		16	16q23.1	T	G	0.89	T2D	Morris, naturegenetics 2012
rs8090011*	LAMA1	intron		18	18p11.3 1	G	C	0.36	T2D / GDM	Perry plos genetics 2012
rs12970134	MC4R	intergenic		18	18q21.3 2	A	G	0.27	T2D / BMI / waist circumference / insulin resistance	Chambers natgen 2008; Morris, naturegenetics 2012
rs10401969	SUGP1	intron		19	19p13.3	C	T	0.08	T2D	Morris, naturegenetics 2012
rs10423928	GIPR	intron		19	19q13.3 2	A	T	0.17	2hr glucose / T2D	Saxena et al. Nat Genet 2010
rs8108269	GIPR	intergenic		19	19q13.3 2	G	T	0.31	T2D	Morris, naturegenetics 2012
rs6017317	FITM2-R3HDML-HNF4A	intergenic		20	20q13.1 2	G	T	0.18 (0.54)	Asian T2D	Cho natgen 2012
rs5945326*	DUSP9	intergenic		X	Xq28	A	G	0.79	T2D / GDM	Voight et al DIAGRAM2 2010
rs11605924*	CRY2	intron		11	11p11.2	A	C	1.04	T2D	Dupuis et al Nat Genet 2010
rs9939609	FTO	intron		16	16q12.2	A	T	1.20	T2D, obesity	Frayling et al Nat Genet 2007
rs17133918	GRB10	intron		7	7p12.1	C	T		T2D	Prokopenko plos genetics 2013
rs933380	GRB10	intron		7	7p12.1	A	G		T2D	Prokopenko plos genetics 2013
rs6943153	GRB10	intron		7	7p12.1	C	T	0.0154 (beta)	fasting glucose /fasting insulin	Prokopenko plos genetics 2013
rs7178572*	HMG20A	intergenic		15	7p12.1	G	A	1.09	T2D / GDM	Perry plos genetics 2012; Koonen natgen 2012

**Supplementary Table 2a:**  
Association of previously reported GDM loci with glycemic traits

											Gene	
depvar	genotype	beta	se	lower	upper	p	n	Locus				
LN_FBS_mmol	rs9939609_A	0.000	0.004	-0.008	0.008	0.939	3118	<i>FTO</i>				
LN_PPBS_mmol_ven	rs9939609_A	0.000	0.005	-0.011	0.010	0.926	3120					
LN_PINS_pmol	rs9939609_A	-0.017	0.016	-0.049	0.015	0.290	3120					
LN_homa2_b_ss	rs9939609_A	-0.005	0.012	-0.029	0.019	0.688	2856					
LN_homa2_ir_ss	rs9939609_A	-0.018	0.013	-0.044	0.009	0.186	2856					
LN_FBS_mmol	rs2796441_G	0.004	0.004	-0.003	0.011	0.270	3903	<i>TLE1</i>				
LN_PPBS_mmol_ven	rs2796441_G	-0.001	0.005	-0.010	0.008	0.799	3905					
LN_PINS_pmol	rs2796441_G	-0.016	0.014	-0.043	0.012	0.268	3905					
LN_homa2_b_ss	rs2796441_G	-0.026	0.011	-0.047	-0.005	0.014	3577					
LN_homa2_ir_ss	rs2796441_G	-0.023	0.012	-0.046	0.000	0.050	3577					
LN_FBS_mmol	rs560887_C	0.006	0.005	-0.005	0.016	0.283	3908	<i>G6PC2/ABCB11</i>				
LN_PPBS_mmol_ven	rs560887_C	0.003	0.007	-0.010	0.016	0.647	3910					
LN_PINS_pmol	rs560887_C	-0.008	0.021	-0.049	0.033	0.708	3910					
LN_homa2_b_ss	rs560887_C	-0.004	0.016	-0.034	0.027	0.818	3578					
LN_homa2_ir_ss	rs560887_C	0.017	0.017	-0.017	0.051	0.323	3578					
LN_FBS_mmol	rs11708067_A	-0.008	0.004	-0.016	0.000	0.055	3875	<i>ADCY5</i>				
LN_PPBS_mmol_ven	rs11708067_A	-0.006	0.005	-0.017	0.004	0.252	3877					
LN_PINS_pmol	rs11708067_A	0.013	0.017	-0.020	0.045	0.437	3877					
LN_homa2_b_ss	rs11708067_A	0.024	0.012	0.000	0.049	0.053	3556					
LN_homa2_ir_ss	rs11708067_A	0.010	0.014	-0.017	0.037	0.466	3556					

LN_FBS_mmol	rs7754840_C	-0.001	0.004	-0.008	0.007	0.847	3719	CDKALI
LN_PPBS_mmol_ven	rs7754840_C	-0.003	0.005	-0.013	0.007	0.506	3721	
LN_PINS_pmol	rs7754840_C	0.022	0.016	-0.009	0.053	0.164	3721	
LN_homa2_b_ss	rs7754840_C	0.012	0.012	-0.011	0.036	0.295	3402	
LN_homa2_ir_ss	rs7754840_C	0.015	0.013	-0.011	0.041	0.260	3402	
LN_FBS_mmol	rs1111875_C	0.004	0.004	-0.002	0.011	0.210	3899	HHEX
LN_PPBS_mmol_ven	rs1111875_C	0.005	0.005	-0.004	0.014	0.258	3901	
LN_PINS_pmol	rs1111875_C	-0.008	0.014	-0.035	0.019	0.567	3901	
LN_homa2_b_ss	rs1111875_C	-0.011	0.011	-0.032	0.009	0.283	3572	
LN_homa2_ir_ss	rs1111875_C	-0.005	0.012	-0.028	0.018	0.688	3572	
LN_FBS_mmol	rs7756992_G	-0.002	0.004	-0.010	0.006	0.609	3684	CDKALI
LN_PPBS_mmol_ven	rs7756992_G	-0.002	0.005	-0.012	0.008	0.754	3686	
LN_PINS_pmol	rs7756992_G	0.004	0.016	-0.027	0.036	0.778	3686	
LN_homa2_b_ss	rs7756992_G	0.007	0.012	-0.017	0.030	0.571	3372	
LN_homa2_ir_ss	rs7756992_G	0.000	0.013	-0.026	0.026	0.990	3372	
LN_FBS_mmol	rs10811661_T	0.002	0.005	-0.008	0.012	0.757	3888	CDKN2A/2B
LN_PPBS_mmol_ven	rs10811661_T	-0.003	0.007	-0.016	0.010	0.661	3890	
LN_PINS_pmol	rs10811661_T	-0.008	0.020	-0.048	0.032	0.697	3890	
LN_homa2_b_ss	rs10811661_T	0.003	0.015	-0.027	0.034	0.825	3561	
LN_homa2_ir_ss	rs10811661_T	-0.003	0.017	-0.037	0.030	0.856	3561	
LN_FBS_mmol	rs4402960_T	-0.004	0.003	-0.010	0.003	0.311	3748	IGF2BP2
LN_PPBS_mmol_ven	rs4402960_T	0.007	0.005	-0.002	0.016	0.116	3750	
LN_PINS_pmol	rs4402960_T	-0.007	0.014	-0.034	0.021	0.636	3750	

LN_homa2_b_ss	rs4402960_T	0.003	0.011	-0.018	0.024	0.778	3439	
LN_homa2_ir_ss	rs4402960_T	-0.012	0.012	-0.035	0.011	0.304	3439	
LN_FBS_mmol	rs13266634_C	-0.004	0.004	-0.012	0.004	0.360	3896	SLC30A8
LN_PPBS_mmol_ven	rs13266634_C	-0.001	0.005	-0.012	0.009	0.814	3898	
LN_PINS_pmol	rs13266634_C	-0.014	0.016	-0.046	0.017	0.371	3898	
LN_homa2_b_ss	rs13266634_C	-0.005	0.012	-0.029	0.019	0.692	3571	
LN_homa2_ir_ss	rs13266634_C	-0.012	0.014	-0.038	0.015	0.386	3571	
LN_FBS_mmol	rs10010131_G	0.002	0.004	-0.006	0.009	0.631	3841	WFS1
LN_PPBS_mmol_ven	rs10010131_G	0.006	0.005	-0.004	0.016	0.234	3843	
LN_PINS_pmol	rs10010131_G	-0.001	0.015	-0.031	0.029	0.937	3843	
LN_homa2_b_ss	rs10010131_G	-0.004	0.011	-0.027	0.018	0.718	3521	
LN_homa2_ir_ss	rs10010131_G	0.002	0.013	-0.023	0.027	0.877	3521	
LN_FBS_mmol	rs5219_T	-0.002	0.004	-0.009	0.005	0.639	3593	KCNJ11
LN_PPBS_mmol_ven	rs5219_T	0.008	0.005	-0.001	0.018	0.075	3595	
LN_PINS_pmol	rs5219_T	0.011	0.014	-0.017	0.039	0.446	3595	
LN_homa2_b_ss	rs5219_T	0.007	0.011	-0.014	0.028	0.534	3306	
LN_homa2_ir_ss	rs5219_T	0.001	0.012	-0.023	0.024	0.940	3306	

**Supplementary table 3.**  
Association of previously reported GDM loci with risk of GDM in Punjabi women based on different glucose cut-offs

Previously reported GDM loci risk alleles										
criteria	SNP	Chr	locus	location	effect allele	coeff	se	pval	n	n_cases
FBS 5.1	rs9939609	16	FTO	intron	A	0.001	0.058	0.985	3120	982
FBS 7.0	rs9939609	16	FTO	intron	A	0.179	0.266	0.502	3120	30
2 hr 7.8	rs9939609	16	FTO	intron	A	0.027	0.104	0.794	3120	219
2 hr 8.5	rs9939609	16	FTO	intron	A	-0.173	0.140	0.218	3120	127
FBS 5.1 and PPBS 8.5	rs9939609	16	FTO	intron	A	-0.179	0.191	0.349	3120	68
FBS 7.0 and PPBS 7.8	rs9939609	16	FTO	intron	A	0.113	0.322	0.726	3120	21

criteria	genotype	locus	location	effect allele	coeff	se	pval	n	n_cases	
FBS 5.1	rs2796441	9	TLE 1	intergenic	G	0.070	0.049	0.153	3905	1264
FBS 7.0	rs2796441	9	TLE 1	intergenic	G	-0.001	0.219	0.997	3905	43
2 hr 7.8	rs2796441	9	TLE 1	intergenic	G	-0.006	0.083	0.945	3905	320
2 hr 8.5	rs2796441	9	TLE 1	intergenic	G	-0.002	0.112	0.987	3905	172
FBS 5.1 and PPBS 8.5	rs2796441	9	TLE 1	intergenic	G	-0.017	0.147	0.908	3905	97
FBS 7.0 and PPBS 7.8	rs2796441	9	TLE 1	intergenic	G	0.023	0.276	0.933	3905	27

criteria	genotype	locus	location	effect allele	coeff	se	pval	n	n_cases	
FBS 5.1	rs560887	2	G6PC2/ABCB11	intron	C	0.110	0.074	0.134	3910	1273
FBS 7.0	rs560887	2	G6PC2/ABCB11	intron	C	0.809	0.457	0.077	3910	43
2 hr 7.8	rs560887	2	G6PC2/ABCB11	intron	C	0.126	0.129	0.329	3910	322

2 hr 8.5	rs560887	2	G6PC2/ABCB11	intron	C	-0.076	0.161	0.639	3910	172
FBS 5.1 and PPBS 8.5	rs560887	2	G6PC2/ABCB11	intron	C	-0.139	0.207	0.503	3910	97
FBS 7.0 and PPBS 7.8	rs560887	2	G6PC2/ABCB11	intron	C	0.563	0.511	0.271	3910	27

criteria	genotype	locus	locus	coeff	se	pval	n	n_cases		
FBS 5.1	rs11708067	3	ADCY5	intron	A	-0.102	0.058	0.077	3877	1266
FBS 7.0	rs11708067	3	ADCY5	intron	A	-0.068	0.257	0.792	3877	42
2 hr 7.8	rs11708067	3	ADCY5	intron	A	-0.049	0.097	0.618	3877	320
2 hr 8.5	rs11708067	3	ADCY5	intron	A	-0.111	0.129	0.390	3877	171
FBS 5.1 and PPBS 8.5	rs11708067	3	ADCY5	intron	A	-0.005	0.175	0.978	3877	95
FBS 7.0 and PPBS 7.8	rs11708067	3	ADCY5	intron	A	-0.413	0.301	0.169	3877	26

criteria	genotype	locus	locus	coeff	se	pval	n	n_cases		
FBS 5.1	rs7754840	6	CDKAL1	intron	C	-0.044	0.055	0.426	3721	1214
FBS 7.0	rs7754840	6	CDKAL1	intron	C	-0.531	0.285	0.062	3721	41
2 hr 7.8	rs7754840	6	CDKAL1	intron	C	-0.106	0.095	0.267	3721	307
2 hr 8.5	rs7754840	6	CDKAL1	intron	C	-0.066	0.127	0.602	3721	163
FBS 5.1 and PPBS 8.5	rs7754840	6	CDKAL1	intron	C	-0.194	0.173	0.263	3721	92
FBS 7.0 and PPBS 7.8	rs7754840	6	CDKAL1	intron	C	-0.469	0.350	0.181	3721	26

criteria	genotype	locus	locus	coeff	se	pval	n	n_cases		
FBS 5.1	rs1111875	10	HHEX	intergenic	C	0.043	0.049	0.377	3901	1265
FBS 7.0	rs1111875	10	HHEX	intergenic	C	-0.185	0.223	0.406	3901	43

2 hr 7.8	rs1111875	10	HHEX	intergenic	C	-0.082	0.084	0.331	3901	316
2 hr 8.5	rs1111875	10	HHEX	intergenic	C	0.071	0.112	0.525	3901	170
FBS 5.1 and PPBS 8.5	rs1111875	10	HHEX	intergenic	C	-0.007	0.147	0.962	3901	97
FBS 7.0 and PPBS 7.8	rs1111875	10	HHEX	intergenic	C	-0.055	0.278	0.843	3901	27

criteria	genotype	locus	region	type	coeff	se	pval	n	n_cases
FBS 5.1	rs7756992_G	CDKAL 1	intron	G	-0.042	0.056	0.450	3686	1205
FBS 7.0	rs7756992_G	CDKAL 1	intron	G	-0.342	0.271	0.207	3686	41
2 hr 7.8	rs7756992_G	CDKAL 1	intron	G	-0.067	0.095	0.484	3686	305
2 hr 8.5	rs7756992_G	CDKAL 1	intron	G	-0.055	0.128	0.665	3686	163
FBS 5.1 and PPBS 8.5	rs7756992_G	CDKAL 1	intron	G	-0.254	0.177	0.152	3686	92
FBS 7.0 and PPBS 7.8	rs7756992_G	CDKAL 1	intron	G	-0.202	0.327	0.537	3686	26

criteria	genotype	locus	region	type	coeff	se	pval	n	n_cases
FBS 5.1	rs10811661	CDKN2A/2B	intergenic	T	0.080	0.072	0.271	3890	1259
FBS 7.0	rs10811661	CDKN2A/2B	intergenic	T	0.240	0.351	0.494	3890	43
2 hr 7.8	rs10811661	CDKN2A/2B	intergenic	T	-0.027	0.121	0.821	3890	316
2 hr 8.5	rs10811661	CDKN2A/2B	intergenic	T	0.088	0.168	0.603	3890	170
FBS 5.1 and PPBS 8.5	rs10811661	CDKN2A/2B	intergenic	T	0.079	0.222	0.724	3890	95
FBS 7.0 and PPBS 7.8	rs10811661	CDKN2A/2B	intergenic	T	0.169	0.430	0.694	3890	27

criteria	genotype	locus	region	type	coeff	se	pval	n	n_cases
FBS 5.1	rs4402960	IGF2BP2	intron	T	-0.062	0.049	0.208	3750	1210

FBS 7.0	rs4402960	3	<i>IGF2BP2</i>	intron	T	-0.324	0.224	0.149	3750	43
2 hr 7.8	rs4402960	3	<i>IGF2BP2</i>	intron	T	0.048	0.083	0.563	3750	307
2 hr 8.5	rs4402960	3	<i>IGF2BP2</i>	intron	T	0.004	0.111	0.968	3750	168
FBS 5.1 and PPBS 8.5	rs4402960	3	<i>IGF2BP2</i>	intron	T	-0.077	0.148	0.605	3750	93
FBS 7.0 and PPBS 7.8	rs4402960	3	<i>IGF2BP2</i>	intron	T	-0.257	0.280	0.358	3750	27

criteria	genotype	locus	intron	T	coeff	se	pval	n	n_cases
FBS 5.1	rs13266634	<i>SLC30A8</i>	coding-missense	C	-0.023	0.056	0.678	3898	1263
FBS 7.0	rs13266634	<i>SLC30A8</i>	coding-missense	C	-0.091	0.246	0.713	3898	43
2 hr 7.8	rs13266634	<i>SLC30A8</i>	coding-missense	C	-0.047	0.095	0.623	3898	319
2 hr 8.5	rs13266634	<i>SLC30A8</i>	coding-missense	C	-0.020	0.128	0.873	3898	171
FBS 5.1 and PPBS 8.5	rs13266634	<i>SLC30A8</i>	coding-missense	C	0.013	0.171	0.937	3898	96
FBS 7.0 and PPBS 7.8	rs13266634	<i>SLC30A8</i>	coding-missense	C	-0.275	0.296	0.353	3898	27

criteria	genotype	locus	intron	G	coeff	se	pval	n	n_cases
FBS 5.1	rs10010131	<i>WFS1</i>	intron	G	0.005	0.053	0.928	3843	1257
FBS 7.0	rs10010131	<i>WFS1</i>	intron	G	0.352	0.262	0.180	3843	41
2 hr 7.8	rs10010131	<i>WFS1</i>	intron	G	0.113	0.093	0.222	3843	315
2 hr 8.5	rs10010131	<i>WFS1</i>	intron	G	0.104	0.124	0.402	3843	168
FBS 5.1 and PPBS 8.5	rs10010131	<i>WFS1</i>	intron	G	0.239	0.170	0.160	3843	93
FBS 7.0 and PPBS 7.8	rs10010131	<i>WFS1</i>	intron	G	0.311	0.331	0.347	3843	25



criteria	genotype	locus		coeff	se	pval	n	n_cases
FBS 5.1	rs5219	KCNJ11	coding-missense	T	-0.010	0.051	3595	1179
FBS 7.0	rs5219	KCNJ11	coding-missense	T	0.242	0.221	3595	40
2 hr 7.8	rs5219	KCNJ11	coding-missense	T	0.162	0.064	3595	301
2 hr 8.5	rs5219	KCNJ11	coding-missense	T	0.109	0.114	3595	160
FBS 5.1 and PPBS 8.5	rs5219	KCNJ11	coding-missense	T	0.105	0.151	3595	89
FBS 7.0 and PPBS 7.8	rs5219	KCNJ11	coding-missense	T	-0.039	0.286	3595	25

**Supplementary table 4.**  
Association of GDM loci with glycaemic traits

depvar	genotype	beta	se	lower	upper	p	n
LN_FBS_mmol	rs13389219_C	0.002	0.004	-0.005	0.010	0.575	3827
LN_PPBS_mmol_ven	rs13389219_C	0.009	0.005	-0.001	0.019	0.074	3829
LN_PINS_pmol	rs13389219_C	0.026	0.016	-0.004	0.057	0.091	3829
LN_homa2_b_ss	rs13389219_C	0.014	0.012	-0.009	0.037	0.235	3518
LN_homa2_ir_ss	rs13389219_C	0.029	0.013	0.004	0.055	0.026	3518
LN_FBS_mmol	rs11920090_T	0.005	0.005	-0.005	0.015	0.320	3605
LN_PPBS_mmol_ven	rs11920090_T	0.010	0.006	-0.002	0.023	0.106	3606
LN_PINS_pmol	rs11920090_T	0.021	0.020	-0.019	0.060	0.304	3606
LN_homa2_b_ss	rs11920090_T	-0.014	0.015	-0.043	0.016	0.361	3301
LN_homa2_ir_ss	rs11920090_T	0.002	0.017	-0.031	0.035	0.916	3301
LN_FBS_mmol	rs11605924_A	0.003	0.003	-0.003	0.010	0.316	3907
LN_PPBS_mmol_ven	rs11605924_A	-0.009	0.004	-0.018	0.000	<b>0.039</b>	3909
LN_PINS_pmol	rs11605924_A	-0.015	0.014	-0.042	0.011	0.262	3909
LN_homa2_b_ss	rs11605924_A	-0.011	0.010	-0.032	0.009	0.264	3583
LN_homa2_ir_ss	rs11605924_A	-0.013	0.011	-0.035	0.009	0.247	3583
LN_FBS_mmol	rs1552224_A	-0.005	0.005	-0.014	0.005	0.328	3909
LN_PPBS_mmol_ven	rs1552224_A	0.004	0.006	-0.008	0.016	0.482	3911
LN_PINS_pmol	rs1552224_A	-0.016	0.019	-0.052	0.020	0.383	3911
LN_homa2_b_ss	rs1552224_A	0.003	0.014	-0.024	0.031	0.817	3579
LN_homa2_ir_ss	rs1552224_A	-0.017	0.016	-0.047	0.014	0.282	3579

**Supplementary table 5.**  
Association of selected T2D risk loci with risk of GDM in Punjabi women based on different glucose cut-offs

SNP	effect allele	Chr	Locus	FBS = 5,1				FBS = 7,0							
				n	n_cases	OR	Cf(lower)	Cf(upper)	pval	n	n_cases	OR	Cf(lower)	Cf(upper)	pval
rs2296172	G	1	<i>MACF1</i>	3847	1242	1.049	0.901	1.221	0.539	3847	42	0.803	0.383	1.680	0.559
rs340874	C	1	<i>PROX1</i>	3709	1212	0.970	0.881	1.068	0.534	3709	40	1.059	0.684	1.640	0.797
rs7578597	T	2	<i>THADA</i>	3710	1208	0.939	0.817	1.079	0.374	3710	40	0.929	0.500	1.723	0.814
rs243088	T	2	<i>BCL11A</i>	3717	1218	1.036	0.940	1.143	0.474	3717	41	1.088	0.702	1.688	0.706
rs998451*	A	2	<i>TMEM163</i>	3882	1268	0.949	0.833	1.081	0.431	3882	42	0.848	0.455	1.583	0.606
rs7593730	T	2	<i>RBMS1/ITGB6</i>	3906	1268	1.012	0.901	1.135	0.846	3906	42	1.212	0.737	1.994	0.449
rs7607980	C	2	<i>COBL1</i>	3885	1256	0.936	0.801	1.094	0.404	3885	43	0.701	0.319	1.540	0.376
rs13389219	C	2	<i>GRB14</i>	3829	1246	1.083	0.972	1.207	0.148	3829	40	1.005	0.612	1.652	0.983
rs560887	C	2	<i>G6PC2/ABC11</i>	3910	1273	1.117	0.966	1.291	0.134	3910	43	2.246	0.917	5.501	0.077
rs7578326	A	2	<i>KIAA1486/IRS1</i>	3600	1170	0.966	0.859	1.085	0.556	3600	40	0.961	0.574	1.610	0.881
rs2943641	C	2	<i>IRS1</i>	3643	1191	0.972	0.868	1.087	0.616	3643	39	0.866	0.528	1.419	0.568
rs4675095	A	2	<i>IRS1</i>	3817	1250	1.017	0.883	1.172	0.814	3817	40	0.869	0.469	1.609	0.655
rs1801282	C	3	<i>PPARG</i>	3652	1196	0.999	0.864	1.155	0.993	3652	41	0.679	0.386	1.195	0.180
rs831571	C	3	<i>PSMD6</i>	3726	1216	0.932	0.828	1.049	0.245	3726	41	0.970	0.571	1.647	0.910
rs4607103	C	3	<i>ADAMTS9-AS2</i>	3884	1257	1.002	0.912	1.102	0.962	3884	43	1.336	0.874	2.042	0.181
rs11708067	A	3	<i>ADCY5</i>	3877	1266	0.903	0.807	1.011	0.077	3877	42	0.934	0.565	1.546	0.792
rs11920090	T	3	<i>SLC2A2</i>	3606	1172	1.146	0.998	1.316	0.053	3606	40	2.076	0.947	4.548	0.068

rs4402960	T	3	IGF2BP2	3750	1210	0.940	0.853	1.085	0.208	3750	43	0.723	0.466	1.123	0.149
rs6815464	C	4	MAEA	3722	1218	1.061	0.926	1.214	0.394	3722	41	1.502	0.751	3.005	0.250
rs10010131	G	4	WFS1	3843	1257	1.005	0.905	1.115	0.928	3843	41	1.422	0.850	2.377	0.180
rs459193	G	5	ANKRD55	3884	1269	1.053	0.954	1.163	0.306	3884	42	0.643	0.417	0.990	0.045
rs4457053	G	5	ZBED3	3579	1165	0.941	0.833	1.062	0.324	3579	40	0.996	0.582	1.704	0.987
rs7754840	C	6	CDKAL1	3721	1214	0.957	0.859	1.066	0.426	3721	41	0.588	0.336	1.028	0.062
rs7756992	G	6	CDKAL1	3686	1205	0.959	0.860	1.069	0.450	3686	41	0.711	0.418	1.208	0.207
rs9470794	C	6	ZFAND3	3608	1173	1.054	0.910	1.221	0.481	3608	40	0.999	0.518	1.929	0.998
rs17168486	T	7	DGKB	3855	1249	0.983	0.887	1.090	0.749	3855	43	0.621	0.372	1.039	0.070
rs2191349	T	7	DGKB/TMEM195	3903	1262	0.990	0.899	1.091	0.845	3903	43	1.283	0.818	2.012	0.278
rs864745	T	7	JAZF1	3876	1260	1.021	0.919	1.134	0.700	3876	43	0.808	0.518	1.263	0.350
rs4607517	A	7	GCK	3903	1271	1.027	0.892	1.183	0.710	3903	43	0.976	0.514	1.851	0.940
rs17133918	T	7	GRB10	3907	1265	0.991	0.892	1.101	0.868	3907	43	1.268	0.812	1.980	0.297
rs933360	A	7	GRB10	3905	1272	1.021	0.924	1.128	0.687	3905	43	1.207	0.758	1.920	0.428
rs6943153	T	7	GRB10	3602	1174	0.972	0.876	1.079	0.594	3602	40	0.901	0.562	1.443	0.864
rs1799999*	A	7	PP1R3A	3890	1270	0.991	0.898	1.094	0.860	3890	43	0.820	0.521	1.288	0.388
rs6467136	G	7	GCC1-PAX4	3593	1163	0.954	0.868	1.048	0.329	3593	39	1.912	1.168	3.128	0.010
rs516946	C	8	ANK1	3922	1273	1.115	0.988	1.268	0.078	3922	43	0.961	0.566	1.632	0.883
rs896854	T	8	TP53INP1	3903	1274	0.980	0.891	1.079	0.685	3903	42	1.295	0.845	1.985	0.235
rs13266634	C	8	SLC30A8	3898	1263	0.977	0.875	1.091	0.678	3898	43	0.913	0.564	1.479	0.713

rs7034200	A	9	GLIS3	3868	1250	1.032	0.938	1.135	0.515	3868	43	1.113	0.729	1.700	0.619
rs10811661	T	9	CDKN2A2B	3890	1259	1.083	0.940	1.248	0.271	3890	43	1.271	0.639	2.527	0.494
rs13292136	C	9	TLE4 (CHCHD9)	3706	1214	0.991	0.866	1.133	0.891	3706	41	0.924	0.514	1.663	0.793
rs2796441	G	9	TLE1	3905	1264	1.073	0.974	1.181	0.153	3905	43	0.999	0.650	1.536	0.997
rs12571751	A	10	ZMIZ1	3601	1173	0.974	0.880	1.077	0.601	3601	40	0.882	0.564	1.379	0.582
rs1111875	C	10	HHEX	3901	1265	1.044	0.949	1.150	0.377	3901	43	0.831	0.537	1.286	0.406
rs553668	A	10	ADRA2A	3666	1197	1.058	0.953	1.175	0.293	3666	39	1.024	0.636	1.651	0.921
rs10885122	G	10	ADRA2A	3683	1201	1.038	0.920	1.171	0.549	3683	41	1.188	0.675	2.089	0.550
rs7903146	T	10	TCF7L2	3543	1164	1.007	0.905	1.121	0.892	3543	38	1.154	0.718	1.853	0.555
rs689*	A	11	INS,INS-IGF2	3903	1267	1.043	0.920	1.182	0.514	3903	43	1.381	0.827	2.307	0.217
rs163184	G	11	KCNQ1	3713	1215	1.002	0.907	1.107	0.967	3713	43	1.056	0.683	1.634	0.805
rs2237895	C	11	KCNQ1	3682	1200	1.013	0.918	1.117	0.799	3682	40	1.199	0.775	1.855	0.415
rs5219	T	11	KCNJ11	3595	1179	0.990	0.897	1.094	0.848	3595	40	1.274	0.827	1.964	0.272
rs11605924	A	11	CRY2	3909	1275	1.039	0.947	1.141	0.417	3909	42	1.147	0.752	1.750	0.524
rs7944584	A	11	MADD	3553	1168	1.081	0.954	1.226	0.222	3553	38	0.993	0.564	1.749	0.981
rs174550	T	11	FADS1	3908	1272	0.981	0.865	1.114	0.771	3908	43	0.888	0.515	1.531	0.670
rs1552224	A	11	CENTD2	3911	1274	0.844	0.745	0.966	0.007	3911	43	1.150	0.636	2.080	0.644
rs10830963	G	11	MTNR1B	3714	1214	0.988	0.894	1.091	0.809	3714	41	0.885	0.563	1.392	0.597
rs11063069	G	12	CCND2	3671	1203	1.028	0.899	1.176	0.687	3671	40	0.552	0.255	1.195	0.132
rs10842994	C	12	KLHDC5	3906	1273	0.941	0.819	1.081	0.391	3906	42	0.736	0.417	1.299	0.290

rs1153188	A	12	DCD	3912	1275	1.018	0.900	1.151	0.777	3912	43	1.249	0.691	2.258	0.461
rs1531343	C	12	HMG2	3915	1270	0.904	0.799	1.023	0.109	3915	42	0.739	0.400	1.363	0.332
rs7961581	C	12	TSPAN8_LGR5	3703	1211	1.028	0.928	1.139	0.601	3703	41	1.074	0.682	1.691	0.758
rs35767	G	12	IGF1	3910	1275	0.960	0.857	1.076	0.488	3910	43	0.787	0.483	1.280	0.334
rs7957197	T	12	OASL/TCF/HNF1A	3924	1274	1.016	0.837	1.232	0.876	3924	43	0.789	0.365	1.709	0.548
rs9552911*	A	13	SGCG	3890	1271	1.045	0.897	1.218	0.569	3890	43	1.237	0.656	2.332	0.511
rs17271305	G	15	VPS13C	3825	1249	0.910	0.819	1.011	0.078	3825	42	0.883	0.545	1.431	0.613
rs11071657	A	15	FAM148B	3897	1264	0.917	0.827	1.016	0.096	3897	43	0.896	0.571	1.405	0.632
rs7177055	A	15	HMG20A	3907	1268	0.951	0.865	1.046	0.304	3907	43	1.040	0.679	1.593	0.857
rs11634397	G	15	ZFAND6	3910	1268	0.974	0.884	1.073	0.593	3910	43	0.942	0.612	1.450	0.786
rs8042680	A	15	PRC1	3887	1259	0.990	0.897	1.083	0.844	3887	43	0.959	0.616	1.491	0.851
rs9539609	A	16	FTO	3120	982	1.001	0.894	1.121	0.985	3120	30	1.196	0.710	2.014	0.502
rs7202877	T	16	BCAR1	3915	1275	1.059	0.884	1.269	0.534	3915	43	1.577	0.587	4.242	0.366
rs8090011	G	18	LAMA1	3911	1267	0.934	0.849	1.027	0.160	3911	43	1.181	0.771	1.809	0.444
rs10401969	C	19	SUGP1	3605	1172	0.830	0.700	0.983	0.031	3605	40	0.591	0.238	1.467	0.257
rs8108269	G	19	GIPR	3508	1129	1.044	0.938	1.162	0.426	3508	40	1.025	0.642	1.637	0.916
rs10423928	A	19	GIPR	3911	1272	1.068	0.935	1.219	0.332	3911	42	0.530	0.245	1.146	0.107
rs6017317	G	20	FITM2-R3HDML-HNF4A	3758	1224	0.968	0.875	1.072	0.535	3758	42	0.906	0.575	1.429	0.672
rs5945326	A	X	DUSP9	3589	1163	1.017	0.919	1.125	0.745	3589	39	1.075	0.680	1.698	0.757
rs4812829*	A	20	HNF4A	3801	1236	0.97	0.88	1.08	0.63	3801	42	1.260	0.790	1.980	0.320
rs7178572*	G	15	HMG20A	3541	1140	0.99	0.9	1.1	0.93	3541	38	0.970	0.610	1.520	0.900

PPBS = 7, 8											PPBS = 8, 5				
SNP	effect allele	Chr	Locus	n	n_cases	OR	C(lower)	C(upper)	pval	n	n_cases	OR	C(lower)	C(upper)	pval
rs2296172	G	1	MACF1	3847	317	0.929	0.713	1.210	0.584	3847	170	0.953	0.670	1.355	0.787
rs340874	C	1	PROX1	3709	306	0.931	0.790	1.096	0.389	3709	162	0.914	0.734	1.139	0.423
rs7578597	T	2	THADA	3710	307	0.887	0.705	1.117	0.308	3710	164	0.770	0.574	1.034	0.082
rs243088	T	2	BCL11A	3717	308	1.090	0.923	1.287	0.311	3717	165	1.203	0.963	1.503	0.103
rs988451*	A	2	TMEM163	3882	319	0.984	0.788	1.228	0.886	3882	171	0.897	0.659	1.219	0.486
rs7593730	T	2	RBMS1/ITGB6	3906	322	1.003	0.824	1.220	0.978	3906	172	0.919	0.702	1.202	0.537
rs7607980	C	2	COBL1	3885	320	0.984	0.756	1.280	0.901	3885	172	1.262	0.912	1.747	0.160
rs13389219	C	2	GRB14	3829	315	1.249	1.031	1.512	0.023	3829	168	1.164	0.904	1.500	0.239
rs560887	C	2	G6PC2/ABCB11	3910	322	1.134	0.881	1.460	0.329	3910	172	0.927	0.676	1.272	0.639
rs7578326	A	2	KIAA1486/IRS1	3600	296	0.930	0.764	1.132	0.470	3600	160	0.973	0.747	1.267	0.838
rs2943641	C	2	IRS1	3643	298	0.901	0.746	1.089	0.281	3643	160	0.906	0.704	1.165	0.441
rs4675095	A	2	IRS1	3817	313	1.119	0.871	1.437	0.379	3817	167	1.203	0.852	1.699	0.293
rs1801282	C	3	PPARG	3652	304	0.898	0.708	1.139	0.374	3652	163	1.007	0.725	1.400	0.966
rs831571	C	3	PSMD6	3726	309	1.060	0.864	1.300	0.579	3726	165	1.212	0.911	1.611	0.186
rs4607103	C	3	ADAMTS9-AS2	3884	315	1.104	0.939	1.297	0.230	3884	169	1.123	0.905	1.394	0.293
rs11708067	A	3	ADCY5	3877	320	0.953	0.787	1.153	0.618	3877	171	0.895	0.696	1.152	0.390
rs11920090	T	3	SLC2A2	3606	299	1.179	0.927	1.500	0.181	3606	162	1.457	1.032	2.056	0.032
rs4402960	T	3	IGF2BP2	3750	307	1.049	0.891	1.235	0.563	3750	168	1.004	0.809	1.247	0.968
rs6815464	C	4	MAEA	3722	307	1.036	0.822	1.305	0.767	3722	165	0.924	0.685	1.246	0.605
rs10010131	G	4	WFS1	3843	315	1.120	0.934	1.343	0.222	3843	168	1.110	0.870	1.416	0.402

rs459193	G	5	ANKRD55	3884	318	1.007	0.850	1.192	0.940	3884	169	1.066	0.848	1.340	0.585
rs4457053	G	5	ZBED3	3579	297	1.082	0.885	1.324	0.440	3579	162	1.157	0.891	1.504	0.274
rs7754840	C	6	CDKAL 1	3721	307	0.900	0.746	1.084	0.267	3721	163	0.936	0.729	1.201	0.602
rs7756992	G	6	CDKAL 1	3686	305	0.935	0.776	1.128	0.484	3686	163	0.946	0.737	1.215	0.665
rs9470794	C	6	ZFAND3	3608	299	1.082	0.848	1.382	0.525	3608	163	0.920	0.653	1.296	0.633
rs17168486	T	7	DGKB	3855	314	0.996	0.836	1.187	0.965	3855	169	0.824	0.646	1.052	0.121
rs2191349	T	7	DGKB/TMEM195	3903	320	1.074	0.909	1.268	0.404	3903	172	1.138	0.909	1.425	0.259
rs864745	T	7	JAZF1	3876	316	0.978	0.818	1.168	0.803	3876	170	0.976	0.770	1.238	0.844
rs4607517	A	7	GCK	3903	322	1.082	0.854	1.369	0.514	3903	172	0.929	0.667	1.294	0.662
rs17133918	T	7	GRB10	3907	318	1.021	0.854	1.221	0.819	3907	172	1.063	0.840	1.346	0.612
rs933360	A	7	GRB10	3905	322	1.014	0.856	1.202	0.871	3905	173	1.108	0.880	1.395	0.381
rs6943153	T	7	GRB10	3602	298	0.880	0.735	1.053	0.161	3602	163	0.775	0.608	0.989	0.040
rs1799999*	A	7	PP1R3A	3890	320	0.851	0.718	1.009	0.063	3890	173	0.850	0.677	1.067	0.161
rs6467136	G	7	GCCT-PAX4	3593	303	1.115	0.949	1.310	0.184	3593	162	1.253	1.006	1.561	0.044
rs516946	C	8	ANK1	3922	325	1.038	0.847	1.273	0.717	3922	173	0.993	0.758	1.300	0.957
rs896854	T	8	TF53NFP1	3903	320	0.942	0.799	1.110	0.477	3903	171	0.906	0.726	1.131	0.384
rs13266634	C	8	SLC30A8	3898	319	0.954	0.792	1.150	0.623	3898	171	0.980	0.762	1.259	0.873
rs7034200	A	9	GLIS3	3868	315	0.982	0.834	1.155	0.822	3868	169	0.875	0.704	1.088	0.230
rs10811661	T	9	CDKN2A/2B	3890	316	0.973	0.767	1.234	0.821	3890	170	1.092	0.785	1.518	0.603
rs13292136	C	9	TLE4 (CHCHD9)	3706	304	0.938	0.749	1.175	0.578	3706	164	0.994	0.732	1.350	0.972
rs2796441	G	9	TLE 1	3905	320	0.994	0.844	1.171	0.945	3905	172	0.998	0.802	1.242	0.987
rs12571751	A	10	ZMIZ1	3601	299	0.874	0.737	1.036	0.121	3601	163	0.900	0.717	1.128	0.359
rs111875	C	10	HHEX	3901	316	0.921	0.781	1.087	0.331	3901	170	1.074	0.862	1.337	0.525



rs553668	A	10	ADRA2A	3666	301	1.162	0.976	1.385	0.092	3666	163	1.184	0.939	1.493	0.154
rs10885122	G	10	ADRA2A	3683	303	1.020	0.831	1.253	0.849	3683	160	1.031	0.781	1.361	0.828
rs7903146	T	10	TCF7L2	3543	293	1.123	0.938	1.343	0.206	3543	156	1.257	0.992	1.593	0.058
rs689*	A	11	INS,INS-IGF2	3903	319	1.099	0.891	1.355	0.377	3903	172	1.082	0.817	1.432	0.582
rs163184	G	11	KCNQ1	3713	307	0.897	0.758	1.061	0.204	3713	165	0.888	0.710	1.112	0.300
rs2237895	C	11	KCNQ1	3682	304	0.959	0.812	1.133	0.623	3682	161	0.895	0.714	1.122	0.337
rs5219	T	11	KCNJ11	3595	301	1.176	0.997	1.387	0.055	3595	160	1.116	0.893	1.394	0.335
rs11605924	A	11	CRY2	3909	318	0.832	0.709	0.976	0.024	3909	169	0.785	0.632	0.974	0.028
rs7944584	A	11	MADD	3553	294	0.909	0.739	1.117	0.364	3553	157	1.049	0.787	1.399	0.743
rs174550	T	11	FADS1	3908	322	0.975	0.787	1.208	0.819	3908	172	0.920	0.694	1.219	0.561
rs1552224	A	11	CENTD2	3911	323	0.917	0.743	1.132	0.420	3911	173	0.983	0.737	1.310	0.906
rs10630963	G	11	MTNR1B	3714	305	0.897	0.755	1.066	0.217	3714	162	0.926	0.735	1.166	0.514
rs11063069	G	12	CCND2	3671	305	1.000	0.795	1.258	0.998	3671	164	0.846	0.612	1.171	0.314
rs10842994	C	12	KLHDC5	3906	321	1.163	0.904	1.495	0.240	3906	171	1.070	0.771	1.486	0.685
rs1153188	A	12	DCD	3912	323	1.179	0.947	1.467	0.141	3912	173	1.010	0.763	1.337	0.942
rs1631343	C	12	HMG2	3915	321	0.839	0.674	1.044	0.115	3915	170	0.920	0.690	1.226	0.568
rs7961581	C	12	TSPAN8/LGR5	3703	304	0.892	0.747	1.066	0.209	3703	163	0.878	0.691	1.115	0.286
rs35767	G	12	IGF1	3910	322	0.909	0.752	1.100	0.329	3910	172	0.958	0.740	1.240	0.746
rs7957197	T	12	OASL/TCF1/HNF1A	3924	325	0.852	0.627	1.157	0.304	3924	173	0.958	0.624	1.471	0.845
rs9552911*	A	13	SGCG	3890	317	1.048	0.811	1.356	0.719	3890	169	0.880	0.609	1.272	0.497
rs17271305	G	15	VPS13C	3825	317	1.031	0.864	1.230	0.735	3825	169	0.969	0.763	1.231	0.794
rs11071657	A	15	FAM148B	3897	318	1.035	0.867	1.235	0.705	3897	170	1.105	0.869	1.404	0.416
rs177055	A	15	HMG20A	3907	319	1.013	0.862	1.192	0.873	3907	171	1.223	0.982	1.522	0.072

rs11634397	G	15	ZFAND6	3910	321	0.881	0.748	1.038	0.129	3910	170	0.919	0.737	1.145	0.451
rs8042680	A	15	PRCI	3887	317	0.880	0.744	1.040	0.134	3887	170	0.894	0.715	1.119	0.329
rs9939609	A	16	FTO	3120	219	1.028	0.838	1.261	0.794	3120	127	0.841	0.639	1.107	0.218
rs7202877	T	16	BCAR1	3915	322	1.181	0.854	1.635	0.315	3915	173	0.918	0.620	1.359	0.669
rs8090011	G	18	LAMA1	3911	320	0.926	0.787	1.089	0.353	3911	172	0.942	0.758	1.170	0.587
rs10401969	C	19	SUGP1	3605	298	1.006	0.760	1.333	0.964	3605	161	1.102	0.767	1.584	0.598
rs8108269	G	19	GIPR	3508	302	1.024	0.857	1.222	0.795	3508	159	1.128	0.890	1.428	0.319
rs10423928	A	19	GIPR	3911	321	0.898	0.711	1.136	0.370	3911	171	0.863	0.626	1.188	0.366
rs6017317	G	20	FITM2-R3HDM1- HNF4A	3758	315	0.948	0.798	1.126	0.543	3758	165	1.129	0.898	1.420	0.298
rs5945326	A	X	DUSP9	3589	296	0.951	0.803	1.127	0.561	3589	159	0.902	0.720	1.130	0.370
rs4812829*	A	20	HNF4A	3801	317	0.99	0.82	1.18	0.88	3801	170	1.050	0.830	1.330	0.700
rs7178572*	G	15	HMG20A	3541	279	0.99	0.83	1.18	0.93	3541	153	1.210	0.960	1.520	0.100

FBSS, 1 AND PPBS =8,5											FBSS, 0 AND PPBS =7,8				
SNP	effect allele	Chr	Locus	n	n_cases	OR	C(lower)	C(upper)	pval	n	n_cases	OR	C(lower)	C(upper)	pval
rs2296172	G	1	MACF1	3847	96	0.958	0.603	1.523	0.856	3847	27	0.772	0.304	1.959	0.585
rs340874	C	1	PROX1	3709	92	0.897	0.672	1.197	0.460	3709	25	0.917	0.532	1.583	0.757
rs7578597	T	2	THADA	3710	93	0.727	0.498	1.061	0.099	3710	25	0.744	0.360	1.538	0.425
rs243088	T	2	BCL11A	3717	94	0.996	0.744	1.394	0.980	3717	26	0.931	0.535	1.620	0.801
rs998451*	A	2	TMEM163	3882	98	0.749	0.487	1.153	0.190	3882	26	0.735	0.318	1.700	0.472
rs7693730	T	2	RBMS1/ITGB6	3906	97	0.999	0.706	1.413	0.997	3906	27	1.128	0.597	2.131	0.710
rs7607980	C	2	COBL1	3885	97	1.325	0.869	2.019	0.191	3885	27	0.809	0.317	2.070	0.659
rs13389219	C	2	GRB14	3829	93	1.011	0.728	1.402	0.950	3829	24	0.834	0.449	1.549	0.566
rs560887	C	2	G6PC2/ABCB11	3910	97	0.871	0.581	1.306	0.503	3910	27	1.757	0.645	4.785	0.271
rs7578326	A	2	KIAA1486/IRS1	3600	89	0.809	0.579	1.130	0.213	3600	24	0.600	0.329	1.092	0.095
rs2943641	C	2	IRS1	3643	90	0.813	0.588	1.125	0.211	3643	24	0.622	0.345	1.122	0.115
rs4675095	A	2	IRS1	3817	93	1.092	0.703	1.699	0.695	3817	25	0.808	0.380	1.721	0.581
rs1801282	C	3	PPARG	3652	93	1.028	0.665	1.588	0.901	3652	26	0.843	0.395	1.801	0.660
rs831571	C	3	PSMD6	3726	94	1.393	0.942	2.061	0.097	3726	26	1.317	0.638	2.718	0.457
rs4607103	C	3	ADAMTS9-AS2	3884	96	1.226	0.922	1.630	0.160	3884	27	0.984	0.579	1.674	0.954
rs11708067	A	3	ADCY5	3877	95	0.995	0.706	1.402	0.978	3877	26	0.661	0.367	1.193	0.169
rs11920090	T	3	SLC2A2	3606	91	1.607	1.001	2.580	0.050	3606	24	3.025	0.931	9.827	0.066
rs4402960	T	3	IGFBP2	3750	93	0.926	0.693	1.239	0.605	3750	27	0.773	0.447	1.338	0.358
rs6815464	C	4	MAEA	3722	94	1.098	0.727	1.657	0.657	3722	26	1.753	0.700	4.394	0.231
rs10010131	G	4	WFS1	3843	93	1.270	0.910	1.772	0.160	3843	25	1.365	0.714	2.613	0.347

rs459193	G	5	ANKRD55	3884	95	0.935	0.695	1.257	0.654	3884	26	0.589	0.341	1.019	0.058
rs4457053	G	5	ZBED3	3579	91	1.143	0.808	1.617	0.449	3579	24	1.235	0.643	2.373	0.527
rs7754840	C	6	CDKAL 1	3721	92	0.824	0.586	1.157	0.263	3721	26	0.626	0.315	1.243	0.181
rs7756992	G	6	CDKAL 1	3686	92	0.776	0.548	1.098	0.152	3686	26	0.817	0.431	1.550	0.537
rs9470794	C	6	ZFAND3	3608	92	0.856	0.538	1.362	0.511	3608	24	0.995	0.428	2.318	0.991
rs17168486	T	7	DGKB	3855	94	0.775	0.558	1.078	0.130	3855	27	0.476	0.235	0.964	0.039
rs2191349	T	7	DGKB/TMEM195	3903	97	1.118	0.832	1.502	0.460	3903	27	2.181	1.149	4.140	0.017
rs864745	T	7	JAZF1	3876	96	0.946	0.693	1.290	0.724	3876	27	0.667	0.387	1.147	0.143
rs4607517	A	7	GCK	3903	96	1.000	0.652	1.535	0.998	3903	27	1.338	0.648	2.762	0.431
rs17133918	T	7	GRB10	3907	97	1.266	0.938	1.709	0.124	3907	27	1.204	0.684	2.121	0.519
rs933360	A	7	GRB10	3905	98	1.077	0.796	1.458	0.630	3905	27	1.067	0.602	1.890	0.825
rs6943153	T	7	GRB10	3602	92	0.770	0.558	1.063	0.112	3602	24	1.035	0.571	1.874	0.911
rs1799999*	A	7	PP1R3A	3890	99	0.711	0.522	0.966	0.029	3890	27	0.678	0.376	1.223	0.197
rs467136	G	7	GCC1-PAX4	3593	91	1.202	0.901	1.604	0.212	3593	25	2.698	1.350	5.392	0.005
rs16946	C	8	ANK1	3922	97	1.130	0.780	1.638	0.518	3922	27	1.276	0.617	2.640	0.511
rs896854	T	8	TF53INP1	3903	95	0.910	0.679	1.220	0.528	3903	26	1.048	0.608	1.807	0.866
rs13266634	C	8	SLC30A8	3898	96	1.014	0.725	1.417	0.937	3898	27	0.759	0.425	1.358	0.353
rs1034200	A	9	GLIS3	3868	96	0.797	0.599	1.060	0.118	3868	27	1.153	0.676	1.965	0.601
rs10811661	T	9	CDKN2A2B	3890	95	1.082	0.699	1.673	0.724	3890	27	1.184	0.510	2.751	0.694
rs13292136	C	9	TLE4 (CHCHD9)	3706	93	1.074	0.710	1.624	0.734	3706	26	0.829	0.407	1.687	0.605
rs2796441	G	9	TLE 1	3905	97	0.983	0.737	1.311	0.908	3905	27	1.024	0.595	1.760	0.933
rs12571751	A	10	ZMIZ1	3601	92	0.901	0.670	1.212	0.490	3601	24	0.986	0.552	1.759	0.962
rs111875	C	10	HHEX	3901	97	0.993	0.744	1.325	0.962	3901	27	0.947	0.549	1.632	0.843

rs563668	A	10	ADRA2A	3666	90	1.117	0.818	1.525	0.488	3666	24	0.808	0.427	1.529	0.512
rs10885122	G	10	ADRA2A	3683	91	0.940	0.658	1.342	0.732	3683	26	1.111	0.555	2.227	0.766
rs1903146	T	10	TCF7L2	3543	89	1.369	1.008	1.859	0.045	3543	24	1.243	0.690	2.239	0.470
rs689*	A	11	INS/INS-IGF2	3903	97	1.227	0.860	1.752	0.260	3903	27	1.886	1.037	3.432	0.038
rs163184	G	11	KCNQ1	3713	95	0.823	0.614	1.104	0.193	3713	27	1.072	0.618	1.858	0.805
rs2237895	C	11	KCNQ1	3682	92	0.819	0.607	1.105	0.192	3682	25	1.283	0.741	2.222	0.374
rs5219	T	11	KCNJ11	3595	89	1.111	0.827	1.492	0.486	3595	25	0.962	0.550	1.684	0.892
rs11605924	A	11	CRY2	3909	95	0.864	0.650	1.147	0.312	3909	26	1.223	0.715	2.092	0.463
rs7944584	A	11	MADD	3553	91	0.960	0.667	1.381	0.824	3553	24	0.930	0.462	1.870	0.838
rs174550	T	11	FADS1	3908	97	1.023	0.698	1.500	0.907	3908	27	1.182	0.557	2.507	0.663
rs1552224	A	11	CENTD2	3911	98	1.412	0.924	2.157	0.111	3911	27	1.183	0.557	2.513	0.661
rs10630963	G	11	MTNR1B	3714	93	1.064	0.791	1.432	0.681	3714	26	0.959	0.547	1.682	0.885
rs11063069	G	12	CCND2	3671	93	0.610	0.376	0.992	0.046	3671	26	0.350	0.109	1.121	0.077
rs10842994	C	12	KLHDC5	3906	96	0.858	0.575	1.280	0.453	3906	26	0.705	0.346	1.437	0.336
rs1153188	A	12	DCD	3912	98	1.052	0.725	1.529	0.788	3912	27	1.798	0.768	4.212	0.177
rs1631343	C	12	HMG2A	3915	96	0.882	0.601	1.294	0.520	3915	26	0.697	0.315	1.545	0.374
rs7961581	C	12	TSPAN8/LGR5	3703	93	0.800	0.581	1.101	0.171	3703	26	0.869	0.482	1.567	0.640
rs35767	G	12	IGF1	3910	98	1.301	0.900	1.880	0.162	3910	27	1.012	0.526	1.946	0.971
rs7957197	T	12	OASL/TCF/HNF1A	3924	97	1.027	0.571	1.848	0.930	3924	27	0.579	0.248	1.355	0.208
rs9552911*	A	13	SGCG	3890	97	1.031	0.653	1.626	0.896	3890	27	1.257	0.567	2.787	0.574
rs17271305	G	15	VPS13C	3825	93	0.795	0.568	1.111	0.179	3825	26	0.919	0.501	1.685	0.784
rs11071657	A	15	FAM1148B	3897	96	1.105	0.805	1.516	0.537	3897	27	0.867	0.494	1.520	0.618
rs1177055	A	15	HMG20A	3907	96	1.044	0.783	1.391	0.770	3907	27	1.219	0.709	2.096	0.475

rs11634397	G	15	ZFAND6	3910	94	0.937	0.699	1.258	0.667	3910	27	0.824	0.480	1.413	0.482
rs8042680	A	15	PRC1	3887	95	0.772	0.577	1.034	0.083	3887	27	0.832	0.480	1.441	0.511
rs9939609	A	16	FTO	3120	68	0.836	0.575	1.216	0.349	3120	21	1.120	0.596	2.103	0.726
rs7202877	T	16	BCAR1	3915	98	0.939	0.558	1.581	0.814	3915	27	1.323	0.422	4.148	0.631
rs8090011	G	18	LAMA1	3911	97	0.947	0.712	1.261	0.711	3911	27	0.949	0.556	1.620	0.848
rs10401969	C	19	SUGP1	3605	91	0.916	0.552	1.520	0.735	3605	24	0.807	0.289	2.253	0.682
rs8108269	G	19	GIPR	3508	90	0.919	0.667	1.265	0.603	3508	25	0.989	0.546	1.790	0.971
rs10423928	A	19	GIPR	3911	95	0.806	0.521	1.248	0.335	3911	26	0.755	0.324	1.759	0.515
rs6017317	G	20	FITM2-R3HDM1- HNF4A	3758	94	1.089	0.806	1.470	0.578	3758	27	0.751	0.419	1.345	0.335
rs5945326	A	X	DUSP9	3589	89	0.834	0.620	1.124	0.233	3589	23	1.078	0.594	1.956	0.804
rs4812829*	A	20	HNF4A	3801	97	0.97	0.7	1.32	0.83	3801	27	0.8	0.43	1.49	0.49
rs7178572*	G	15	HMG20A	3541	81	1.15	0.84	1.58	0.37	3541	22	1	0.56	1.83	0.98







# Prevalence and risk factors of gestational diabetes in Punjab, North India: results from a population screening program

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## Abstract

**Objective:** The World Health Organization (WHO) has in 2013 changed the diagnostic criteria for gestational diabetes mellitus (GDM) to acknowledge the putative effect of mildly elevated fasting plasma glucose (FPG) levels on pregnancy outcomes. We aimed to determine the prevalence and risk factors of GDM comparing the previous WHO 1999 criteria to the WHO 2013 criteria in North India.

**Methods:** In a population-based screening programme, 5100 randomly selected North Indian women were studied using a cross-sectional design with a questionnaire, venous FPG and 2-h capillary plasma glucose (PG) after a 75 g oral glucose tolerance test performed between 24 and 28 weeks of pregnancy.

**Results:** The prevalence of GDM was 35% using WHO 2013 criteria vs 9% using WHO 1999 criteria. FPG measurements identified 94% of WHO 2013 GDM cases as opposed to 11% of WHO 1999 GDM cases. In contrast, 2-h PG measurements identified only 13% of WHO 2013 GDM cases compared with 96% of the WHO 1999 GDM cases. Using logistic regression with backward elimination, urban habitat, illiteracy, non-vegetarianism, increased BMI, Hindu religion and low adult height were all independent risk factors of GDM using the 1999 criteria, whereas only urban habitat, low adult height and increased age were independent risk factors of GDM using the 2013 criteria.

**Conclusions:** Intervention studies are needed to justify the WHO 2013 GDM criteria increasing the prevalence four fold to include more than one third of North Indian pregnant women.

European Journal of  
Endocrinology  
(2015) 173, 257–267

## Introduction

Gestational diabetes mellitus (GDM) is defined as glucose intolerance with onset or first recognition during pregnancy (1) and was first recognised in 1823 (2). However, there is still no uniform definition of the diagnostic criteria of GDM. GDM is associated with an increased risk of developing type 2 diabetes (T2D) in both mother and child (3), and therefore represents a window of opportunity to prevent diabetes in two generations. However, the antepartum plasma glucose levels that predict macrosomia differ from those that predict later development of prediabetes or diabetes in mothers and

their offspring (4), and the extent to which pregnancy complications associated with GDM are determined by increased plasma glucose levels *per se* (fasting or postprandial), or whether they are due to confounding from other common GDM risk factors, is unknown (5).

The World Health Organization (WHO) 1999 criteria defined GDM by fasting plasma glucose (FPG) level  $\geq 7.0$  mmol/l (126 mg/dl) or 2-h plasma glucose (PG) levels after a 75 g oral glucose tolerance test (OGTT)  $\geq 7.8$  mmol/l (140 mg/dl). The Indian criteria for GDM use only the 2-h criteria (DIPSI) (6, 7). The prevalence of GDM,

when using the WHO 1999 criteria range between 1 and 14% in different populations (8, 9, 10).

In order to define the thresholds for FPG and 2-h PG levels after a 75 g OGTT for GDM diagnosis, the Hyperglycemia and Adverse Pregnancy Outcome (HAPO) study followed 23 000 pregnant women until delivery. This study documented a linear relationship between the level of maternal hyperglycaemia during pregnancy and the risk of complications in both mother and child (11). Importantly, no safe thresholds for FPG or 2-h PG levels were identified below which no association between plasma glucose and pregnancy complications existed. Based on this finding, the International Association of Diabetes and Pregnancy Study Groups (IADPSG) has proposed to lower FPG for diagnosis of GDM, namely to  $\geq 5.1$  mmol/l (92 mg/dl) while using a 2-h PG threshold of  $\geq 8.5$  mmol/l (153 mg/dl) (12). The World Health Organization (WHO) recently decided to adopt the IADPSG criteria, hereafter named the WHO 2013 criteria (13).

The prevalence of GDM in the HAPO study using the WHO 2013 criteria was  $\sim 18\%$  (14). However, the HAPO study was not population-based, and blinding of investigators and participants for plasma glucose measurements below a predefined level that needed treatment may have precluded some high-risk women from participating in the study (11).

While studies using WHO 1999 criteria have shown that glucose-lowering treatment reduces the risk of pregnancy complications (15, 16), studies to document the cost-effectiveness of screening and introducing glucose-lowering treatment in women with GDM using the proposed WHO 2013 diagnostic criteria are lacking. Consequently, the National Institute of Health, USA, recommended that more knowledge are required to determine the public health consequences of the WHO 2013 criteria before these are universally applied (10). In a recent Norwegian study, the GDM prevalence was 2.4 times higher using the WHO 2013 compared with the WHO 1999 criteria, and the highest risk of GDM of around 40% was found among pregnant women of South Asian ethnic origin (17).

The present study was undertaken to determine the prevalence and risk factors of GDM using the WHO 1999 vs the WHO 2013 criteria in a population-based screening study in the state of Punjab in North India. Furthermore, we aimed to study the extent to which a range of putative GDM risks factors influence risk of GDM by the two different criteria as well as the absolute level of fasting vs 2-h PG levels in the total population of pregnant women.

## Subjects and methods

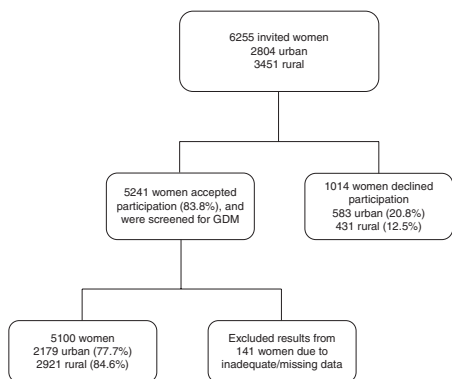
### Recruitment

To screen a representative group of at least 5000 pregnant women in Punjab, North India, for GDM, all pregnant women in gestational week (GW) 24–28 visiting selected study sites, including departments of obstetrics/gynaecology and diabetes clinics, for antenatal care were approached consecutively during the study period. Nearly all pregnant women in the region attend antenatal care, and only a few women from the upper middle class or with a high socio-economic status attend private hospitals.

A multistage random screening technique was applied to ensure representative participation of women. Multistage refers to the process of first choosing three representative regions in Punjab, then sub-staging into three different hospitals that provided most of the population with health care, and finally recruiting pregnant women visiting antenatal clinics. Thus, this cross-sectional study not only screened women who were considered at high risk of developing GDM, but called for universal screening of all pregnant women irrespective of age, BMI, family history of diabetes, religion, diet, socio-economic status or residence. Women with pre-gestational diabetes were excluded from the study.

The data were collected from August 2009 until December 2012. During this period there were  $\sim 12$  000 births at the selected study sites. In total, 6255 women were invited to participate, of which 1014 declined participation (Fig. 1). Consequently, 5241 women were screened for GDM. Due to missing data related to glucose measurements, age and/or BMI, data from 141 women were not included in the statistical analyses, resulting in 5100 participants, i.e., a participation rate of 81.5%. The main reason for declining participation was fear of GDM diagnosis as it is considered a social stigma. Lack of time due to household routines (mainly urban) and demands put on daily wagers and labourers (mainly rural) were additional reasons for not participating.

All information material and consent forms were in three languages, including Hindi (National), Punjabi (Regional), and English. Informed written consent was obtained according to the Indian Medical Research Council (ICMR, New Delhi) guidelines in the form of a signature or a thumb impression (a proxy for illiterate subjects). The study was approved by the Regional Ethics Committee and by the Directorate of Medical Research Education of India.



**Figure 1**  
Participant inclusion.

### Setting

To represent the main health care systems in Punjab, nine prominent hospitals were chosen as study sites; namely three public hospitals from different districts run by the government, three primary health centres – governmental subunits located in rural areas – and three private hospitals. At each hospital, a team of paramedical staff, nurses/mid-wives or diabetic educators were assigned to inform and recruit eligible pregnant women as well as to perform the GDM screening.

### Variables collected

All women were subjected to personal interviews using a structured questionnaire, which was subsequently filled out by the personnel. The questions asked included age, place of residence (rural/urban), education status (educated if able to provide a signature, and illiterate if only able to give a thumb impression), religion, diet (vegetarianism), family history of diabetes (irrespective of type, in first- and second-degree relatives), parity, present and past obstetric history with any complication, history of any specific medications as well as age at marriage. The GW was calculated from the first day of the woman's last menstrual period as recorded on the antenatal card. Furthermore, weight and height was measured and recorded by standard methods for each subject and the BMI ( $\text{kg}/\text{m}^2$ ) calculated.

The majority (~70%) of the pregnant women came in the fasting state defined as an overnight fast of 8–12 h.

Women who were not fasting were asked to come back the next day, and only fasting women were thus included in the study. The women who were not fasting the first day and who despite the invitation did not show up the following day were counted as having declined participation (Fig. 1). To ensure uniformity of all procedures, guidelines and protocols were distributed to all medical and paramedical personnel involved in the study and training sessions were held on a regular basis.

A fasting venous blood sample was drawn from an antecubital vein in 10 ml EDTA vacutainers (no fluoride). Venous samples were drawn only in the fasting state to avoid discomfort from sitting with the syringe during the 2-h OGTT. For the 2-h plasma glucose measurements during the OGTTs as described below, we used capillary blood samples. The approach of using 2-h capillary glucose measurements is in accordance with routine practice in many low-income settings including Punjab. Before centrifugation of venous samples, FPG concentration was measured using Accu-Chek glucometers (Roche Diagnostics). Glucometers were calibrated as recommended and measurements were further validated in a subset of women as described below. The glucometer was used for both fasting and post-glucose load measures at a main assembly site of laboratory and bed-side sampling.

OGTT procedures were standardized and performed the same way at all sites. Briefly, the women were requested to drink the 250 ml glucose solution within 5 min, and 2 h after finalizing the glucose ingestion, a single-prick capillary plasma glucose (CPG) concentration was measured using the Accu-Chek glucometer.

### Comparative analyses of capillary vs venous plasma glucose

In a randomly chosen subset of 183 women, two samples were drawn simultaneously 2 h after the OGTT for comparative analyses of CPG measured at bed-side by glucometers with venous plasma glucose levels (VPG) measured in the laboratory by the glucose oxidase peroxidase (GOD-POD) method (Microlab 300, Merck Diagnostics) (18). The mean difference in plasma glucose measurements between the two methods was 15%, with the CPG values being higher, which is in accordance with previous reports (19). Accordingly, the post-OGTT CPG measurements were corrected (reduced) by 15%, and with the WHO criteria of GDM, the 2-h cut-off level of 7.8 mmol/l being equal to a measured CPG level of 8.9 mmol/l. There was a significant positive correlation between the CPG and VPG levels ( $r=0.82$ ,  $P<0.0001$ ).

## Statistics

Due to the proposal by WHO to lower the fasting diagnostic criteria for GDM, as well as the *a priori* assumption that this might significantly change the prevalence and the characteristics of GDM women in a native Asian setting, separate analyses of prevalence and risk factors was performed based on relevant selected fasting cut-off levels only. ANOVA was used to compare group means of FPG and 2-h PG levels as well as group means of non-GDM and GDM women. The  $\chi^2$  test (Pearson) was used for comparison of group frequencies. Multivariate logistic regression analysis with backward elimination of independent variables was used to test the relationship between GDM and variables possibly related to GDM. A linear regression analysis with backward elimination of independent variables was used to test the relationship between FPG and 2-h PG and variables possibly influencing FPG and 2-h PG. All statistical analyses were performed using Stata 13 (StataCorp, College Station, TX, USA). Two-sided *P* values of  $<0.05$  were considered statistically significant.

## Results

### Subject characteristics

A total of 5100 pregnant women were included in the study. When applying both diagnostic criteria, GDM women had significantly higher FPG and 2-h PG levels ( $P<0.001$ ) compared to non-GDM women. GDM women had increased BMI ( $P=0.01$ ), were older ( $P<0.001$ ) and shorter ( $P=0.01$ ) applying WHO 2013, and were shorter ( $P<0.001$ ) using WHO 1999 criteria compared to non-GDM women (Table 1). Furthermore, non-GDM women had significantly higher FPG ( $P<0.0001$ ) and 2-h PG ( $P=0.004$ ) when applying WHO 1999 criteria, whereas the

GDM women had significantly higher 2-h PG ( $P<0.0001$ ) and significantly lower age ( $P=0.02$ ) and height ( $P=0.01$ ) when diagnosed using WHO 1999 as compared to WHO 2013 criteria.

The risk factor distribution is shown in Table 2. The women had a mean age of  $21.5 \pm 3.3$  years, BMI of  $24.2 \pm 4.4$  kg/m<sup>2</sup> and a mean GW of  $25.4 \pm 2.5$  weeks (mean  $\pm$  s.d.). Information regarding parity was only obtained for 42% of the women, and of these 78% were primipara. As shown in Table 2, the mean FPG ( $P<0.001$ ) and 2-h PG ( $P<0.001$ ) levels were significantly higher in urban compared to rural women. Furthermore, in the unadjusted analyses, Sikh women displayed higher mean FPG ( $P=0.04$ ) and 2-h PG ( $P<0.001$ ) levels compared to Hindu women. Interestingly, vegetarian women displayed significantly increased mean FPG levels compared to non-vegetarian women ( $P=0.004$ ) with no differences between groups for the 2-h PG levels ( $P=0.45$ ). Both FPG and 2-h PG increase with age ( $P<0.001$  for both) as well as with BMI ( $P<0.001$  for both). Women with a family history of diabetes had increased FPG levels and 2-h PG ( $P<0.001$  for both). Finally, there was no statistically significant difference in FPG between illiterate vs literate women ( $P=0.06$ ), whereas the 2-h PG level was significantly increased ( $P=0.05$ ) among illiterate compared to literate women (Table 2).

### Prevalence of GDM

The overall prevalence of GDM was 9.0% using the WHO 1999 diagnostic criteria (Table 3). However, it increased to 34.9% when applying WHO 2013 criteria. The FPG measurements identified 94% of WHO 2013 GDM cases as opposed to 11% of WHO 1999 GDM cases (Supplementary Table 2, see section on supplementary data given at the end of this article). In contrast, 2-h PG

**Table 1** Baseline characteristics for non-GDM and GDM women for FPG, 2-h PG, BMI, age and height when applying the WHO 2013 and WHO 1999 criteria respectively. Data are mean  $\pm$  s.d. Comparisons of mean values are performed by ANOVA.

Variables	WHO 2013			WHO 1999			WHO 2013 vs 1999	
	Non-GDM (n=3321)	GDM (n=1779)	<i>P</i> value	Non-GDM (n=4642)	GDM (n=458)	<i>P</i> value	Non-GDM <i>P</i> value	GDM <i>P</i> value
FPG (mmol/l)	4.44 $\pm$ 0.49	5.51 $\pm$ 0.68	<0.001	4.75 $\pm$ 0.65	5.47 $\pm$ 1.28	<0.001	<0.0001	0.44
2-h PG (mmol/l)	5.88 $\pm$ 1.02	6.87 $\pm$ 1.66	<0.001	5.95 $\pm$ 0.93	9.07 $\pm$ 1.74	<0.001	0.004	<0.0001
BMI (kg/m <sup>2</sup> )	24.1 $\pm$ 4.28	24.4 $\pm$ 4.48	0.01	24.2 $\pm$ 4.3	24.5 $\pm$ 4.8	0.15	0.33	0.83
Age (years)	21.4 $\pm$ 3.3	21.7 $\pm$ 3.4	<0.001	21.5 $\pm$ 3.3	21.3 $\pm$ 3.5	0.16	0.07	0.02
Height (cm)	148 $\pm$ 15	147 $\pm$ 14	0.01	148 $\pm$ 15	145 $\pm$ 14	<0.001	0.70	0.01

**Table 2** Mean FPG and 2-h PG levels in relation to subject characteristics (unadjusted data). Data are mean  $\pm$  s.d. Applying a *post-hoc* test with Sidak correction, significant differences were found between the following categories:  $P \leq 0.05$ , FPG: (Hindu and Sikh), (age  $\leq 20$  and age  $> 30$ ), (BMI  $< 20$  and  $25 \leq$  BMI  $< 30$ ), ( $20 \leq$  BMI  $< 25$  and  $25 \leq$  BMI  $< 30$ ). 2-h PG: (age  $\leq 20$  and age  $> 30$ );  $P \leq 0.001$ , FPG: (age  $\leq 20$  and  $20 <$  age  $\leq 25$ ), (age  $\leq 20$  and  $25 <$  age  $\leq 30$ ), ( $25 <$  age  $\leq 30$  and age  $> 30$ ), (BMI  $< 20$  and BMI  $\geq 30$ ), ( $20 \leq$  BMI  $< 25$  and BMI  $\geq 30$ ). 2-h PG: (Hindu and Sikh), (age  $\leq 20$  and  $20 <$  age  $\leq 25$ ), (age  $\leq 20$  and  $25 <$  age  $\leq 30$ ), between all BMI categories.

	n (%)	FPG (mmol/l), Mean $\pm$ s.d.	P ANOVA	2-h PG (mmol/l), Mean $\pm$ s.d.	P ANOVA
Total	5100 (100)	4.81 $\pm$ 0.76		6.23 $\pm$ 1.36	
Habitat					
Rural	2921 (57.27)	4.77 $\pm$ 0.71	<0.001	6.16 $\pm$ 1.30	<0.001
Urban	2179 (42.73)	4.86 $\pm$ 0.82		6.31 $\pm$ 1.44	
Religion					
Hindu	2788 (54.67)	4.79 $\pm$ 0.76	0.04	6.16 $\pm$ 1.44	<0.001
Sikh	2210 (43.33)	4.84 $\pm$ 0.77		6.31 $\pm$ 1.24	
Others	102 (2.00)	4.75 $\pm$ 0.77		6.33 $\pm$ 1.53	
Diet					
Vegetarian	3048 (59.76)	4.84 $\pm$ 0.79	0.004	6.24 $\pm$ 1.29	0.45
Non-vegetarian	2052 (40.24)	4.77 $\pm$ 0.71		6.21 $\pm$ 1.47	
Age (years)					
Age $\leq 20$	2068 (40.55)	4.74 $\pm$ 0.79	<0.001	6.02 $\pm$ 1.42	<0.001
$20 <$ age $\leq 25$	2448 (48.00)	4.85 $\pm$ 0.72		6.34 $\pm$ 1.33	
$25 <$ age $\leq 30$	540 (10.59)	4.94 $\pm$ 0.78		6.47 $\pm$ 1.19	
Age $> 30$	44 (0.86)	4.89 $\pm$ 0.96		6.56 $\pm$ 1.15	
BMI (kg/m <sup>2</sup> )					
BMI $< 20$	885 (17.35)	4.75 $\pm$ 0.71	<0.001	5.86 $\pm$ 1.38	<0.001
$20 \leq$ BMI $< 25$	2221 (43.55)	4.78 $\pm$ 0.74		6.11 $\pm$ 1.43	
$25 \leq$ BMI $< 30$	1523 (29.86)	4.86 $\pm$ 0.81		6.48 $\pm$ 1.20	
BMI $\geq 30$	471 (9.24)	4.93 $\pm$ 0.77		6.65 $\pm$ 1.26	
Family history					
Yes	1938 (38.00)	4.89 $\pm$ 0.69	<0.001	6.60 $\pm$ 1.15	<0.001
No	3162 (62.00)	4.76 $\pm$ 0.79		6.00 $\pm$ 1.43	
Literacy					
Illiterate	1679 (32.92)	4.84 $\pm$ 0.79	0.06	6.28 $\pm$ 1.49	0.05
Literate	3421 (67.08)	4.80 $\pm$ 0.74		6.20 $\pm$ 1.30	

measurements identified only 13% of WHO 2013 GDM cases compared to 96% of the WHO 1999 GDM cases.

Figure 2 shows the relationship between FPG and 2-h PG levels in the women. Although the FPG and 2-h PG values were clearly correlated, the diversity of measurements was increasing with increased values of both measurements, resulting in not only markedly different prevalence of GDM with the WHO 1999 (blue) vs the WHO 2013 (red) criteria. Furthermore, the figure reveals that different women are classified as GDM when using the WHO 1999 vs WHO 2013 criteria.

When looking at the prevalence according to risk factor, urban women had a significantly increased GDM prevalence compared to rural women using both GDM criteria ( $P < 0.001$  for WHO 2013 and  $P = 0.001$  for WHO 1999) (Table 3). The GDM prevalence was increased in Hindu as compared to Sikh women using WHO 1999 criteria only (overall  $P = 0.02$ ). Interestingly, vegetarianism unadjusted for confounders resulted in a significantly higher GDM prevalence than non-vegetarianism when

WHO 2013 criteria was applied ( $P = 0.04$ ), while non-vegetarian women had significantly higher prevalence when WHO 1999 criteria were applied ( $P = 0.001$ ) (Table 3). Age was associated with an increasing GDM prevalence using the WHO 2013 criteria ( $P = 0.004$ ), and there was no effect of increasing BMI on GDM prevalence using either criteria. Family history of diabetes was not associated with increased prevalence of GDM. Illiteracy among pregnant women was associated with increased GDM prevalence compared to literate women using the WHO 1999 criteria only ( $P < 0.001$ ).

### Regression analyses

A multivariate logistic regression with backward elimination of independent variables was used to test the relationship between GDM and variables possibly related to GDM (Table 4). A linear regression analysis with backward elimination of independent variables was used to test the relationship between FPG and 2-h PG and

**Table 3** Prevalence (%) of GDM according to GDM diagnostic criteria (unadjusted data). Overall *P* value is determined by a Pearson's  $\chi^2$  test. Applying a *post-hoc* test with Sidak correction, significant differences were found between the following categories: WHO 2013, age  $\leq 20$  and  $20 < \text{age} \leq 25$  ( $P=0.003$ ), age  $\leq 20$  and  $25 < \text{age} \leq 30$  ( $P=0.005$ ); WHO 1999, Hindu and Sikh ( $P=0.01$ ).

	WHO 2013		WHO 1999	
	FPG $\geq 5.1$ or 2-h PG $\geq 8.5$ (mmol/l) (n=1779)	<i>P</i> value	FPG $\geq 7.0$ or 2-h PG $\geq 7.8$ (mmol/l) (n=458)	<i>P</i> value
Overall prevalence (%)	34.9		9.0	
According to risk factor (%)				
Habitat				
Rural	31.9	<0.001	7.9	0.001
Urban	38.8		10.5	
Religion				
Hindu	34.5	0.78	9.8	0.02
Sikh	35.2		7.8	
Others	37.3		12.8	
Diet				
Vegetarian	36.0	0.04	7.9	0.001
Non-vegetarian	33.2		10.6	
Age (years)				
Age $\leq 20$	32.1	0.004	8.7	0.87
$20 < \text{age} \leq 25$	36.3		9.2	
$25 < \text{age} \leq 30$	38.5		9.1	
Age $> 30$	43.2		11.4	
BMI (kg/m <sup>2</sup> )				
BMI $< 20$	33.0	0.24	8.7	0.26
$20 \leq \text{BMI} < 25$	34.3		9.1	
$25 \leq \text{BMI} < 30$	35.9		8.3	
BMI $\geq 30$	37.8		11.3	
Family history				
Yes	35.2	0.67	9.0	0.99
No	34.7		9.0	
Literacy				
Illiterate	36.3	0.13	11.3	<i>P</i> <0.001
Literate	34.2		7.8	

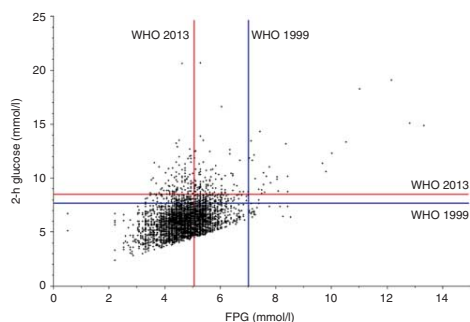
possibly related variables (Table 5). The full model included the following variables: habitat\_rural, religion\_Sikh, religion\_Hindu, diet\_non-vegetarian, age, height, BMI, family history and literate. Age, height and BMI were continuous variables. The backward elimination was applied to reduce the variable set to include only significant variables as presented in Tables 4 and 5.

In the reduced model including all 5100 women, analysis using the presence or absence of GDM as dependent variable and subject characteristics as independent variables showed that when applying the WHO 2013 criteria, urban habitat ( $P < 0.001$ ), increasing age ( $P = 0.001$ ) and decreasing height ( $P = 0.001$ ) were significant independent GDM risk factors (Table 4). When using the WHO 1999 diagnostic criteria, independent GDM risk factors were urban habitat ( $P = 0.001$ ), Hindu religion ( $P < 0.001$ ), illiteracy ( $P < 0.000$ ), non-vegetarian diet ( $P < 0.001$ ), decreasing height ( $P < 0.001$ ) and increasing BMI ( $P = 0.02$ ) (Table 4).

Independent variables associated with FPG were urban habitat ( $P < 0.001$ ), family history ( $P = 0.003$ ), illiteracy ( $P = 0.007$ ), age ( $P < 0.001$ ) and BMI ( $P < 0.001$ ), whereas independent variables associated with 2-h PG were urban habitat ( $P < 0.001$ ), height ( $P < 0.001$ ), illiteracy ( $P < 0.001$ ), BMI ( $P < 0.001$ ) and family history ( $P < 0.001$ ) (Table 5).

## Discussion

In this study of 5100 North Indian pregnant women, we showed an almost four-fold difference (9.0% vs 34.9%) in the prevalence of GDM in North India when comparing the WHO 1999 to the new WHO 2013 criteria. Several distinct factors, including BMI, education (illiteracy), habitat and family history of diabetes all independently influenced both FPG and 2-h PG concentrations. However, increased FPG was also significantly influenced by increasing age and, somewhat paradoxically, by a



**Figure 2**

Relationship between fasting plasma glucose (FPG) vs 2-h plasma glucose (2-h PG) values during oral glucose tolerance tests for 5100 women. WHO 2013 cut-off is shown in red and WHO 1999 in blue. The figure illustrates that the relationship is not straight forward nor linear, that in particular the different FPG cut-off levels create the large differences in GDM prevalence, and that different women are classified as having GDM using the two criteria. The percentage of women classified as having GDM was 7.2% by both criteria, 1.8% by the 1999 criteria only, and 27.7% by the 2013 criteria only. The remaining 63.3% of all women were classified as non-GDM using both criteria.

vegetarian diet, whereas increased 2-h PG was influenced independently by low adult height. Thus, the relationship between FPG and 2-h PG measurements was not straightforward (Fig. 2), and defining GDM by the somewhat arbitrary WHO 1999/DIPSI vs WHO 2013 criteria identified different distinct risk factors.

Our finding of a higher GDM prevalence of 34.9% using the WHO 2013 criteria, compared to the HAPO study reporting a prevalence of ~18 and ~24% among Asian women (20), may reflect differences in inclusion criteria. Importantly, we included women from the lowest socio-economical classes, many of whom are living in rural areas. Asian women included in the HAPO study were from the most developed Asian cities, Shanghai and Singapore, and may not be entirely representative for the quantitatively largest proportion of women in Asia. From a pilot survey, we were informed by the health authorities maintaining records at the study sites that the average age of women giving birth at the chosen sites was between 20 and 23 years, and that 65–70% were primipara. However, due to a lack of exact records of all of the estimated 12 000

women giving births at the different study sites during the entire period, the extent to which the 5100 women included in the study are fully representative of the population cannot be guaranteed. Overall, the women included in the study were relatively young and predominantly primipara, meaning that we theoretically could have underestimated the true prevalence of GDM.

Our finding of a GDM prevalence of 34.9% using WHO 2013 criteria in North Indian women appears inconsistent with the recently reported prevalence of 14.6% in South Indian women (9). This may be due to a different genetic and cultural admixture of North vs South Indian women. However, this is unlikely to be the full explanation for the more than two-fold difference in GDM prevalence between the studies, and it is noteworthy that the former study, in contrast to our data, reported no significant difference in GDM prevalence using WHO 2013 vs WHO 1999/DIPSI criteria (9). Interestingly, our GDM prevalence using WHO 2013 criteria of 34.9% was close to that of 37% reported among a group of ethnic minority women in Norway (17).

BMI was not an independent risk factor of GDM using the WHO 2013 criteria, and was only weakly associated with increased risk of GDM using the WHO 1999 criteria

**Table 4** Logistic regression analysis with backward elimination of independent variables possibly influencing GDM diagnosis applying the WHO 2013 and WHO 1999 criteria. Data are odds ratios (OR) with 95% CI. The full model included the following: habitat\_rural, religion\_Sikh, religion\_Hindu, diet\_non-vegetarian, age, height, BMI, family history and literate. Age, height and BMI were continuous variables.

Independent variables applying Criteria (WHO 2013/WHO1999)	OR (95% CI)	P value
<b>WHO 2013</b>		
Habitat (rural vs urban)	0.74 (0.66–0.83)	<0.001
Age <sup>a</sup>	1.10 (1.04–1.17)	0.001
Height <sup>a</sup>	0.92 (0.87–0.98)	0.005
Diet (non-vegetarian vs vegetarian)	0.91 (0.80–1.02)	0.09
Constant	0.82 (0.42–1.60)	0.55
<b>WHO 1999</b>		
Habitat (rural vs urban)	0.72 (0.60–0.88)	0.001
Religion Sikh	0.69 (0.56–0.85)	<0.001
Literacy (literate vs illiterate)	0.69 (0.57–0.85)	<0.001
Diet (non-vegetarian vs vegetarian)	1.44 (1.18–1.75)	<0.001
Height <sup>a</sup>	0.99 (0.98–0.99)	<0.001
BMI <sup>a</sup>	1.12 (1.02–1.24)	0.02
Constant	0.47 (0.14–1.55)	0.21

<sup>a</sup>OR resulting from an increase of one s.d.

**Table 5** Linear regression analysis with backward elimination of independent variables possibly influencing FPG and 2-h PG. Data are  $\beta$  coefficient with 95% CI. The full model included the following: habitat\_rural, religion\_sikh, religion\_hindu, diet\_non-vegetarian, age, height, BMI, family history and literate. Age, height and BMI were continuous variables.

Independent variables for FPG/2-h PG	$\beta$ coefficient (95% CI)	P value
FPG		
Habitat (rural vs urban)	-0.09 (-0.13 to -0.05)	<0.001
Family history	0.07 (0.02 to 0.12)	0.003
Literacy	-0.06 (-0.11 to -0.02)	0.007
Diet (non-vegetarian vs vegetarian)	-0.04 (-0.08 to 0.0003)	0.05
Age	0.01 (0.006-0.02)	<0.001
BMI	0.01 (0.004-0.02)	<0.001
Constant	4.39 (4.21-4.56)	<0.001
2-h PG		
Habitat (rural vs urban)	-0.16 (-0.23 to -0.08)	<0.001
Religion Sikh	-0.07 (-0.14 to 0.01)	0.10
Height	-0.007 (-0.010 to -0.004)	<0.001
Literacy	-0.17 (-0.25 to -0.09)	<0.001
Age	0.01 (-0.001 to 0.02)	0.08
BMI	0.04 (0.02-0.05)	<0.001
Family history	0.48 (0.40-0.57)	<0.001
Constant	6.13 (5.65-6.61)	<0.001

(Table 4). Reasons for the weak or missing impact of BMI on GDM risk may be that BMI determinations were based on weight in GW 24–28, as well as the possibility that the effect of BMI to some extent may be mediated via other factors such as non-vegetarian diet. Other recent studies have reported a weak impact of BMI on risk of T2D in a low income country (21).

Increasing age is major risk factor for T2D (22, 23). Increasing age was independently associated with increasing FPG but not significantly with increased 2-h PG levels in the linear regression analysis including all 5100 pregnant North Indian women. Thus, the overall effect of age on plasma glucose levels was weak and, in accordance with the regression analyses, increased age was only identified as an independent risk factor of GDM using the WHO 2013 and not the WHO 1999 criteria (Table 5). The age effect may be explained by the decline in pancreatic insulin secretion capacity with age (24, 25), and indeed decreased insulin secretion may influence FPG levels relatively more than the 2-h PG levels, which in contrast may be relatively more influenced by insulin resistance (26).

Illiteracy is a proxy of social class and was also independently associated with increased FPG and 2-h PG measurements in the entire group of women. However, the relative impact ( $\beta$  coefficients, Table 5) of illiteracy was more pronounced on the 2-h PG compared with the FPG measurements, which in turn may explain why illiteracy was only identified as an independent risk factor of GDM using the WHO 1999 compared with WHO 2013 criteria

(Table 4). Other studies have previously found indications of a low social class and poverty being associated with increased risk of developing GDM (8, 27). The explanation for this is unknown, but may include a lower degree of physical activity, differences in diet compositions and body composition factors beyond BMI (such as lower muscle mass), a more adverse intrauterine environment, increased exposure to toxic endocrine disruptors and/or other factors such as low vitamin B12 levels (28) associated with poverty in India.

Adult height is another factor associated with social class and may to some extent express growth 'stunting'. Indeed, low adult height was identified as an independent risk factor of GDM, even above and beyond the effect of illiteracy, using both the WHO 1999 as well as the WHO 2013 criteria (Table 4). Besides social class, adult height may be a marker of early pre- and post-natal nutrition and growth, and may to some extent support the role of the early environment and developmental programming on risk of developing GDM in India (29).

Vegetarianism is a lifestyle chosen by around 50% of all Indians. In the linear regression analyses we found that vegetarianism was not statistically significantly associated with FPG or 2-h PG levels (Table 5). However, in the logistic regression analysis, non-vegetarianism was associated with increased risk of developing GDM by the WHO 1999 but not WHO 2013 criteria (Table 4). Other studies have previously reported vegetarianism to be associated with reduced risk of GDM (30), and may be explained by



the beneficial effect of vegetables on glucose regulation (31, 32). The reason for the differential effect of vegetarianism on FPG vs 2-h PG levels, explaining the differential impact of vegetarianism on risk of GDM using WHO 1999 or WHO 2013 criteria, may be a somewhat different and skewed distribution of FPG levels among vegetarian compared with non-vegetarian women. This in turn could be due to their lower BMI (Supplementary Table 1, see section on supplementary data given at the end of this article) or perhaps to an insufficient protein, zinc or vitamin D intake.

In accordance with other studies in low- and middle-income countries, we identified a strong positive impact of urban vs rural habitat on FPG and on 2-h PG levels (Table 5), as well as on the risk of GDM using both the WHO 1999 and 2013 criteria (Table 4). This may be due to a general lower level of physical activity, unhealthier diet, low B12 or B12/folate imbalance, as well as other factors such as increased pollution in urban compared to rural habitats (27, 28, 33, 34).

Family history of diabetes is another conventional risk factor of GDM and is supposed to represent the genetic risk dimension of the disease (33). Indeed, family history of diabetes was independently associated with increased FPG as well as increased 2-h PG levels among all women in the analyses. However, family history of diabetes was not identified as an independent risk factor of GDM using either the WHO 1999 or the WHO 2013 criteria (Table 4). This suggests that the chosen cut-off levels defining GDM by either the WHO 1999 or the WHO 2013 criteria may not appropriately reflect the otherwise documented impact of family history of diabetes on FPG and 2-h PG levels, and consequently that analyses of genetic risk factors of glucose intolerance in pregnancy among Indian women should apply analytical approaches to determine the impact of genetic determinants (SNPs) on plasma glucose levels irrespective of any of the currently proposed or applied diagnostic GDM criteria. Another reason for the absent impact of family history of diabetes on risk of GDM could be that 38% of all pregnant women showed a relatively strong family history of diabetes, thereby decreasing its specificity as a risk factor. Finally, the genetic dimension could be inherent in the religion category and explain the increased risk of GDM among Hindu vs Sikh women using the WHO 1999 criteria (Table 4). Whether this difference may be due to variations in body composition, including muscle mass, and/or genetic differences in insulin secretion and/or insulin action remains to be determined. The somewhat paradoxical finding of increased GDM prevalence among Hindu vs Sikh women using the WHO 1999 criteria, despite

slightly higher mean FPG and 2-h PG values among Sikh women, may be explained by differences in distribution and range of plasma glucose levels in the two groups.

We used standard Accu-Chek bedside glucometers to determine the FPG and 2-h PG levels. The 2-h PG measurements were validated in a subset of women using a standardized GOD-POD method, and in accordance with previous results (19) we found an acceptable concordance between the two measurements. This supports the conclusion that bedside glucometers can be used as a cost-effective GDM screening solution in a low-income setting (18, 19, 20). Accordingly, the current study proved to be the most cost-effective among all of the included screening programs in a recent report (22, 21). Furthermore, the overall attendance rate of 82% compared with 54% in the HAPO study (7) and 74% in a recent Norwegian GDM screening study (35) is high, and the results are therefore likely to be representative for the general population of Punjab. For reasons of convenience, we used capillary blood samples for the 2-h PG measurements, which due to the fluctuating plasma glucose levels after glucose ingestion exhibit a higher variability compared with fasting measurements obtained during steady state glucose levels. This may to some unknown extent contribute to the relatively large variation between fasting and 2-h PG measurements across the full range of glucose tolerance status as illustrated in Fig. 2, and may have caused some degree of misclassification of cases with 2-h PG measurements near the respective GDM cut-off levels. However, given that the variability of measurements influence glucose measurements in both directions, this is unlikely to have influenced the GDM prevalence determinations.

The new WHO 2013 criteria in addition recommend 1-h post-OGTT PG measurements, which was not performed in this study, initiated before these criteria were ultimately defined. However, inclusion of 1-h PG measurements could only increase the already extremely high GDM prevalence using the WHO 2013 criteria fasting and 2-h cut-off levels.

The data available for the current study does not include pregnancy outcomes. While follow-up studies of mothers and offspring are planned for the future, it needs to be emphasized that such studies will not answer the most crucial questions of the causality of adverse outcomes associated with GDM. A meta-analysis from 2008 concluded that there is insufficient evidence to show beneficial effects of intensive glucose-lowering treatment for long-term adverse GDM complications, including risk of dysmetabolic traits in the offspring (23). Importantly,

it was mentioned that potential residual confounding risk factors such as educational status, body fat content and distribution, urbanisation, etc., and not necessarily elevated plasma glucose level *per se*, might be responsible for some adverse pregnancy outcomes associated with GDM. This may in particular be the case for the mildest elevations of plasma glucose levels in pregnancy, which was a major argument for the US committee not to endorse the proposed GDM criteria by the IASDPG (10).

The group defined as literate in this study may have included an unknown proportion of women with limited writing skills who are likely also to have been defined as illiterate women if more elaborate tests had been used. Nevertheless, using the very simple criteria of being able to write own name, we identified the one third of all of the screened women with the lowest degree of education, justifying our approach in this unique low-income North Indian setting.

Taken together, we have shown that GDM would affect more than one third of all pregnant women in North India if the WHO 2013 GDM criteria were implemented. However, there is insufficient knowledge of the short- and long-term clinical outcomes of lifestyle as well as pharmacological interventions against GDM using WHO 2013 criteria, and therefore it can be questioned whether these criteria really should be endorsed uncritically in India. Besides being associated with enormously increased health care expenditures, defining every third Indian woman with a GDM diagnosis carries with it an important personal adverse stigmatizing dimension, since being diagnosed with diabetes in India may have strong social consequences for a young woman. Altogether, we therefore recommend awaiting further significant outcome data before introducing the proposed WHO 2013 criteria in India.

#### Supplementary data

This is linked to the online version of the paper at <http://dx.doi.org/10.1530/EJE-14-14-0428>.

#### Declaration of interest

The authors declare that there is no conflict of interest that could be perceived as prejudicing the impartiality of the research reported.

#### Funding

The study was funded by the World Diabetes Foundation, Denmark, Deep Hospital and Ved Nursing Hospital, Ludhiana, India, Novo Nordisk A/S, the Augustinus Foundation as well as the Danish Strategic Research Council. Work at Lund University Diabetes Centre was funded by a Linné grant from

the Research Council as well by grants from the Swedish Diabetes Foundation and Region Skåne (A L F).

#### Author contribution statement

G P Arora designed the study, acquired data, analysed and interpreted data and drafted the manuscript. R G Thaman, R B Prasad and C Brons interpreted data and drafted the manuscript. P Almgren performed statistical analyses. L C Groop and A A Vaag designed the study, interpreted data and drafted the manuscript. All authors have approved the final version of the manuscript to be published.

#### Acknowledgements

We thank the World Diabetes Foundation for setting up a database in rural areas of Punjab, North India. We thank the technicians from Denmark and Sweden for technical assistance, sampling and organization of data. We thank Mr Amrit Pal from Punjab Agriculture University, Ludhiana, India for statistical assistance and storage of samples, and Mr Raman Gautam for being the chief coordinator of screening and sampling. Special thanks go to Dr Baldeep and his team from Deep Hospital, Ludhiana, India for being our nodal research center, for providing support and for ensuring a smooth functioning of the study, and to the Government health authorities of Punjab for supporting the study. Finally we thank all the women for participating in the study.

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Received 26 May 2015

Revised version received 23 May 2015

Accepted 26 May 2015



**Supplementary Table 1.** Distribution of women according to risk factors.

Characteristics	N	%	Habitat		Religion		
			Rural	Urban	Hindu	Sikh	Others
<b>Habitat</b>							
Rural	2921	57.3			1736	1124	61
%					59.4	38.5	2.1
Urban	2179	42.7			1052	1086	41
%					48.3	49.8	1.9
<b>Religion</b>							
Hindu	2788	54.7	1736	1052			
%			62.3	37.7			
Sikh	2210	43.3	1124	1086			
%			50.9	49.1			
Others	102	2.00	61	41			
%			59.8	40.2			
<b>Dietary Pattern</b>							
Vegetarian	3048	59.8	1784	1264	1808	1205	35
%			58.5	41.5	59.3	39.5	1.1
Non-vegetarian	2052	40.2	1137	915	980	1005	67
%			55.4	44.6	47.8	49.0	3.3
<b>Age (years)</b>							
Age ≤ 20	2068	40.5	1217	851	1413	595	60
%			58.8	41.2	68.3	28.8	2.9
20 < age ≤ 25	2448	48	1367	1081	1148	1264	36
%			55.8	44.2	46.9	51.6	1.5
25 < age ≤ 30	540	10.6	311	229	212	322	6
%			57.6	42.4	39.3	59.6	1.1
Age > 30	44	0.9	26	18	15	28	1
%			59.1	40.9	34.1	63.6	2.3
<b>BMI</b>							
BMI < 20	885	17.3	481	404	629	244	12
%			54.4	45.6	71.1	27.6	1.4
20 ≤ BMI < 25	2221	43.6	1285	936	1344	829	48
%			57.9	42.1	60.5	37.3	2.2
25 ≤ BMI < 30	1523	29.9	890	633	627	867	29
%			58.4	41.6	41.2	56.9	1.9
BMI ≥ 30	471	9.2	265	206	188	270	13
%			56.3	43.7	39.9	57.3	2.8
<b>Family History</b>							
Yes	1938	38.0	1111	827	786	1124	28
%			57.3	42.7	40.6	58.0	1.4
No	3162	62.0	1810	1352	2002	1086	74
%			57.2	42.8	63.3	34.3	2.3
<b>Literacy</b>							
Illiterate	1679	32.9	877	802	977	668	34
%			52.2	47.8	58.2	39.8	2.0
Literate	3421	67.1	2044	1377	1811	1542	68
%			59.7	40.3	52.9	45.1	2.0

**Supplementary Table 1 (cont.).**

Characteristics	Dietary Pattern		Age (years)	BMI	Family History		Literacy	
	Veg.	Non-veg.			Yes	No	Illiterate	Literate
<b>Habitat</b>								
Rural	1784	1137	21.4±3.3	24.2±4.3	1111	1810	877	2044
%	61.1	38.9			38.0	62.0	30.0	70.0
Urban	1264	915	21.5±3.3	24.1±4.41	827	1352	802	1377
%	58.0	42.0			38.0	62.0	36.8	63.2
<b>Religion</b>								
Hindu	1808	980	20.8±3.3	23.2±4.1	786	2002	977	1811
%	64.8	35.2			28.2	71.8	35.0	65.0
Sikh	1205	1005	22.4±3.0	25.3±4.3	1124	1086	668	1542
%	54.5	45.5			50.9	49.1	30.2	69.8
Others	35	67	20.3±3.4	24.4±4.8	28	74	34	68
%	34.3	65.7			27.5	72.5	33.3	66.7
<b>Dietary Pattern</b>								
Vegetarian			21.9±3.2	24.5±4.3	1249	1799	959	2089
%					41.0	59.0	31.5	68.5
Non-vegetarian			21 ±3.3	23.8±4.2	689	1363	720	1332
%					33.6	66.4	35.1	64.9
<b>Age (years)</b>								
Age ≤ 20	1062	1006		22.7±3.9	440	1628	793	1275
%	51.4	48.6			21.3	78.7	38.3	61.7
20 < age ≤ 25	1585	863		25.0±4.3	1151	1297	691	1757
%	64.7	35.3			47.0	53.0	28.2	71.8
25 < age ≤ 30	374	166		26.1±4.4	322	218	182	358
%	69.3	30.7			59.6	40.4	33.7	66.3
Age > 30	27	17		27.2±4.6	25	19	13	31
%	61.4	38.6			56.8	43.2	29.5	70.5
<b>BMI</b>								
BMI < 20	473	412	20.1±3.1		114	771	324	561
%	53.4	46.6			12.9	87.1	36.6	63.4
20 ≤ BMI < 25	1299	922	21.0±3.2		598	1623	787	1434
%	58.5	41.5			26.9	73.1	35.4	64.6
25 ≤ BMI < 30	959	564	22.3±3.1		904	619	431	1092
%	63.0	37.0			59.4	40.6	28.3	71.7
BMI ≥ 30	317	154	23 ±3.2		322	149	137	334
%	67.3	32.7			68.4	31.6	29.1	70.9
<b>Family History</b>								
Yes	1249	689	22.7±3.0	26.4±4.1			458	1480
%	64.4	35.6					23.6	76.4
No	1799	1363	20.8±3.2	22.9±3.9			1221	1941
%	56.9	43.1					38.6	61.4
<b>Literacy</b>								
Illiterate	959	720	21.0±3.4	23.8±4.3	458	1221		
%	57.1	42.9			27.3	72.7		
Literate	2089	1332	21.7±3.2	24.4±4.3	1480	1941		
%	61.1	38.9			43.3	56.7		

**Supplementary Table 2.** Prevalence (%) of GDM according to GDM diagnostic criteria and to components of the GDM definition (unadjusted data).

	<i>FPG</i>		<i>2-h PG</i>	
	<b>FPG <math>\geq 5.1</math></b> (mmol/l) (N=1679)	<b>FPG <math>\geq 7.0</math></b> (mmol/l) (N=52)	<b>2-h PG <math>\geq 7.8</math></b> (mmol/l) (N=438)	<b>2-h PG <math>\geq 8.5</math></b> (mmol/l) (N=229)
<b>Overall prevalence (%)</b>	32.9	1.0	8.6	4.5
<b>Prevalence of GDM according to risk factor (%)</b>				
<b>Habitat</b>				
Rural	30.4*	1.1	7.5*	3.6*
Urban	36.3	1.0	10.1	5.6
<b>Religion</b>				
Hindu	32.0	1.1	9.4*	5.1*
Sikh	34.0	1.0	7.4	3.7
Others	34.3	0.0	12.6	6.9
<b>Diet</b>				
Vegetarian	34.7	1.1*	7.6*	3.8*
Non-vegetarian	30.4	1.0	10.1	5.5
<b>Age (years)</b>				
Age $\leq 20$	29.8*	0.9	8.2	4.4
20 < age $\leq 25$	34.3	1.1	8.8	4.8
25 < age $\leq 30$	38.2	0.9	8.9	3.2
Age > 30	40.9	2.3	11.4	9.1
<b>BMI (kg/m<sup>2</sup>)</b>				
BMI < 20	30.9	0.7	8.3	4.3
20 $\leq$ BMI < 25	31.9	0.8	8.7	4.7
25 $\leq$ BMI < 30	34.6	1.4	7.8	3.9
BMI $\geq 30$	36.1	1.3	11.3	5.7
<b>Family History</b>				
Yes	33.8	1.0	8.8	4.0
No	32.4	1.0	8.5	4.8
<b>Literacy</b>				
Illiterate	33.5	1.0	11.0*	6.0*
Literate	32.6	1.0	7.4	3.7

\*Significant difference  $P \leq 0.05$  (Pearson chi2 test)






# Paper II





## Research: Pregnancy

# Insulin secretion and action in North Indian women during pregnancy

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Accepted 18 July 2017

### Abstract

**Aim** The relative roles(s) of impaired insulin secretion vs. insulin resistance in the development of gestational diabetes mellitus depend upon multiple risk factors and diagnostic criteria. Here, we explored their relative contribution to gestational diabetes as defined by the WHO 1999 (GDM1999) and adapted WHO 2013 (GDM2013) criteria, excluding the 1-h glucose value, in a high-risk Indian population from Punjab.

**Methods** Insulin secretion (HOMA2-B) and insulin action (HOMA2-IR) were assessed in 4665 Indian women with or without gestational diabetes defined by the GDM1999 or adapted GDM2013 criteria.

**Results** Gestational diabetes defined using both criteria was associated with decreased insulin secretion compared with pregnant women with normal glucose tolerance. Women with gestational diabetes defined by the adapted GDM2013, but not GDM1999 criteria, were more insulin resistant than pregnant women with normal glucose tolerance, and furthermore displayed lower insulin secretion than GDM1999 women. Urban habitat, illiteracy, high age and low BMI were independently associated with reduced insulin secretion, whereas Sikh religion, increasing age and BMI, as well as a family history of diabetes were independently associated with increased insulin resistance.

**Conclusions** Gestational diabetes risk factors influence insulin secretion and action in North Indian women in a differential manner. Gestational diabetes classified using the adapted GDM2013 compared with GDM1999 criteria is associated with more severe impairments of insulin secretion and action.

Diabet. Med. 00, 000–000 (2017)

### Introduction

Gestational diabetes mellitus defines newly diagnosed hyperglycaemia/diabetes in pregnancy [1], and is associated with increased pregnancy complications, as well as an increased risk of developing Type 2 diabetes later in life for both mother and offspring [1,2]. However, the plasma glucose cut-off levels defining gestational diabetes remains controversial, and our understanding of its underlying pathophysiological mechanisms is incomplete. The World Health Organization (WHO) 2013 criteria were introduced to diagnose and treat gestational diabetes earlier and thereby reduce maternal and fetal complications [3]. Lowering the fasting plasma glucose cut-off level from  $> 7.0$  to  $> 5.1$  mmol/L was associated with a threefold increase in

gestational diabetes among North Indian women [4], but it is not known whether it performed better in terms of detecting more complications. Also, the extent to which the underlying pathophysiological mechanisms may differ in women diagnosed by the WHO1999 (GDM1999) or WHO2013 (GDM2013) criteria is unknown.

The main determinants of glucose levels are insulin secretion and insulin action, and studies have shown that women with GDM1999 exhibit both impaired insulin secretion and action [5,6]. The relative contribution of defects in insulin secretion and action is, however, masked by physiological insulin resistance during the last trimester of pregnancy [7]. We are unaware of any comparisons of the role of impaired insulin secretion vs. insulin resistance in women with gestational diabetes using the GDM1999 vs. the GDM2013 criteria.

To address the relative contribution of defects in insulin secretion and action in the development of gestational diabetes defined using either the 1999 or adapted 2013

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**What's new?**

- North Indian women with gestational diabetes diagnosed with both the WHO 1999 (GDM1999) and adapted WHO 2013 (GDM2013; excluding the 1-h glucose value) criteria are characterized by impaired insulin secretion.
- Women with gestational diabetes are characterized by insulin resistance only when diagnosed with the adapted GDM2013 criteria.
- Risk factors for gestational diabetes in North Indian women influence insulin secretion and action in pregnancy in a differential manner.

diagnostic criteria (excluding 1-h glucose) we studied 4665 North Indian women between gestational weeks 24 and 28.

**Patients and methods**

In total, 5100 women were randomly selected when visiting antenatal care units in rural and urban areas of Punjab in North India [4]. The study was approved by the ethics committee (reg. no. ECR/S25/Inst/PB/2014) and the Directorate of Medical Education and Research, Punjab, India.

Details of the selection and study procedures for the current cohort were published previously [4]. The women were interviewed about age, residence (rural/urban), education (literate/illiterate), religion, diet (vegetarianism), family history of diabetes (first- and second-degree relatives), obstetric history, age at marriage and use of medication. Weight and height were measured, and BMI calculated.

A fasting venous blood sample was drawn for glucose measurements using the glucose oxidase peroxidase method. Fasting insulin concentrations were measured by enzyme-linked immunosorbent assay (ELISA; insulin ELISA kit, Diametra, Milan, Italy) [4]. A 75-g oral glucose tolerance test (OGTT) was performed and to avoid the discomfort of a venous cannula, 2-h capillary blood glucose was measured using a glucometer (Accu-Chek, Roche Diagnostics, Mumbai, India) [4]. A correction factor of 0.85 was applied to transform capillary into venous glucose concentrations [4,8].

Beta-cell function (HOMA2-B) and insulin resistance (HOMA2-IR) were determined using the HOMA2 calculator [9]. Gestational diabetes was diagnosed using WHO 1999 (fasting plasma glucose  $\geq 7.0$  mmol/L and/or 2-h glucose  $\geq 7.8$  mmol/L) and the adapted WHO 2013 (fasting plasma glucose  $\geq 5.1$  mmol/L and/or 2-h glucose  $\geq 8.5$  mmol/L) criteria [4].

**Statistics**

Student's *t*-tests were used to compare mean values between women with and without gestational diabetes, and analysis

of variance (ANOVA) for multiple comparisons between variables. A *z*-test was used for comparisons within and between groups. Linear regression analysis, adjusted for independent variables was used to test the influence of risk factors on HOMA2-IR and HOMA2-B. A *P*-value of  $\leq 0.05$  was considered statistically significant. Analyses were performed using SPSS software v. 20.0 (IBM, NY, USA).

**Results****Clinical characteristics**

In total, 4665 women (91.5%) underwent an OGTT. The characteristics are shown in Table 1. Age was significantly higher in gestational diabetes compared with pregnant women with normal glucose tolerance using the adapted GDM2013 criteria ( $P \leq 0.001$ ). Women with gestational diabetes by both criteria were shorter than those with normal glucose tolerance ( $P = 0.001$  and  $0.008$ ). Fasting glucose levels were higher in GDM2013 than in GDM1999 women ( $P \leq 0.001$ ), whereas the opposite was true for the 2-h glucose levels ( $P = 0.001$ ). Women with gestational diabetes had lower HOMA2-B than those with normal glucose tolerance using both criteria (all  $P \leq 0.001$ ), but HOMA2-IR was significantly higher in gestational diabetes than in women with normal glucose tolerance using adapted GDM2013 criteria ( $P \leq 0.001$ , adjusted  $P = 0.008$ ).

**Factors influencing insulin secretion and action**

Women from urban areas displayed lower HOMA2-B ( $P \leq 0.001$ ) and HOMA2-IR ( $P = 0.01$ ) than rural women (Table 2), and the same was seen for Hindu women who had lower HOMA2-B and HOMA2-IR than Sikh women ( $P \leq 0.001$ ). Women who were illiterate had lower HOMA2-B ( $P = 0.002$ ) and were more insulin sensitive (HOMA2-IR) than those who were literate ( $P = 0.002$ ). Diet did not influence HOMA2-B or HOMA2-IR. Ageing had a strong effect on HOMA2-IR ( $P \leq 0.001$ ), but little or no effect on HOMA2-B ( $P = 0.06$ ). Expectedly, increasing BMI was associated with insulin resistance, i.e. higher HOMA2-IR ( $P \leq 0.001$ ). Family history of diabetes was associated with higher HOMA2-IR ( $P \leq 0.001$ ) with no effect on HOMA2-B ( $P = 0.76$ ). Mean HOMA2-B and HOMA2-IR in relation to subject characteristics and environmental factors in women meeting the GDM1999 and adapted GDM2013 criteria are shown in Table S1.

**Discussion**

The key findings of this study were that North Indian women diagnosed with gestational diabetes using GDM1999 or adapted GDM2013 criteria, showed impaired insulin secretion compared with pregnant women with normal glucose

**Table 1** Clinical characteristic of pregnant women categorized as having gestational diabetes or pregnant women with normal glucose tolerance using the WHO 1999 (GDM1999) or the adapted WHO 2013 (GDM2013) criteria. The statistical comparisons between groups are uncorrected for confounding variables

	GDM1999		Adapted GDM2013		GDM1999 vs. adapted GDM2013	
	FPG $\geq 7.0$ or 2-h PG $\geq 7.8$ mmol/L		FPG $\geq 5.1$ or 2-h PG $\geq 8.5$ mmol/L		GDM	
	Gestational diabetes (n = 405)	Pregnant normal glucose tolerance (n = 4260)	Gestational diabetes (n = 1618)	Pregnant normal glucose tolerance (n = 3047)	P-value	P-value
Age (years)	21.0 (20.0; 23.0)	21.0 (19.0; 23.5)	21.0 (20.0; 24.0)	21.0 (19.0; 23.0)	$\leq 0.001$	0.13
Height (cm)	143 (133; 154)	148 (135; 162)	146 (134; 160)	149 (134; 163)	0.008	0.05
BMI (kg/m <sup>2</sup> )	23.8 (21.0; 27.4)	23.8 (20.9; 27.1)	23.8 (21.1; 27.4)	23.7 (20.8; 26.9)	0.02	0.96
Fasting plasma glucose (mmol/L)	5.33 (4.72; 6.05)	4.77 (4.38; 5.16)	5.38 (5.22; 5.61)	4.50 (4.22; 4.83)	$\leq 0.001$	$\leq 0.001$
2-h plasma glucose (mmol/L)	8.49 (8.02; 9.53)	6.04 (5.24; 6.70)	6.61 (5.80; 7.36)	5.94 (5.19; 6.65)	$\leq 0.001$	$\leq 0.001$
Fasting plasma insulin (pmol/L)	5.8 (4.7; 7.7)	6.1 (4.7; 8.3)	6.0 (4.8; 8.4)	6.1 (4.7; 8.2)	0.71	0.17
HOMA2-B	71.7 (54.2; 96.8)	92.5 (71.6; 123.8)	69.1 (55.4; 87.1)	103.3 (82.4; 136.0)	$\leq 0.001$	0.15
HOMA2-B adjusted*	75.5 (54.8–101.5)	93.3 (72.0–125.2)	70.0 (56.0–89.6)	104.7 (83.9–136.4)	$\leq 0.001$	0.04
HOMA2-IR	0.76 (0.62–1.02)	0.78 (0.60–1.06)	0.80 (0.64–1.11)	0.77 (0.59–1.04)	$\leq 0.001$	0.07
HOMA2-IR adjusted*	0.83 (0.64–1.06)	0.82 (0.61–1.10)	0.84 (0.64–1.13)	0.81 (0.61–1.08)	0.008	0.32

Data are median (25th; 75th percentile).  
 \*Adjusted for habitus, religion, diet, age, height, BMI, family history of diabetes and literacy.  
 FPG, fasting plasma glucose; PG, plasma glucose.

**Table 2** Mean HOMA2-B and HOMA2-IR in relation to subject characteristics and environmental factors

Characteristics	n (%)	HOMA2-B	P-value	HOMA2-IR	P-value
Total	4665 (100)	90.3 (70.0; 121.7)		0.78 (0.60; 1.06)	
Residence			≤ 0.001		0.01
Rural	2687 (57.60)	93.3 (71.7; 125.6)		0.79 (0.61; 1.07)	
Urban	1978 (42.40)	87.2 (67.4; 116.7)		0.76 (0.60; 1.02)	
Religion			≤ 0.001		≤ 0.001
Hindu	2530 (54.23)	88.3 (69.2; 116.0)		0.74 (0.58; 0.97)	
Sikh	2044 (43.82)	93.9 (70.9; 132.7)		0.83 (0.63; 1.19)	
Other	91 (1.95)	89.0 (64.6; 115.8)		0.74 (0.55; 0.96)	
Diet			0.38		0.21
Vegetarian	2665 (57.13)	89.6 (70.1; 120.7)		0.78 (0.61; 1.06)	
Non-vegetarian	2000 (42.87)	91.7 (69.6; 123.7)		0.77 (0.60; 1.04)	
Age (years)			0.06		≤ 0.001
≤ 20	1893 (40.58)	89.0 (69.3; 118.8)		0.73 (0.58; 0.96)	
20 to ≤ 25	2244 (48.10)	92.5 (70.9; 125.1)		0.81 (0.62; 1.14)	
25 to ≤ 30	488 (10.46)	88.5 (67.6; 120.7)		0.80 (0.65; 1.17)	
> 30	40 (0.86)	87.2 (68.2; 124.9)		1.00 (0.66; 1.42)	
BMI (kg/m <sup>2</sup> )			≤ 0.001		≤ 0.001
< 20	799 (17.13)	87.2 (68.7; 112.8)		0.73 (0.59; 0.94)	
20 to < 25	2040 (43.73)	88.5 (69.1; 118.5)		0.75 (0.59; 0.99)	
25 to < 30	1394 (29.88)	94.3 (71.2; 130.2)		0.82 (0.62; 1.20)	
≥ 30	432 (9.26)	99.9 (72.4; 143.2)		0.92 (0.69; 1.48)	
Family history			0.76		≤ 0.001
Yes	1783 (38.22)	89.1 (68.8; 123.8)		0.81 (0.61; 1.17)	
No	2882 (61.78)	91.1 (70.4; 121.0)		0.76 (0.60; 1.01)	
Literacy			0.002		0.002
Illiterate	1509 (32.35)	88.3 (69.5; 114.2)		0.76 (0.59; 1.02)	
Literate	3156 (67.65)	91.7 (70.0; 125.9)		0.79 (0.61; 1.08)	

Data are median (25th; 75th percentile). Overall *P*-values are determined by Kruskal–Wallis equality of populations rank test. Applying a post-hoc test (Dunn's) with Sidak correction, significant differences were found between the following categories: HOMA2-B, *P* ≤ 0.001, (Hindu and Sikh), (BMI < 20 and 25 to < 30), (BMI < 20 and ≥ 30), (BMI 20 to < 25 and 25 to < 30), (BMI 20 to < 25 and ≥ 30); HOMA2-IR, *P* ≤ 0.001: (Hindu and Sikh), (age ≤ 20 and 20 to ≤ 25), (age ≤ 20 and 25 to ≤ 30), (age ≤ 20 and > 30), (BMI < 20 and 25 to < 30), (BMI < 20 and ≥ 30), (20 to < 25 and 25 to < 30), (BMI 20 to < 25 and ≥ 30), (BMI 25 to < 30 and ≥ 30), *P* ≤ 0.01, (Sikh and others).

tolerance. In addition, when diagnosed with the adapted 2013 criteria, women with gestational diabetes were more insulin resistant than pregnant women who were glucose tolerant. Notably, established environmental risk factors for gestational diabetes influenced insulin resistance and insulin secretion differently in North Indian women.

The finding of more severe impairment in insulin secretion using adapted GDM2013 compared with GDM1999 criteria is in agreement with those of Noctor *et al.* [10] suggesting a less-favourable metabolic profile in women meeting the GDM2013 criteria compared with those meeting GDM1999 criteria [10].

By contrast, pregnant women with normal glucose tolerance according to the adapted 2013 criteria appeared metabolically healthier than women classified using the 1999 criteria (Table 1). The extent to which this influences the risk of short- and long-term pregnancy complications in mother and offspring of pregnancies classified using the different criteria requires further study.

Despite the higher cut-off level for fasting plasma glucose of 7.0 mmol/L (GDM1999) compared with 5.1 mmol/L (GDM2013), the average fasting plasma glucose level in GDM1999 women was slightly lower than in women diagnosed using the adapted GDM2013 criteria. One explanation for this is that it is a corollary of lower 2-h plasma

glucose in GDM2013. The majority of the women classified using the adapted GDM2013 criteria qualified for a diagnosis of gestational diabetes because of elevated fasting plasma glucose (*n* = 1779), whereas for the GDM1999 criteria women qualified based on elevated 2-h glucose (*n* = 458) [4]. This difference may explain the lower insulin secretion in adapted GDM2013 compared with GDM1999 cases.

Not surprisingly, increased BMI and age were associated with increased insulin resistance and with a (possibly compensatory) increased insulin secretion until age 30 years, after which insulin secretion declined (Table 2). This supports the notion of a general decline in  $\beta$ -cell function with age [11], potentially due to the failure of pancreatic  $\beta$ -cells to compensate for age-related insulin resistance.

A family history of diabetes was exclusively associated with insulin resistance. This is consistent with findings from first-degree relatives of patients with Type 2 diabetes [12], but in contrast to genome-wide association studies showing that most Type 2 diabetes-associated single nucleotide polymorphisms affect insulin secretion rather than insulin action [13].

The reason for the difference in insulin secretion between Sikh and Hindu women is not known, but may be due to unknown differences in lifestyle and/or genetics. Hindus are more often vegetarians than Sikhs. However, vegetarian diet

did not influence insulin secretion or action in this study (Table 2), therefore other unknown factors may play a role.

Illiteracy, a proxy for education and social status, has been associated with an increased risk of gestational diabetes [14]. Here, illiteracy was associated with impaired insulin secretion, possibly reflecting inadequate nutrition and early growth. The relatively higher insulin sensitivity associated with illiteracy may be due to lower body fat mass.

HOMA has been used previously for the assessment of both insulin secretion and action in gestational diabetes [15]. The current data show that the majority of suspected and investigated gestational diabetes risk factors in North Indian women primarily operate by influencing *in vivo* insulin resistance.

Limitations of this study include multiple comparisons with *P*-values unadjusted for multiple testing (Table 2). Furthermore, there are potential sources of bias related to the validity of the recorded gestational diabetes risk factor assessments in India, including illiteracy [16]. The lack of a 1-h glucose sample during the OGTT is another potential limitation. However Chinese women diagnosed using the GDM2013 criteria had significantly higher 1-h glucose concentrations than women diagnosis using the GDM1999 criteria [17]. Thus, the much higher number of women with gestational diabetes identified using the adapted GDM2013 vs. GDM1999 criteria in this study is unlikely to have been lower if 1-h OGTT plasma glucose levels were available, supporting the validity of the current data. Indeed, the reported HOMA data are calculated entirely from fasting plasma glucose and insulin levels.

In conclusion, North Indian women with gestational diabetes defined by both GDM1999 and adapted GDM2013 criteria are characterized by impaired insulin secretion, but only when classified using the adapted GDM2013 criteria by insulin resistance. Further investigations into the interaction between genetic and lifestyle factors predisposing to gestational diabetes in North Indian women compared with women of other ethnic origin should be prioritized.

#### Funding sources

Funding was received from the World Diabetes Foundation, Denmark, the Danish Strategic Research Council, Novo Nordisk Foundation, the Augustinus Foundation, Center for Physical Activity Research and by Deep Hospital and Ved Nursing Home and Eye Hospital, Ludhiana, India, Sydvästra Skånes Diabetesförening, Director Albert Pahlsson's Foundation, the Swedish Research Council, Hospital Region of Region Skåne and the European Research Council.

#### Competing interests

CB is a stockholder in Novo Nordisk A/S and AV is employed by AstraZeneca. No other conflict of interest is declared.

#### Acknowledgements

We wish to thank the World Diabetes Foundation for providing a database in Punjab, India and Mr Raman Gautam for coordinating screening and sampling, Dr Baldeep and his team from Deep Hospital, Ludhiana, India for providing the infrastructure for the study and the government health authorities of Punjab for supporting the study. We thank the technicians in Denmark and Sweden for their technical assistance, sampling and organization of data. Finally, we thank all the participating pregnant women in the study.

#### Author contributions

GPA, CB and RBP designed the study, acquired data, analysed and interpreted data, and drafted the manuscript. RGT and AP interpreted the data and drafted the manuscript. PA and RBP performed statistical analyses. RBP, LCG and AAV designed the study, interpreted data and drafted the manuscript. All authors have approved the final version of the manuscript to be published.

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### Supporting Information

Additional Supporting Information may be found in the online version of this article:

**Table S1.** Mean HOMA2-B and HOMA2-IR in relation to subject characteristics and environmental factors in women meeting the GDM1999 and adapted GDM2013 criteria.



**1 Insulin Secretion and Action in North Indian Women during Pregnancy**

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**4 Table S1.** Mean HOMA2-B and HOMA2-IR in relation to subject characteristics and environmental factors in women meeting the GDM1999  
**5** and the adapted GDM2013 criteria.  
**6**

Characteristics	GDM1999 (FPG $\geq 7.0$ or 2-hr PG $\geq 7.8$ mmol/l)						Adapted GDM2013 (FPG $\geq 5.1$ or 2-hr PG $\geq 8.5$ mmol/l)					
	n (%)	HOMA2-B	p-value	HOMA2-IR	p-value	n (%)	HOMA2-B	p-value	HOMA2-IR	p-value		
Total	405(100)	71.70 (54.15;97.20)	0.038	0.76 (0.62;1.02)	0.12	1618(100)	69.1 (55.37;87.1)	$\leq 0.001$	0.80 (0.64;1.11)	$\leq 0.01$		
Habitat												
Rural	201 (49.63)	69.0 (51.65;92.80)		0.72 (0.60;1.00)		861 (53.21)	70.8 (57.3;88.8)		0.82 (0.65;1.14)			
Urban	204 (50.37)	78.35 (56.6;104.85)		0.78 (0.63;1.05)		757 (46.79)	67.0 (53.45;83.70)		0.77 (0.63;1.03)			
Religion			>0.05		0.023			$\leq 0.001$		$\leq 0.001$		
Hindu	241 (59.51)	73.80 (57.1;97.65)		0.74 (0.60;1.00)		866 (53.52)	67.60 (53.40;85.23)		0.77 (0.62;1.02)			
Sikh	153 (37.78)	70.30 (50.75;96.25)		0.80 (0.66;1.12)		720 (44.50)	70.90 (57.70;91.10)		0.84 (0.66;1.21)			
Others	11 (2.71)	65.10 (51.30;101.80)		0.71 (0.57;0.91)		32 (1.98)	64.70 (51.40;83.78)		0.73 (0.56;1.06)			
Diet			0.28		0.053			0.08		0.002		
Vegetarian	216 (53.33)	71.10 (51.20;96.30)		0.79 (0.62;1.11)		961 (59.39)	70.00 (55.70;88.20)		0.82 (0.66;1.14)			
Non-Vegetarian	189 (46.67)	72.00 (57.20;101.85)		0.72 (0.60;1.00)		657 (40.61)	67.60 (54.90;84.75)		0.77 (0.62;1.04)			
Age (years)			0.17		0.017			0.001		$\leq 0.001$		
Age $\leq 20$	152 (37.53)	69.30 (55.13;91.40)		0.70 (0.59;0.98)		592 (36.59)	65.85 (55.00;81.75)		0.76 (0.62;1.00)			
20 < age $\leq 25$	206 (50.86)	78.90 (55.35;104.78)		0.80 (0.63;1.07)		812 (50.19)	71.45 (56.03;90.55)		0.82 (0.65;1.17)			
25 < age $\leq 30$	43 (10.62)	64.60 (47.80;93.50)		0.83 (0.66;1.21)		196 (12.11)	67.90 (54.15;90.68)		0.82 (0.67;1.17)			
Age > 30	4 (0.99)	64.70 (48.20;83.45)		1.11 (0.56;1.28)		18 (1.11)	73.50 (60.38;102.73)		1.06 (0.66;1.41)			
BMI (kg/m <sup>2</sup> )			0.078		0.032			$\leq 0.001$		$\leq 0.001$		
BMI < 20	68 (16.79)	78.60 (54.50;95.80)		0.70 (0.56;0.98)		261 (16.13)	66.70 (55.30;81.30)		0.77 (0.62;0.99)			
20 $\leq$ BMI < 25	177 (43.70)	73.70 (57.70;96.65)		0.76 (0.63;0.98)		694 (42.89)	67.10 (54.30;83.55)		0.76 (0.63;1.02)			
25 $\leq$ BMI < 30	111 (27.41)	61.20 (47.00; 96.50)		0.77 (0.62;1.11)		498 (30.78)	71.70 (55.63;93.20)		0.83 (0.65;1.22)			
BMI $\geq 30$	49 (12.1)	73.80 (58.20;115.10)		0.93 (0.64;1.31)		165 (10.20)	75.20 (59.20;106.55)		0.95 (0.74;1.52)			
Family history			0.91		0.23			0.024		0.083		
Yes	155 (38.27)	72.00 (51.50;105.00)		0.77 (0.62;1.15)		636 (39.31)	70.40 (56.43;91.30)		0.82 (0.63;1.20)			
No	250 (61.73)	71.45 (55.20;95.28)		0.76 (0.61;1.00)		982 (60.69)	67.95 (55.00;85.33)		0.79 (0.64;1.06)			
Literacy			0.99		0.13			0.66		0.77		
Illiterate	164 (40.49)	74.20 (57.78;98.98)		0.76 (0.63;1.01)		544 (33.62)	68.80 (55.55;85.90)		0.80 (0.65;1.11)			
Literate	241 (59.51)	70.00 (51.30;95.60)		0.76 (0.61; 1.05)		1074 (66.38)	69.15 (55.28;87.80)		0.80 (0.63;1.11)			
7	Data are median (25 <sup>th</sup> ,75 <sup>th</sup> percentile)											

**8** Overall p-values are determined by Kruskal-Wallis equality of populations rank test.

**9** Applying a post-hoc test (Dunn's) with Sidak correction, significant differences were found between the following categories:

**10** HOMA2-B:  $P \leq 0.001$ : (Hindu and Sikh), (BMI <20 and 25  $\leq$  BMI <30), (BMI <20 and BMI  $\geq$ 30), (20  $\leq$  BMI <25 and BMI  $\geq$ 30).

**11** HOMA2-IR:  $P \leq 0.001$ : (Hindu and Sikh), (Age  $\leq 20$  and 20 < age  $\leq 30$ ), (Age  $\leq 20$  and 25 < age  $\leq 30$ ), (Age  $\leq 20$  and Age >30), (BMI <20 and 25  $\leq$  BMI <30), (BMI <20 and BMI  $\geq$ 30),

**12** (20  $\leq$  BMI <25 and 25  $\leq$  BMI <30), (20  $\leq$  BMI <25 and BMI  $\geq$ 30), (25  $\leq$  BMI <30 and BMI  $\geq$ 30),  $P \leq 0.01$ : (Sikh and Others).

Paper III





# **Association between genetic risk variants and glucose intolerance during pregnancy in North Indian women**

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Word count: Abstract , main text

Number of tables/figures:

Key Words: Genetics, Risk variant, gestational diabetes mellitus, single nucleotide Polymorphism, diagnostic criteria, insulin resistance, insulin secretion, Type 2 Diabetes Mellitus.

## Abstract

**Objective:** Gestational diabetes (GDM) is a more common problem in India than in many other parts of the world but it is not known whether this is due to unique environmental factors or a unique genetic background. To address this question we examined whether the same genetic variants associated with GDM and type 2 Diabetes (T2D) in Caucasians also were associated with GDM in North Indian women.

**Material and Methods:** 5100 pregnant women of gestational age 24-28 weeks from Punjab were studied by a 75g oral glucose tolerance test (OGTT). GDM was diagnosed by both WHO 1999 and 2013 criteria. 79 SNPs previously associated with T2D and glycemic traits (12 of them also with GDM) were genotyped on a Sequenom platform and using Taqman assays.

**Results:** In general, there were stronger genetic associations with GDM defined by 1999 than by 2013 criteria. In support of previous findings in Caucasian GDM, SNPs in the *KCJN11* and *GRB14* were associated with risk of GDM 1999 in these Indian women (both  $p=0.02$ ). Several SNPs were associated with glucose and insulin values. Notably, T2D risk alleles of the variant rs1552224 near *CENTD2*, rs11708067 in *ADCY5* and rs11605924 in *CRY2* genes were associated with protection from GDM regardless of criteria ( $p<0.025$ ). rs7607980 near *COBLL1* ( $p = 0.0001$ ), rs13389219 near *GRB14* (0.026) and rs10423928 in *GIPR* ( $p = 0.012$ ) associated with insulin resistance. The risk allele (rs7903146) in the *TCF7L2* gene showing the strongest association in general with T2D was significantly associated with GDM only by applying the most stringent interpretation of WHO criteria.

**Conclusion:** GDM in women from Punjab in Northern India shows a clear genetic component, which is mostly shared with GDM in other parts of the world. Interestingly some T2D risk variants were in fact protective for GDM in these Indian women.

## Introduction

Gestational Diabetes Mellitus (GDM) has been officially defined as “carbohydrate intolerance of variable severity with onset or first recognition during pregnancy [1-3] irrespective of treatment and whether or not the condition persists after pregnancy. GDM represents almost 90% of all pregnancies complicated by diabetes [4]. Evidence suggests that prevalence of GDM is rapidly increasing, ranging from 2-14% depending upon diagnostic criteria [5, 6]. In a study on South Indian women, GDM prevalence varied between 12-21% [7] while another study on North Indian women reported a prevalence of 10% using WHO criteria [8]. The hallmark of GDM is increased insulin resistance accompanied by decreased compensatory insulin secretory response. Type 2 diabetes (T2D) is caused by increased insulin resistance and decreased insulin secretion to compensate for the former. Thus, both T2D and GDM share the same pathophysiology. Both are influenced by similar risk factors like high BMI, history of abnormal glucose intolerance, family history of diabetes mellitus, age, and ethnicity [9-11].

Family history of diabetes, both T2D and GDM is known to increase GDM risk, indicative of a common genetic component underlying both T2D and GDM [12, 13]. Till date, more than 120 T2D risk loci have been positively confirmed in association with T2D [14]. A large proportion of them has shown association with GDM risk in genome wide association studies (GWAS) and candidate gene studies. T2D risk variants at *MTNR1B*, *FTO*, *TLE1*, *G6PC2*, *GCKR*, *TCF7L2*, *ADCY5*, *CDKALI*, *TCF2*, *HNF1B*, *PPARG*, *KCNJ11*, *SLC30A8* have previously been shown to associate with GDM risk in European populations [15-18] whereas variants in *CDKALI* and *CDKN2A/2B*, *MTNR1* and *KCNQ1* were associated with GDM in Korean women [19, 20].

Some genetic variants are more specific for Asian Indian patients with T2D, e.g. in the *SGCG* (rs9552911) and *TMEM163* (rs998451) genes [21-25]. However, the genetic basis of GDM in India is vastly unexplored. SNPs rs7754840 and rs7756992 in the *CDKALI* gene were found to be associated with GDM in South Indian women [26]. In another recent study, variants in the *HMG20A* (rs7178572) and *HNF4A* (rs4812829) genes were associated with GDM and T2DM in India [27]. The aim of the present study was to investigate whether these known variants associated with

GDM and T2D in Indian and European populations are associated with GDM in Punjabi women.

## **Materials and Methods**

### **Study Population and phenotyping**

The subjects for the study were recruited by applying a multistage random technique for screening a representative group of 5100 pregnant women in the State of Punjab in North India for GDM (Gestational Diabetes Mellitus). All pregnant women during gestational week 24-28 weeks in the region were recruited [8]. Questionnaire included BMI, family history of diabetes, diet, age, habitat (urban & rural), educational status and religion. Glucose was measured in venous plasma samples at fasting and 2 hours after a 75 g glucose challenge using glucometers (Accucheck-Roche Diagnostics). A 75 g oral glucose tolerance test (OGTT) was performed at all sites. Also fasting insulin levels were measured. All information material and written consent forms in 3 languages (Hindi, Punjabi & English) were duly signed by the subjects and the study approval by local Ethical Committees. The fasting plasma insulin concentrations were determined with ELISA (Diametra, Milan, Italy; intra- and inter-assay variation of <5.0% and <10.0%, respectively). The homeostatic model assessment (HOMA2) was used to quantify insulin resistance (HOMA2-IR) and beta-cell function (HOMA2-B) from fasting insulin and glucose values using the HOMA2 calculator v2.2.3 (<http://www.dtu.ox.ac.uk/homacalculator/>) [28]. The clinical characteristics of subjects are shown in Table 1.

### **Genotyping**

DNA was extracted from frozen and stored buffy coats using (QIAGEN Autopure LS kits. Six SNPs previously associated with GDM or T2D in India [21, 22, 26, 27, 29] (supplementary table 1) and 79 SNPs previously associated with T2D risk in Europe and elsewhere (some of these also with GDM risk) in GWAS studies upto 2012 were selected for the present study (Supplementary table 1) [14]. Genotyping of the selected SNPs was performed on a Sequenom Mass ARRAY Platform (Sequenom San Diego, CA, USA) PLEX using MALDI-TOF mass spectrometer [30] or using Taqman allelic discrimination assays using ABI Prism 7900 sequence detection system (applied Biosystems, Foster city, CA, USA). Individuals with <60%



successful genotypes were excluded. Replication genotyping of 6% of the samples showed >98% concordance.

### **Statistical analyses**

Association of selected SNPs with risk of GDM was assessed by logistic regression analysis adjusted for maternal age and BMI and results given as ORs with 95% confidence intervals (CI). We also tested for associations with fasting and 2-hour glucose fasting insulin levels as well as HOMA2-B and HOMA2-IR (Supplementary table 1) using linear regression analysis with maternal age and BMI as covariates. Data were logarithmically transformed before analysis to normalize the data for skewed distribution. For all tests, a p-value of  $\leq 0.05$  was considered significant. The power to detect association with GDM2013 with 1386 GDM and 2632 controls for 79 markers at  $p < 0.0006$  ( $0.05/79$  (after Bonferroni correction) for allele frequency of 0.3 and effect size 1.3 was 0.97, which decreased to 0.64 for effects of 1.2 for the same allele frequency under an additive model. For GDM1999, with 346 GDM and 3672 controls, the corresponding figures were 0.39 and 0.12 respectively. For association with quantitative glucose traits, power to detect association was 1 at alpha 0.05 for effect allele frequency of 0.3 [31, 32].

Genetic risk scores for insulin secretion (HOMA-2B) and insulin resistance (HOMA-2IR) were also calculated.

In order to assess if different interpretations of criteria altered genetic associations, logistic regression analysis adjusting for BMI and age was performed with the GDM as outcome where GDM was defined as (i)  $FG \geq 7.0$ , (ii)  $2\text{ hrG} \geq 7.8$ , (iii)  $FG \geq 5.1$ , (iv)  $2\text{hrG} \geq 8.5$  (v)  $FG 7.0$  AND  $2\text{hrG} 7.8$  and (vi)  $FG \geq 5.1$  AND  $2\text{hrG} \geq 8.5$ .

All calculations were implemented in STATA.

### **Results**

Applying the WHO 2013 criteria resulted in a total of 1386 women with GDM (34.5 %) whereas the number was 346 (8.6%) when WHO 1999 criteria were used. Notably, only 283 (7.0%) women were diagnosed using both GDM 2013 and GDM 1999 criteria (Fig 1). We compared insulin secretion calculated as HOMA2-B and insulin resistance calculated as HOMA2-IR from the present study to those in a previously published study based on study population from the same region [33].

HOMA2-B was lower in GDM women defined by both criteria compared to pregnant normal glucose tolerant women (PNGT), and even lower compared to women with type 2 diabetes (T2D) than in GDM women (fig 2). HOMA2-IR was also higher in women with GDM compared to PNGT but lower than insulin resistance in women with T2D (Fig 3).

### **SNPs previously associated with GDM/T2D in India**

None of the 6 SNPs previously associated with either GDM or T2D in Indian populations was here associated with GDM defined using either WHO1999 or WHO2013 criteria. (Table 2, supplementary table 5).

### **Previously reported GDM risk loci**

Out of the 12 selected previously studied GDM risk loci, the T allele of the missense SNP rs5219 in the *KCNJ11* gene was nominally associated with GDM1999 ( $p=0.019$ )(table 3).

Contrary to previously reported results, the risk allele A of SNP rs11708067 in the *ADCY5* gene showed reduced risk in GDM2013 ( $p=0.037$ ) (table 3) but not GDM1999 women.

The SNP rs2796441 in the *TLE1* gene was associated with decreased insulin secretion ( $p=0.013$ ) (Supplementary Table 2).

### **Previously reported T2D loci**

The risk allele C of SNP rs13389219 in the *GRB14* gene was associated with GDM1999 ( $p=0.022$ , table 4) but not with GDM2013 ( $p=0.058$ , table 4).

The T2D risk allele T of SNP rs11920090 in the intron of the *SLC2A2* gene was associated with GDM2013 ( $p=0.030$ ) (table 4). The same SNP was also associated with GDM when defined as 2-hour glucose  $\geq 8.5$ , ( $p=0.032$ ), FBS  $\geq 5.1$  ( $p=0.053$ ), FBS  $\geq 5.1$  AND 2-hour glucose  $\geq 8.5$  both ( $p=0.050$ ) (Supplementary Table 5).

The T2D risk allele A of SNP rs11605924 in the *CRY2* gene was surprisingly associated with reduced risk of GDM1999 ( $p=0.025$ )(table 4). The same allele was

also associated with lower 2-hour glucose levels ( $p = 0.038$ ) (supplementary table 4). The same SNP associated with GDM subjects defined using glucose “cut-off” level as 2-hour glucose  $\geq 7.8$  ( $p=0.024$ )(supplementary table 5) and glucose cut off threshold 2-hour glucose  $\geq 8.5$ , ( $p=0.028$ ) (supplementary table 5).

The risk allele A of SNP rs1552224 in the *CENTD2* locus was associated with decreased risk in GDM2013 women ( $p=0.001$ ) (table 3). The same allele also associated with GDM defined with FBS cut-off of  $\geq 5.1$  ( $p=0.007$ ) (Supplementary Table 5).

### **Association with insulin secretion and insulin resistance**

12 SNPs previously associated with insulin secretion were here tested for association with HOMA2-B in pregnant Punjabi women. T2D risk allele A in rs11071657 at the *FAM148B* locus associated with increased insulin secretion ( $p=0.044$ ) (table 5).

Among 6 SNPs previously associated with measures of insulin resistance, 3 SNPs here associated with HOMA2-IR. The C allele of rs7607980 in the *COBLL1* gene associated with decreased HOMA2-IR ( $p = 0,0001$ ). The C allele of rs13389219 near *GRB14* ( $p = 0,026$ ) and A allele of rs10423928 in the intron of the *GIPR* gene ( $p = 0.012$ ) associated with increased HOMA2-IR (table 6).

### **Association with GDM defined by various cut-off thresholds based on WHO1999 and WHO2013**

We next assessed the association of the selected SNPs with GDM as defined by WHO1999 and WHO2013 criteria to explore whether changing the criteria would influence the genetic associations GDM was defined by (i) FBS  $\geq 5.1$ , (ii) FBS  $\geq 7.0$ , (iii) 2-hour glucose  $\geq 7.8$ , (iv) 2-hour glucose  $\geq 8.5$ , (v) FBS  $\geq 5.1$  AND 2 hour glucose  $\geq 8$  and (vi) FBS  $\geq 7.0$  AND 2-hour glucose  $\geq 7.8$ . GDM prevalence according to these criteria is shown in fig 4. SNP rs6467136 of *GCCI-PAX4* was associated with GDM defined using (i) FBS  $\geq 7.0$  ( $p=0.010$ ), (ii) 2-hour glucose  $\geq 8.5$  ( $p=0.044$ ), and (iii) FBS  $\geq 7.0$  AND 2-hour glucose  $\geq 7.8$  ( $p=0.005$ ) (supplementary table 5).

A significant association was seen between SNPs rs7903146 in the *TCF7L2* gene ( $p=0.045$ ), rs1799999 in *PPIR3A* ( $p=0.029$ ), and rs11063069 in *CCND2* ( $p=0.046$ ) with GDM defined using  $FBS \geq 5.1$  AND 2-hour glucose  $\geq 8.5$  (supplementary table 5).

rs10401969 of *SUGPI* ( $p=0.031$ ) was associated with GDM criteria  $FBS \geq 5.1$  whereas SNP rs459193 of *ANKRD55* ( $p=0.045$ ) associated with glucose “cut off” threshold as  $FBS \geq 7.0$ . SNP rs6943153 in *GRB10* associated with 2-hour glucose  $\geq 8.5$  as cut-off value ( $p=0.040$ ) (supplementary table 5).

Using “cut off” threshold as  $FBS \geq 7.0$  AND glucose  $\geq 7.8$ , SNPs rs17168486 of *DGKB* ( $p=0.039$ ), rs2191349 of *DGKB/TMEM195* ( $p=0.017$ ), and rs689 of *INS, INS-IGF2* ( $p=0.038$ ) showed associations with GDM (supplementary table 5).

## Discussion

In the present study, we investigated the genetic basis of gestational diabetes mellitus in Punjabi Indian women. Previously reported GDM and T2D loci in Indian as well as European populations were assessed for association with risk of GDM and related traits in 4018 pregnant women of Punjabi descent. This is the largest study investigating the genetic basis of GDM anywhere in the world [15, 16, 19, 27].

The genetic variants in the *HMG20A* and *HNF4A* genes which previously have been associated with risk of T2D and GDM in South India [27] were not associated with GDM nor T2D in Punjabi women. This could be due to differences in allele frequencies between the North and South Indian populations, which are ethnically quite distinctive populations [34]. The Punjabi Indian population belongs to the “Ancestral North Indians” group and shares genetic similarities with populations from Middle East, Central Asia and to some degree Europe whereas the South Indian population genetically belongs to the “Ancestral South Indian” group and is distinct from the Ancestral North Indian and East Asian populations [34]. The frequency differences of some genotypes clearly support these differences. The frequency of the risk allele G in the *HMG20A* SNP rs7178572 was 52.08% in the Punjabi Indian population whereas in the South Indian population, this was 46.1%. The

corresponding frequencies for the risk allele A in the *HNF4A* SNP rs4812829 were 28.97% and 35.15% respectively.

Interestingly, no associations were seen for any of the GDM or T2D loci selected from studies based on either Indian or European populations. The only GWAS on GDM till date was carried out in South Korea and reported an association with variants in the *CDKAL1* and *MTNR1B* loci. The CDK5 regulatory subunit associated protein 1 like 1 coding gene *CDKAL1* is highly expressed in pancreas, skeletal muscle and brain and specifically inhibits activity of the serine / threonine protein kinase cyclin-dependent kinase 5 (CDK5). CDK5 activation leads to inhibition of insulin secretion, particularly in a high glucose environment [35]. Inhibition of this activity could protect pancreatic beta cells from glucotoxicity [36]. The T2D risk variant in the melatonin receptor 1B coding *MTNR1B* gene modulates insulin release and melatonin treatment inhibited insulin secretion, with risk allele carriers exhibiting higher glucose levels. T2D risk locus in *MTNR1B* has been successfully replicated for association with GDM in Norway [16]. In the present study, we did not see an association between this variant and GDM in the Punjabi women.

T2D risk variants in the *CRY2* (WHO1999), *CENTD2* (WHO2013) and the *ADCY5* (WHO2013) genes were here protective for GDM. *CRY2* codes for the cryptochrome protein involved in the regulation of the circadian clock. Risk allele carriers of the rs11708067 SNP in *ADCY5* has been previously shown to reduce *ADCY5* expression in pancreatic beta cells. Moreover, *ADCY5* was shown to be indispensable for coupling glucose to insulin secretion in human islets [37].

Among 6 previous insulin resistance loci, 3 here showed an association with HOMA2-IR. The C allele in rs7607980 in the *COBLL1* gene previously associated with lower serum insulin and insulin resistance in overweight and obese children [38]. *COBLL1* codes for Cordon-Bleu WH2 Repeat Protein Like 1 protein.

rs13389219 near the growth factor receptor bound protein 14 coding *GRB14* and rs10423928 in the gastric inhibitory polypeptide receptor coding *GIPR* also here associated with HOMA2-IR. To our knowledge, this is the first report of insulin resistance loci during pregnancy in the North Indian population.

The most stringent interpretation of WHO2013 criteria resulted in the association of the most consistently replicated T2D risk SNP at the *TCF7L2* locus. Few other novel

associations included SNPs at *ANKRK55*, *GRB10* and 2 SNPs at the *DGKB* locus. This could be indicative that GDM in India is akin to IGT in Europe and perhaps stricter interpretations of current GDM criteria are closer to T2D.

Maternal diabetes significantly increases the risk of congenital malformations by 3-4 fold compared to pregnant women with NGT. While we in previous work have shown the key role of environmental factors for risk of GDM, not at least ethnicity and family history of T2D or GDM, we here wanted to explore more in detail the underlying genetic contributions.

Taken together, the results demonstrate that GDM in women from Punjab in Northern India shows a clear genetic component, which is mostly shared with GDM in other parts of the world. However, the direction of the effect can differ; some T2D risk variants were in fact protective for GDM in these Indian women.

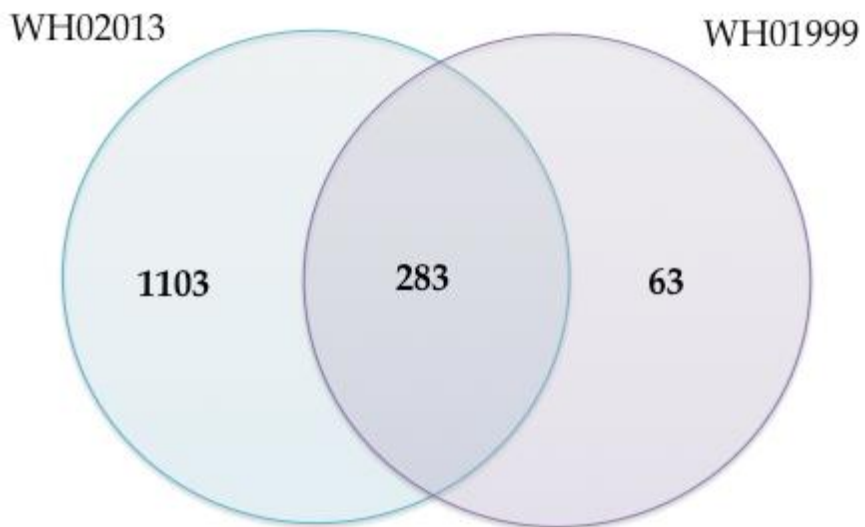
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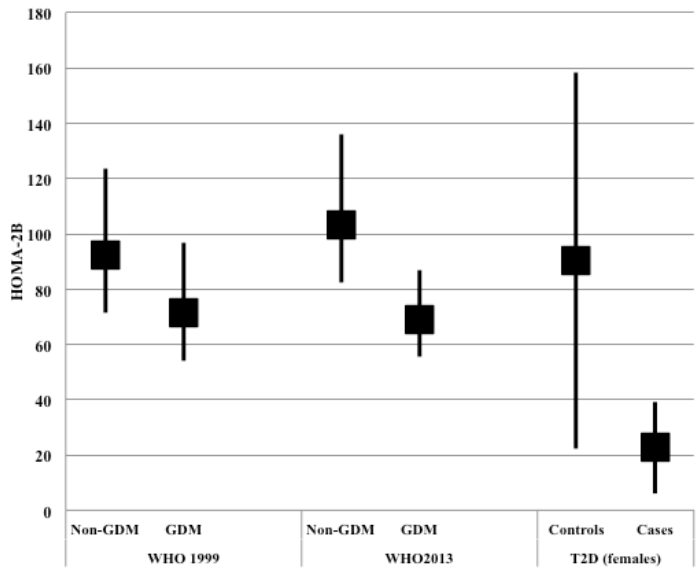
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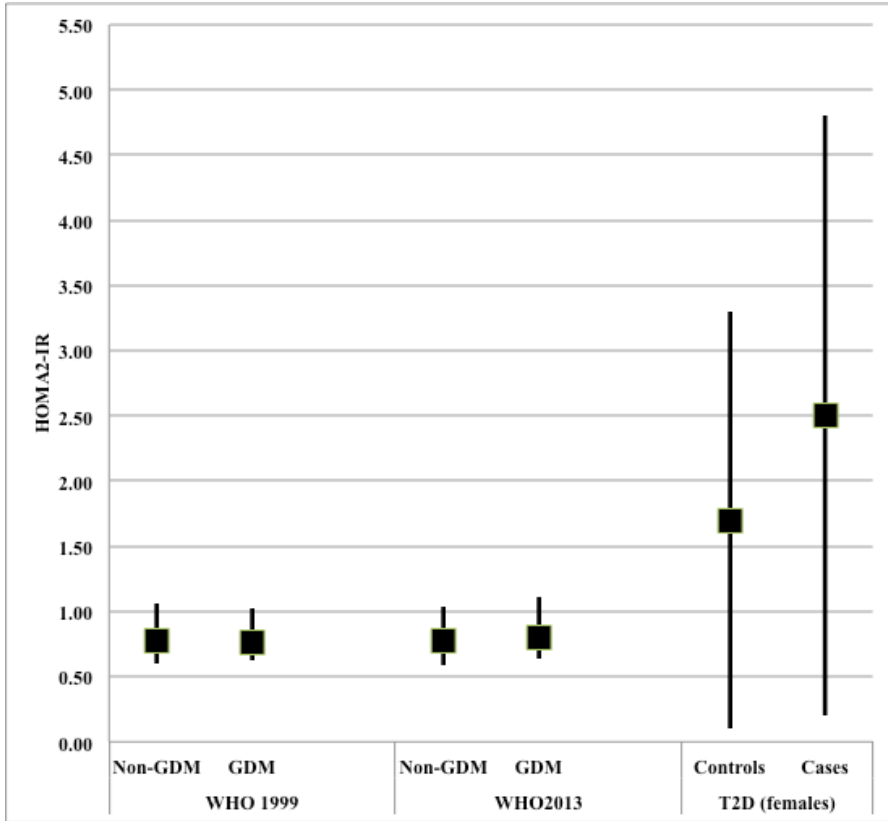




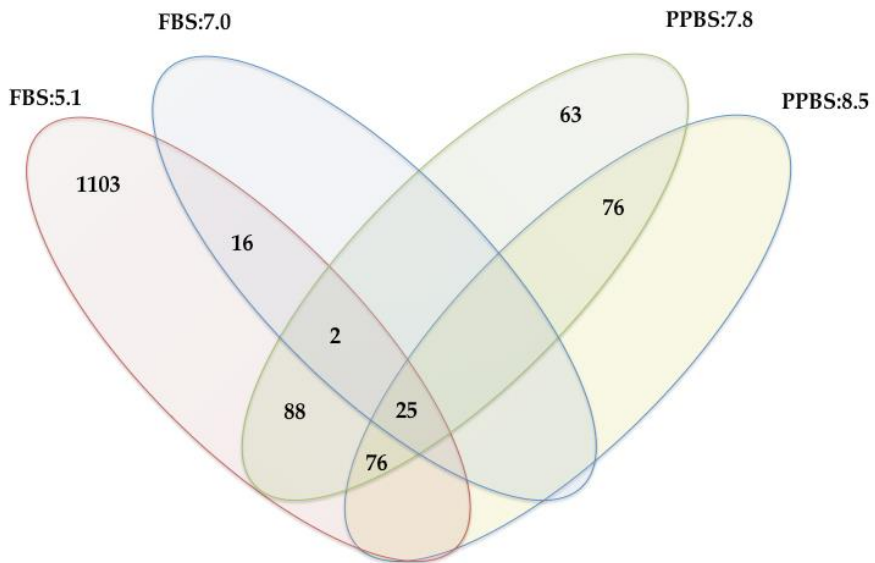
**Figure 1. Number of GDM women according to WHO2013 and WHO1999 criteria**



**Fig 2. Insulin secretion (HOMA-B) in GDM, T2D, normal glucose tolerant non pregnant women and healthy pregnant Punjabi women. T2D and data calculated from Been et al, Nutr Metab Cardiovasc Dis. 2013.**



**Fig 3. Insulin resistance (HOMA-IR) in GDM, T2D, non-pregnant normal glucose tolerant and pregnant Punjabi women with NGT. T2D and data calculated from Been et al, Nutr Metab Cardiovasc Dis. 2013.**



**Fig 4. Distribution of GDM according to WHO1999 and WHO2013 criteria. FBS = fasting blood sugar, PPBS = postprandial blood sugar.**

Table 1. Study population characteristics		N	Mean	Stddev
	Age (years)	4018	21.41	3.40
	BMI	4018	24.11	4.34
	Fasting plasma glucose (mmol/l)	4018	4.812	0.76
	plasma insulin (pmol)	4018	54.25	61.86
	2 hour glucose (venous, mmol/l)	4018	6.20	1.37
	homa2_b with acceptable steady state glucose and insulin values	3680	104.02	55.71
	homa2_ir with acceptable steady state glucose and insulin values	3680	0.97	0.74

**Table 2: Association of previously reported GDM and T2D loci from Indian population based studies with risk of GDM according to both criteria**

genotype	EA	Chr	Gene/nearest gene	Location	OR_1999	lower CI	upper CI	p_who 1999	OR_WH O2013	lower CI	upper CI	p_who 2013	n
rs998451_A	A	2	TMEM163	intron	0,987	0,795	1,224	0,902	0,959	0,843	1,090	0,518	3882
rs1799999_A	A	7	PPP1R3A	missense	0,862	0,728	1,020	0,083	0,997	0,905	1,098	0,953	3890
rs689_A	A	11	INS	5'UTR	1,077	0,879	1,319	0,474	1,033	0,914	1,167	0,603	3903
rs9552911_A	A	13	SGCG	intron	1,057	0,830	1,347	0,653	1,017	0,875	1,183	0,824	3890
rs4812829_A	A	20	HNF4A	intron	1,040	0,871	1,240	0,667	0,988	0,890	1,096	0,814	3801
rs7178572_G	G	15	HMG20A	intron	0,988	0,832	1,173	0,891	1,017	0,921	1,122	0,743	3541

**Table 3: Association of previously reported GDM loci with risk of GDM according to both criteria**

SNP	EA	Chr	Gene/nearest gene	Location	WHO 1999			WHO 2013					
					OR	CI(lower)	CI(upper)	p-value	OR	CI(lower)	CI(upper)	p-value	n
rs9939609_A	A	16	FTO	intron	1,042	0,860	1,262	0,676	0,988	0,884	1,105	0,834	3120
rs2796441_G	G	9	TLE 1	intergenic	0,993	0,843	1,169	0,929	1,072	0,975	1,179	0,152	3905
rs560887_C	C	2	G6PC2/ABCB11	intron	1,182	0,920	1,520	0,191	1,114	0,967	1,284	0,134	3910
rs11708067_A	A	3	ADCY5	intron	0,983	0,814	1,188	0,860	0,888	0,794	0,993	<b>0,037</b>	3877
rs7754840_C	C	6	CDKAL 1	intron	0,878	0,727	1,061	0,179	0,966	0,869	1,073	0,518	3721
rs1111875_C	C	10	HHEX	intergenic	0,905	0,771	1,064	0,226	1,058	0,962	1,162	0,246	3901
rs7756992_G	G	6	CDKAL 1	intron	0,913	0,757	1,101	0,340	0,975	0,876	1,085	0,645	3686
rs10811661_T	T	9	CDKN2A/2B	intergenic	0,990	0,776	1,263	0,936	1,088	0,947	1,251	0,233	3890
rs4402960_T	T	3	IGF2BP2	intron	1,024	0,871	1,204	0,772	0,950	0,864	1,045	0,293	3750
rs13266634_C	C	8	SLC30A8	coding-missense	0,969	0,798	1,177	0,751	0,972	0,872	1,084	0,614	3898
rs10010131_G	G	4	WFS 1	intron	1,138	0,950	1,362	0,160	0,999	0,902	1,108	0,992	3843
rs5219_T	T	11	KCNJ11	coding-missense	1,211	1,032	1,422	<b>0,019</b>	1,000	0,907	1,102	0,999	3595

**Table 4: Association of previously reported T2D loci with risk of GDM according to both criteria**

SNP	EA	Chr	Gene/nearest gene	Location	WHO 1999				WHO 2013				
					OR	Ci(lower)	Ci(upper)	p-value	OR	Ci(lower)	Ci(upper)	p-value	
rs2296172_G	G	1	MACF1	coding-missense	0,925	0,711	1,204	0,562	1,043	0,896	1,213	0,588	3847
rs340874_C	C	1	PROX1	intergenic	0,948	0,804	1,117	0,521	0,966	0,878	1,062	0,476	3709
rs7578597_T	T	2	THADA	coding-missense	0,906	0,729	1,127	0,377	0,927	0,808	1,063	0,277	3710
rs243088_T	T	2	BCL11A	intergenic	1,105	0,941	1,299	0,224	1,072	0,974	1,181	0,156	3717
rs7593730_T	T	2	RBMS1/ITGB6	intronic	1,019	0,849	1,224	0,836	0,996	0,889	1,115	0,939	3906
rs7607980_C	C	2	COBL1	coding-missense	0,958	0,736	1,247	0,751	0,951	0,815	1,110	0,523	3885
rs13389219_C	C	2	GRB14	intergenic intron of uncharacterized LOC646736	1,256	1,033	1,528	<b>0,022</b>	1,110	0,996	1,236	<b>0,058</b>	3829
rs7578326_A	A	2	KIAA1486/IRS1	intergenic	0,974	0,800	1,184	0,789	0,985	0,878	1,105	0,795	3600
rs2943641_C	C	2	IRS1	intergenic	0,927	0,767	1,120	0,432	0,977	0,874	1,092	0,679	3643
rs4675095_A	A	2	IRS1	intron	1,113	0,871	1,422	0,391	1,040	0,905	1,196	0,580	3817
rs831571_C	C	3	PSMD6	intergenic	1,029	0,845	1,252	0,777	0,935	0,833	1,051	0,261	3726
rs4607103_C	C	3	ADAMTS9-AS2	intron	1,146	0,982	1,337	<b>0,083</b>	1,002	0,913	1,099	0,971	3884
rs11920090_T	T	3	SLC2A2	intron	1,190	0,933	1,517	0,161	1,164	1,015	1,335	<b>0,030</b>	3606
rs6815464_C	C	4	MAEA	intron	1,042	0,833	1,305	0,716	1,032	0,903	1,180	0,640	3722
rs459193_G	G	5	ANKRD55	intergenic intron of ZBED3-	0,990	0,841	1,167	0,908	1,072	0,972	1,181	0,163	3884
rs4457053_G	G	5	ZBED3	AS1	1,059	0,869	1,290	0,572	0,955	0,848	1,076	0,454	3579
rs9470794_C	C	6	ZFAND3	intron	1,079	0,857	1,359	0,519	1,054	0,911	1,218	0,481	3608
rs17168486_T	T	7	DGKB	intergenic	0,991	0,835	1,178	0,921	0,975	0,881	1,078	0,622	3855
rs2191349_T	T	7	DGKB/TMEM19 5	intergenic	1,042	0,885	1,229	0,620	1,003	0,911	1,103	0,956	3903
rs864745_T	T	7	JAZF1	intron	0,986	0,835	1,165	0,870	1,022	0,922	1,132	0,681	3876



rs4607517_A	A	7	GCK	intergenic	1,046	0,826	1,324	0,708	1,013	0,881	1,164	0,861	3903
rs17133918_T	C	7	GRB10	intron	1,038	0,871	1,238	0,675	0,976	0,880	1,083	0,651	3907
rs9333360_A	A	7	GRB10	intron	1,033	0,873	1,224	0,703	1,032	0,934	1,140	0,541	3905
rs6943153_T	C	7	GRB10	intron	0,869	0,732	1,032	0,110	0,954	0,862	1,057	0,369	3602
rs6467136_G	G	7	GCC1-PAX4	intergenic	1,119	0,955	1,311	0,166	0,977	0,890	1,073	0,625	3593
rs1516946_C	C	8	ANK1	intron	1,011	0,828	1,235	0,916	1,095	0,973	1,232	0,131	3922
rs896854_T	T	8	TP53INP1	intron	0,976	0,833	1,143	0,759	0,973	0,885	1,069	0,570	3903
rs7034200_A	A	9	GLIS3	intron	0,985	0,839	1,155	0,849	1,031	0,939	1,132	0,525	3868
rs13292136_C	C	9	TLE4 (CHCHD9)	intergenic	0,946	0,757	1,183	0,628	0,982	0,861	1,121	0,793	3706
rs12571751_A	A	10	ZMIZ1	intron	0,865	0,737	1,016	<b>0,077</b>	0,966	0,875	1,066	0,490	3601
rs553668_A	A	10	ADRA2A	UTR-3	1,177	0,993	1,396	<b>0,060</b>	1,078	0,972	1,196	0,155	3666
rs10885122_G	G	10	ADRA2A	intergenic	1,034	0,841	1,271	0,754	1,050	0,932	1,182	0,426	3683
rs163184_G	G	11	KCNQ1	intron	0,903	0,762	1,070	0,237	1,001	0,908	1,104	0,980	3713
rs2237895_C	C	11	KCNQ1	intron	0,964	0,817	1,137	0,664	1,013	0,920	1,116	0,790	3682
rs11605924_A	A	11	CRY2	intron	0,840	0,721	0,979	<b>0,025</b>	1,009	0,920	1,106	0,854	3909
rs7944584_A	A	11	MADD	intron	0,917	0,744	1,131	0,417	1,094	0,967	1,237	0,155	3553
rs174550_T	T	11	FADS1	intron	0,947	0,763	1,175	0,621	0,964	0,851	1,092	0,568	3908
rs1552224_A	A	11	CENTD2	intergenic	0,924	0,752	1,136	0,453	0,818	0,723	0,924	<b>0,001</b>	3911
rs11063069_G	G	12	CCND2	intergenic	0,998	0,804	1,239	0,987	1,043	0,915	1,190	0,526	3671
rs10842994_C	C	12	KLHDC5	intergenic	1,138	0,896	1,445	0,289	0,971	0,846	1,114	0,671	3906
rs1153188_A	A	12	DCD	intergenic	1,153	0,930	1,429	0,193	1,014	0,898	1,144	0,824	3912
				intron of									
rs1531343_C	C	12	HMG2	pseudogene	0,836	0,678	1,031	<b>0,094</b>	0,905	0,801	1,021	0,105	3915
rs7961581_C	C	12	TSPAN8,LGR5	intergenic	0,917	0,775	1,085	0,314	1,026	0,928	1,136	0,614	3703
			OASL/TCF1/HNF										
			1A										
rs7957197_T	T	12		intron of QASL	0,878	0,657	1,173	0,379	1,004	0,831	1,212	0,968	3924
rs17271305_G	G	15	VPS13C	intron	1,020	0,860	1,209	0,819	0,928	0,837	1,029	0,158	3825
rs11071657_A	A	15	FAM148B	intergenic	1,030	0,870	1,220	0,728	0,926	0,837	1,024	0,136	3897
rs7177055_A	A	15	HMG20A	intergenic	1,001	0,851	1,177	0,994	0,985	0,896	1,081	0,745	3907

rs11634397_G	G	15	ZFAND6	intergenic	0,894	0,761	1,049	0,169	0,966	0,878	1,063	0,478	3910
rs8042680_A	A	15	PRC1	intron	0,894	0,764	1,047	0,164	0,997	0,904	1,100	0,958	3887
rs7202877_T	T	16	BCAR1	intergenic	1,214	0,895	1,646	0,213	1,047	0,877	1,250	0,613	3915
rs8090011_G	G	18	LAMA1	intron	0,955	0,815	1,119	0,571	0,931	0,847	1,022	0,134	3911
rs10401969_C	C	19	SUGP1	intron	0,963	0,728	1,274	0,791	0,860	0,729	1,015	<b>0,074</b>	3605
rs8108269_G	G	19	GIPR	intergenic	1,027	0,858	1,230	0,770	1,078	0,969	1,198	0,167	3508
rs10423928_A	A	19	GIPR	intron	0,858	0,679	1,085	0,201	1,060	0,932	1,207	0,374	3911
rs6017317_G	G	20	FITM2-R3HDMML-HNF4A	intergenic	0,961	0,815	1,134	0,641	0,983	0,890	1,085	0,728	3758
rs5945326_A	A	X	DUSP9	intergenic	0,957	0,816	1,121	0,583	1,016	0,921	1,122	0,745	3589

**Table 5 Association of selected loci with insulin secretion (HOMA2-B)**

SNP	EA	Chr	Gene/nearest gene	Location	Beta	SE	p-value	N
rs340874_C	C	1	PROX1	intergenic	0,009	0,011	0,388	3395
rs560887_C	C	2	G6PC2/ABCB11	intron	-0,004	0,016	0,818	3578
rs11708067_A	A	3	ADCY5	intron	0,024	0,012	0,053	3556
rs11920090_T	T	3	SLC2A2	intron	-0,014	0,015	0,361	3301
rs4607517_A	A	7	GCK	intergenic	0,007	0,012	0,571	3372
rs2191349_T	T	7	DGKB/TMEM195	intergenic	-0,008	0,011	0,480	3575
rs7034200_A	A	9	GLIS3	intron	0,002	0,016	0,922	3576
rs10885122_G	G	10	ADRA2A	intergenic	-0,006	0,010	0,546	3545
rs7944584_A	A	11	MADD	intron	-0,021	0,013	0,116	3372
rs174550_T	T	11	FADS1	intron	0,011	0,014	0,435	3248
rs7756992_G	G	6	CDKAL1	intron	0,011	0,014	0,446	3576
rs11071657_A	A	15	FAM148B	intergenic	0,023	0,011	0,044	3568

**Table 6: Association with HOMA-IR selected loci: insulin resistance SNPs**

SNP	EA	Chr	Gene/nearest gene	Location	Beta	SE	p-value	N
rs2943641_C	C	2	IRS1	intergenic	-0,001	0,014	0,923	3337
rs4675095_A	A	2	IRS1	intron	-0,028	0,017	0,102	3500
rs4607517_A	A	7	GCK	intergenic	0,018	0,018	0,299	3576
rs7607980_C	C	2	COBLL1	coding-missense	-0,070	0,019	0,0001	3557
rs13389219_C	C	2	GRB14	intergenic	0,029	0,013	0,026	3518
rs10423928_A	A	19	GIPR	intron	0,041	0,016	0,012	3585



**Supplementary table 1. T2D associated SNPs selected from previously published GWAS studies upto 2012 and GDM associated loci (\*) from previous candidate and GWAS studies.**

SNPs	GENE / nearest Gene	location	Chr	Locus	RA	OA	RAF	Trait	References
rs10923931	<i>NOTCH2</i>	intron	1	1p12	T	G	0.10	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs2296172	<i>MACF1</i>	coding - missense	1	1p34.3	G	A		T2D	A. Albrechtsen et al, Diabetologia, 2013
rs340874	<i>PROX1</i>	intergenic	1	1q41	C	T	0.45	Fasting glucose / insulin secretion / T2D	Dupuis et al Nat Genet 2010
rs243021	<i>BCL11A</i>	intergenic	2	2p16.1	A	G	0.46	T2D	Voight et al DIAGRAM 2010
rs243088*	<i>BCL11A</i>	intergenic	2	2p16.1	T	A	0.45	T2D / GDM	Morris, naturegenetics 2012
rs7578597	<i>THADA</i>	coding - missense	2	2p21	T	C	0.90	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs3923113	<i>GRB14</i>	intergenic	2	2q24.3	A	C	0.64 (0.74)	T2D	Kooner natgen 2012; Morris natgen, 2012
rs13389219	<i>GRB14</i>	intergenic	2	2q24.3	C	T	0.60	T2D	Morris, naturegenetics 2012
rs7607980	<i>COBL1</i>	coding - missense	2	2q24.3	C	T		T2D	A. Albrechtsen et al, Diabetologia, 2013
rs560887	<i>G6PC2/ABCBI1</i>	intron	2	2q31.1	C	T	0.67	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs7578326	<i>KIAA1486/IRSI1</i>	intron of uncharacterized LOC646736	2	2q36.3	A	G	0.64	T2D	Voight et al DIAGRAM2 2010
rs2943641	<i>IRSI1</i>	intergenic	2	2q36.3	C	T	0.63	Fasting insulin / T2D / insulin sensitivity	Rung et al. Nat Genet 2010
rs4675095	<i>IRSI1</i>	intron	2	2q36.3	A	T	0.94	fasting glucose / insulin sensitivity	Dupuis et al Nat Genet 2010

rs7593730*	<i>RBMS1/ITGB6</i>	intronic	2	9q24.2	T	C	0.23	T2D / GDM	Qi et al. Hum Molec Gen. 2010
rs4607103	<i>ADAMTS9-AS2</i>	intron	3	3p14.1	C	T	0.76	T2D / GDM	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs831571	<i>PSMD6</i>	intergenic	3	3p14.1	C	T	1 (0.688)	Asian T2D	Cho natgen 2012
rs1801282	<i>PPARG</i>	coding - missense	3	3p25.2	C	G	0.86	T2D / Insulin sensitivity	DGI, MIT and LU, Science 2007
rs11708067*	<i>ADCY5</i>	intron	3	3q21.1	A	G	0.77	T2D / 2hr glucose / Fasting Glucose / HOMA B / GDM	Saxena et al. Nat Genet 2010
rs11920090	<i>SLC2A2</i>	intron	3	3q26.2	T	A	0.86	Fasting glucose / HOMA B	Dupuis et al Nat Genet 2010
rs4402960	<i>IGF2BP2</i>	intron	3	3q27.2	T	G	0.29	T2D	DGI, MIT and LU, Science 2007
rs10010131	<i>WFS1</i>	intron	4	4p16.1	G	A	0.60	T2D	Sandhu et al nature genetics 2007, Lyssenko et al, NEJM 2008
rs6815464	<i>MAEA</i>	intron	4	4p16.3	C	G	0.522 - 0.64	Asian T2D	Cho natgen 2012
rs459193	<i>ANKRD55</i>	intergenic	5	5q11.2	G	A	0.70	T2D	Morris, naturegenetics 2012
rs4457053	<i>ZBED3</i>	intron of ZBED3-AS1	5	5q13.3	G	A	0.26	T2D	Voight et al DIAGRAM2 2010
rs9470794	<i>ZFAND3</i>	intron	6	6p21.2	C	T	0.50 (0.20)	Asian T2D	Cho natgen 2012
rs7754840	<i>CDKALI</i>	intron	6	6p22.3	C	G	0.30	T2D	Steinthorsdottir, Nat Gen 2007, DGI, MIT and LU, Science 2007
rs7756992	<i>CDKALI</i>	intron	6	6p22.3	G	A	0.25	T2D	Steinthorsdottir, Nat Gen 2007
rs4607517	<i>GCK</i>	intergenic	7	7p13	A	G	0.20	Fasting glucose/T2D / insulin sensitivity / HOMA B	Dupuis et al Nat Genet 2010
rs864745	<i>JAZF1</i>	intron	7	7p15.1	T	C	0.50	T2D	Zeggini, natgen, 2008, Lyssenko et al,

											Fasting glucose / T2D / Insulin secretion	
rs2191349	<i>DGKB/TMEM195</i>	intergenic	7	7p21.2	T	G	0.50					Dupuis et al Nat Genet 2010
rs17168486	<i>DGKB</i>	intergenic	7	7p21.2	T	C	0.19					Morris, naturegenetics 2012
rs6467136	<i>GCCI-PAX4</i>	intergenic	7	7q32.1	G	A	0.50 (0.81)				Asian T2D	Cho natgen 2012
rs516946	<i>ANK1</i>	intron	8	8p11.21	C	T	0.76				T2D	Morris, naturegenetics 2012
rs896854	<i>TP53NPI</i>	intron	8	8q22.1	T	C	0.48				T2D	Voight et al DIAGRAM2 2010
rs13266634	<i>SLC30A8</i>	coding - missense	8	8q24.11	C	T	0.70				T2D	Sladek R Nature 2007
rs10811661	<i>CDKN2B</i>	intergenic	9	9p21.3	T	C	0.80				T2D	DGI, MIT and LU, Science 2007, Gupta, Diabetologia 2012, Wu Y, Diabetes 2008
rs13292136	<i>TLE4 (CHCHD9)</i>	intergenic	9	9q21.31	C	T	0.93				T2D	Voight et al DIAGRAM2 2010
rs2796441	<i>TLE1</i>	intergenic	9	9q21.32	G	A	0.57				T2D	Morris, naturegenetics 2012
rs7034200	<i>GLIS3</i>	intron	9	9q24.2	A	C	0.50				Fasting glucose /T2D/proinsulin to insulin / insulin secretion	Dupuis et al Nat Genet 2010
rs12779790	<i>CDC123,CAMK1 D</i>	intergenic	10	10p13	G	A	0.18				T2D	Zeggini, natgen, 2008, Lysenko et al, NEJM 2008
rs12571751*	<i>ZMIZ1</i>	intron	10	10q22.3	A	G	0.52				T2D / GDM	Morris, naturegenetics 2012
rs111875*	<i>HHEX/IDE</i>	intergenic	10	10q23.33	C	T	0.52				T2D / GDM	DGI, MIT and LU, Science 2007
rs7903146	<i>TCF7L2</i>	intronic / promoter	10	10q25.2	T	C	0.50				T2D	Grant SFA, Nat genetics 2006,
rs553668	<i>ADRA2A</i>	UTR-3	10	10q25.2	A	G	0.50				T2D	Rosengren Science 2009
rs10885122	<i>ADRA2A</i>	intergenic	10	10q25.2	G	T	0.90				Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs7944584	<i>MADD</i>	intron	11	11p11.2	A	T	0.75				Fasting proinsulin /	Dupuis et al Nat Genet 2010

											T2D / Fasting glucose / HOMA B
rs5219	<i>KCNJ11</i>	coding - missense	11	11p15.1	T	C	0.46	T2D	DGI, MIT and LU, Science 2007		
rs2237895*	<i>KCNQ1</i>	intron	11	11p15.4	C	T	0.33	T2D / GDM	Yasuda natgen 2008		
rs163184	<i>KCNQ1</i>	intron	11	11p15.4	G	T	0.51	T2D	Yasuda natgen 2008; Morris natgen, 2012		
rs2237892	<i>KCNQ1</i>	intron	11	11p15.4	C	T	0.69	T2D	Yasuda Natgen 2008		
rs231362	<i>KCNQ1</i>	intron	11	11p15.5	G	A	0.52	Fasting glucose / T2D	Voight et al DIAGRAM2 2010		
rs174550	<i>FADS1</i>	intron	11	11q12.2	T	C	0.63	Fasting glucose /T2D / HOMA B	Dupuis et al Nat Genet 2010		
rs1552224	<i>CENTD2</i>	intergenic	11	11q13.4	A	C	0.88	T2D	Voight et al DIAGRAM2 2010		
rs10830963	<i>MTNR1B</i>	intron	11	11q14.3	G	C	0.30	T2D / Fasting glucose / HOMA B	Prokopenko natgen 2008		
rs10842994	<i>KLHDC5</i>	intergenic	12	12p11.22	C	T	0.80	T2D	Morris, naturegenetics 2012		
rs11063069	<i>CCND2</i>	intergenic	12	12p13.32	G	A	0.21	T2D	Morris, naturegenetics 2012		
rs1153188	<i>DCD</i>	intergenic	12	12q13.2	A	T	0.73	T2D	Zeggini et al Nat Gen 2009		
rs1531343	<i>HMG2</i>	intron of pseudogene	12	12q14.3	C	G	0.10	T2D	Voight et al DIAGRAM2 2010		
rs7961581	<i>TSPAN8,LGR5</i>	intergenic	12	12q21.1	C	T	0.27	T2D	Zeggini, natgen, 2008, Lysenko et al, NEJM 2008		
rs35767	<i>IGF1</i>	nearGene-5	12	12q23.2	G	A	0.88	Fasting glucose/Fasting insulin/T2D / Insulin sensitivity	Dupuis et al Nat Genet 2010		
rs7957197	<i>OASL/TCF1/HNF 1A</i>	intron of OASL	12	12q24.31	T	A	0.85	T2D	Voight et al DIAGRAM2 2010		
rs11071657	<i>FAM148B</i>	intergenic	15	15q22.2	A	G	0.77	Fasting glucose /T2D / HOMA B	Dupuis et al Nat Genet 2010		



rs17271305	<i>VPS13C</i>	intron	15	15q22.2	G	A	0.42	2hr glucose	Saxena et al. Nat Genet 2010
rs7177055*	<i>HMG20A</i>	intergenic	15	15q24.3	A	G	0.68	T2D / GDM	Morris, naturegenetics 2012
rs11634397	<i>ZFAND6</i>	intergenic	15	15q25.1	G	A	0.60	T2D	Voight et al DIAGRAM2 2010
rs8042680	<i>PRCI</i>	intron	15	15q26.1	A	C	0.22	T2D	Voight et al DIAGRAM2 2010
rs7202877	<i>BCAR1</i>	intergenic	16	16q23.1	T	G	0.89	T2D	Morris, naturegenetics 2012
rs8090011*	<i>LAMA1</i>	intron	18	18p11.31	G	C	0.36	T2D / GDM	Perry plos genetics 2012
rs12970134	<i>MC4R</i>	intergenic	18	18q21.32	A	G	0.27	T2D / BMI / waist circumference / insulin resistance	Chambers natgen 2008; Morris, naturegenetics 2012
rs10401969	<i>SUGP1</i>	intron	19	19p13.3	C	T	0.08	T2D	Morris, naturegenetics 2012
rs10423928	<i>GIPR</i>	intron	19	19q13.32	A	T	0.17	2hr glucose / T2D	Saxena et al. Nat Genet 2010
rs8108269	<i>GIPR</i>	intergenic	19	19q13.32	G	T	0.31	T2D	Morris, naturegenetics 2012
rs6017317	<i>FITM2- R3HDM1L- HNF4A</i>	intergenic	20	20q13.12	G	T	0.18 (0.54)	Asian T2D	Cho natgen 2012
rs5945326*	<i>DUSP9</i>	intergenic	X	Xq28	A	G	0.79	T2D / GDM	Voight et al DIAGRAM2 2010
rs11605924*	<i>CRY2</i>	intron	11	11p11.2	A	C	1.04	T2D	Dupuis et al Nat Genet 2010
rs9939609	<i>FTO</i>	intron	16	16q12.2	A	T	1.20	T2D, obesity	Frayling et al Nat Genet 2007
rs17133918	<i>GRB10</i>	intron	7	7p12.1	C	T		T2D	Prokopenko plos genetics 2013
rs933360	<i>GRB10</i>	intron	7	7p12.1	A	G		T2D	Prokopenko plos genetics 2013
rs6943153	<i>GRB10</i>	intron	7	7p12.1	C	T	0.0154 (beta)	fasting glucose /fasting insulin	Prokopenko plos genetics 2013
rs7178572*	<i>HMG20A</i>	Intergenic	15	7p12.1	G	A	1.09	T2D / GDM	Perry plos genetics 2012; Kooner natgen 2012

Supplementary Table 2a: Association of previously reported GDM loci with glycemic traits

depar		genotype	beta	se	lower	upper	p	n	Gene Locus
LN_FBS_mmol	rs9939609_A	A	0.000	0.004	-0.008	0.008	0.939	3118	FTO
LN_PPBS_mmol_ven	rs9939609_A	A	0.000	0.005	-0.011	0.010	0.926	3120	
LN_PINS_pmol	rs9939609_A	A	-0.017	0.016	-0.049	0.015	0.290	3120	
LN_homa2_b_ss	rs9939609_A	A	-0.005	0.012	-0.029	0.019	0.688	2856	
LN_homa2_ir_ss	rs9939609_A	A	-0.018	0.013	-0.044	0.009	0.186	2856	
LN_FBS_mmol	rs2796441_G	G	0.004	0.004	-0.003	0.011	0.270	3903	
LN_PPBS_mmol_ven	rs2796441_G	G	-0.001	0.005	-0.010	0.008	0.799	3905	
LN_PINS_pmol	rs2796441_G	G	-0.016	0.014	-0.043	0.012	0.268	3905	
LN_homa2_b_ss	rs2796441_G	G	-0.026	0.011	-0.047	-0.005	0.014	3577	
LN_homa2_ir_ss	rs2796441_G	G	-0.023	0.012	-0.046	0.000	0.050	3577	
LN_FBS_mmol	rs560887_C	C	0.006	0.005	-0.005	0.016	0.283	3908	GGPC2/ABCB11
LN_PPBS_mmol_ven	rs560887_C	C	0.003	0.007	-0.010	0.016	0.647	3910	
LN_PINS_pmol	rs560887_C	C	-0.008	0.021	-0.049	0.033	0.708	3910	
LN_homa2_b_ss	rs560887_C	C	-0.004	0.016	-0.034	0.027	0.818	3578	
LN_homa2_ir_ss	rs560887_C	C	0.017	0.017	-0.017	0.051	0.323	3578	
LN_FBS_mmol	rs11708067_A	A	-0.008	0.004	-0.016	0.000	0.055	3875	
LN_PPBS_mmol_ven	rs11708067_A	A	-0.006	0.005	-0.017	0.004	0.252	3877	
LN_PINS_pmol	rs11708067_A	A	0.013	0.017	-0.020	0.045	0.437	3877	
LN_homa2_b_ss	rs11708067_A	A	0.024	0.012	0.000	0.049	0.053	3556	
LN_homa2_ir_ss	rs11708067_A	A	0.010	0.014	-0.017	0.037	0.466	3556	
LN_FBS_mmol	rs7754840_C	C	-0.001	0.004	-0.008	0.007	0.847	3719	CDKAL1
LN_PPBS_mmol_ven	rs7754840_C	C	-0.003	0.005	-0.013	0.007	0.506	3721	

LN_PINS_pmol	rs7754840_C	0.022	0.016	-0.009	0.053	0.164	3721
LN_homa2_b_ss	rs7754840_C	0.012	0.012	-0.011	0.036	0.295	3402
LN_homa2_ir_ss	rs7754840_C	0.015	0.013	-0.011	0.041	0.260	3402

HHEX

LN_FBS_mmol	rs1111875_C	0.004	0.004	-0.002	0.011	0.210	3899
LN_PPBS_mmol_ven	rs1111875_C	0.005	0.005	-0.004	0.014	0.258	3901
LN_PINS_pmol	rs1111875_C	-0.008	0.014	-0.035	0.019	0.567	3901
LN_homa2_b_ss	rs1111875_C	-0.011	0.011	-0.032	0.009	0.283	3572
LN_homa2_ir_ss	rs1111875_C	-0.005	0.012	-0.028	0.018	0.688	3572

CDKAL1

LN_FBS_mmol	rs7756992_G	-0.002	0.004	-0.010	0.006	0.609	3684
LN_PPBS_mmol_ven	rs7756992_G	-0.002	0.005	-0.012	0.008	0.754	3686
LN_PINS_pmol	rs7756992_G	0.004	0.016	-0.027	0.036	0.778	3686
LN_homa2_b_ss	rs7756992_G	0.007	0.012	-0.017	0.030	0.571	3372
LN_homa2_ir_ss	rs7756992_G	0.000	0.013	-0.026	0.026	0.990	3372

CDKN2A/2B

LN_FBS_mmol	rs10811661_T	0.002	0.005	-0.008	0.012	0.757	3888
LN_PPBS_mmol_ven	rs10811661_T	-0.003	0.007	-0.016	0.010	0.661	3890
LN_PINS_pmol	rs10811661_T	-0.008	0.020	-0.048	0.032	0.697	3890
LN_homa2_b_ss	rs10811661_T	0.003	0.015	-0.027	0.034	0.825	3561
LN_homa2_ir_ss	rs10811661_T	-0.003	0.017	-0.037	0.030	0.856	3561

IGF2BP2

LN_FBS_mmol	rs4402960_T	-0.004	0.003	-0.010	0.003	0.311	3748
LN_PPBS_mmol_ven	rs4402960_T	0.007	0.005	-0.002	0.016	0.116	3750
LN_PINS_pmol	rs4402960_T	-0.007	0.014	-0.034	0.021	0.636	3750
LN_homa2_b_ss	rs4402960_T	0.003	0.011	-0.018	0.024	0.778	3439
LN_homa2_ir_ss	rs4402960_T	-0.012	0.012	-0.035	0.011	0.304	3439

SLC30A8

LN_FBS_mmol	rs13266634_C	-0.004	0.004	-0.012	0.004	0.360	3896
LN_PPBS_mmol_ven	rs13266634_C	-0.001	0.005	-0.012	0.009	0.814	3898

LN_PINS_pmol	rs13266634_C	-0.014	0.016	-0.046	0.017	0.371	3898
LN_homa2_b_ss	rs13266634_C	-0.005	0.012	-0.029	0.019	0.692	3571
LN_homa2_ir_ss	rs13266634_C	-0.012	0.014	-0.038	0.015	0.386	3571

WFS1

LN_FBS_mmol	rs10010131_G	0.002	0.004	-0.006	0.009	0.631	3841
LN_PPBS_mmol_ven	rs10010131_G	0.006	0.005	-0.004	0.016	0.234	3843
LN_PINS_pmol	rs10010131_G	-0.001	0.015	-0.031	0.029	0.937	3843
LN_homa2_b_ss	rs10010131_G	-0.004	0.011	-0.027	0.018	0.718	3521
LN_homa2_ir_ss	rs10010131_G	0.002	0.013	-0.023	0.027	0.877	3521

KCNJ11

LN_FBS_mmol	rs5219_T	-0.002	0.004	-0.009	0.005	0.639	3593
LN_PPBS_mmol_ven	rs5219_T	0.008	0.005	-0.001	0.018	0.075	3595
LN_PINS_pmol	rs5219_T	0.011	0.014	-0.017	0.039	0.446	3595
LN_homa2_b_ss	rs5219_T	0.007	0.011	-0.014	0.028	0.534	3306
LN_homa2_ir_ss	rs5219_T	0.001	0.012	-0.023	0.024	0.940	3306

**Supplementary table 3. Association of previously reported GDM loci with risk of GDM in Punjabi women based on different glucose cut-offs**

Previously reported GDM loci risk alleles										
criteria	SNP	Chr	locus	location	effect allele	coeff	se	pval	n	n_cases
FBS 5.1	rs9939609	16	<i>FTO</i>	intron	A	0.001	0.058	0.985	3120	982
FBS 7.0	rs9939609	16	<i>FTO</i>	intron	A	0.179	0.266	0.502	3120	30
2 hr 7.8	rs9939609	16	<i>FTO</i>	intron	A	0.027	0.104	0.794	3120	219
2 hr 8.5	rs9939609	16	<i>FTO</i>	intron	A	-	-	-	3120	127
FBS 5.1 and PPBS 8.5	rs9939609	16	<i>FTO</i>	intron	A	-	0.179	0.349	3120	68
FBS 7.0 and PPBS 7.8	rs9939609	16	<i>FTO</i>	intron	A	0.113	0.322	0.726	3120	21

criteria	genotype	locus	location	effect allele	coeff	se	pval	n	n_cases
FBS 5.1	rs2796441	<i>TLE 1</i>	intergenic	G	0.070	0.049	0.153	3905	1264
FBS 7.0	rs2796441	<i>TLE 1</i>	intergenic	G	0.001	0.219	0.997	3905	43
2 hr 7.8	rs2796441	<i>TLE 1</i>	intergenic	G	0.006	0.083	0.945	3905	320
2 hr 8.5	rs2796441	<i>TLE 1</i>	intergenic	G	-	0.112	0.987	3905	172
FBS 5.1 and PPBS 8.5	rs2796441	<i>TLE 1</i>	intergenic	G	-	0.147	0.908	3905	97
FBS 7.0 and PPBS 7.8	rs2796441	<i>TLE 1</i>	intergenic	G	0.023	0.276	0.933	3905	27

criteria	genotype	locus	location	effect allele	coeff	se	pval	n	n_cases
FBS 5.1	rs560887	<i>G6PC2/ABCB11</i>	intron	C	0.110	0.074	0.134	3910	1273
FBS 7.0	rs560887	<i>G6PC2/ABCB11</i>	intron	C	0.809	0.457	0.077	3910	43
2 hr 7.8	rs560887	<i>G6PC2/ABCB11</i>	intron	C	0.126	0.129	0.329	3910	322
2 hr 8.5	rs560887	<i>G6PC2/ABCB11</i>	intron	C	-	0.161	0.639	3910	172

FBS 5.1 and PPBS 8.5	rs560887	2	G6PC2/ABCB11	intron	C	-	0.139	0.207	0.503	3910	97
FBS 7.0 and PPBS 7.8	rs560887	2	G6PC2/ABCB11	intron	C	-	0.563	0.511	0.271	3910	27

criteria	genotype	locus	coeff	se	pval	n	n_cases
FBS 5.1	rs11708067	ADCY5	-	0.102	0.058	3877	1266
FBS 7.0	rs11708067	ADCY5	-	0.068	0.257	3877	42
2 hr 7.8	rs11708067	ADCY5	-	0.049	0.097	3877	320
2 hr 8.5	rs11708067	ADCY5	-	0.111	0.129	3877	171
FBS 5.1 and PPBS 8.5	rs11708067	ADCY5	-	0.005	0.175	3877	95
FBS 7.0 and PPBS 7.8	rs11708067	ADCY5	-	0.413	0.301	3877	26

criteria	genotype	locus	coeff	se	pval	n	n_cases
FBS 5.1	rs7754840	CDKAL1	-	0.044	0.055	3721	1214
FBS 7.0	rs7754840	CDKAL1	-	0.531	0.285	3721	41
2 hr 7.8	rs7754840	CDKAL1	-	0.106	0.095	3721	307
2 hr 8.5	rs7754840	CDKAL1	-	0.066	0.127	3721	163
FBS 5.1 and PPBS 8.5	rs7754840	CDKAL1	-	0.194	0.173	3721	92
FBS 7.0 and PPBS 7.8	rs7754840	CDKAL1	-	0.469	0.350	3721	26



7.8

criteria	genotype	locus		coeff	se	pval	n	n_cases		
FBS 5.1	rs4402960	<i>IGF2BP2</i>	intron	T	-	0.062	0.049	0.208	3750	1210
FBS 7.0	rs4402960	<i>IGF2BP2</i>	intron	T	-	0.324	0.224	0.149	3750	43
2 hr 7.8	rs4402960	<i>IGF2BP2</i>	intron	T	0.048	0.083	0.563	0.3750	3750	307
2 hr 8.5	rs4402960	<i>IGF2BP2</i>	intron	T	0.004	0.111	0.968	0.3750	3750	168
FBS 5.1 and PPBS 8.5	rs4402960	<i>IGF2BP2</i>	intron	T	-	0.077	0.148	0.605	3750	93
FBS 7.0 and PPBS 7.8	rs4402960	<i>IGF2BP2</i>	intron	T	-	0.257	0.280	0.358	3750	27

criteria	genotype	locus		coeff	se	pval	n	n_cases		
FBS 5.1	rs13266634	<i>SLC30A8</i>	coding- missense	C	-	0.023	0.056	0.678	3898	1263
FBS 7.0	rs13266634	<i>SLC30A8</i>	coding- missense	C	-	0.091	0.246	0.713	3898	43
2 hr 7.8	rs13266634	<i>SLC30A8</i>	coding- missense	C	-	0.047	0.095	0.623	3898	319
2 hr 8.5	rs13266634	<i>SLC30A8</i>	coding- missense	C	-	0.020	0.128	0.873	3898	171
FBS 5.1 and PPBS 8.5	rs13266634	<i>SLC30A8</i>	coding- missense	C	0.013	0.171	0.937	0.3898	3898	96
FBS 7.0 and PPBS 7.8	rs13266634	<i>SLC30A8</i>	coding- missense	C	-	0.275	0.296	0.353	3898	27

criteria	genotype	locus		coeff	se	pval	n	n_cases	
FBS 5.1	rs10010131	<i>WFS1</i>	intron	G	0.005	0.053	0.928	3843	1257
FBS 7.0	rs10010131	<i>WFS1</i>	intron	G	0.352	0.262	0.180	3843	41
2 hr 7.8	rs10010131	<i>WFS1</i>	intron	G	0.113	0.093	0.222	3843	315
2 hr 8.5	rs10010131	<i>WFS1</i>	intron	G	0.104	0.124	0.402	3843	168
FBS 5.1 and PPBS 7.8	rs10010131	<i>WFS1</i>	intron	G	0.239	0.170	0.160	3843	93





**Supplementary table 4. Association of GDM loci with glycaemic traits**

depvar	genotype	beta	se	lower	upper	p	n
LN_FBS_mmol	rs13389219_C	0.002	0.004	-0.005	0.010	0.575	3827
LN_PPBS_mmol_ven	rs13389219_C	0.009	0.005	-0.001	0.019	0.074	3829
LN_PINS_pmol	rs13389219_C	0.026	0.016	-0.004	0.057	0.091	3829
LN_homa2_b_ss	rs13389219_C	0.014	0.012	-0.009	0.037	0.235	3518
LN_homa2_ir_ss	rs13389219_C	0.029	0.013	0.004	0.055	0.026	3518
LN_FBS_mmol	rs11920090_T	0.005	0.005	-0.005	0.015	0.320	3605
LN_PPBS_mmol_ven	rs11920090_T	0.010	0.006	-0.002	0.023	0.106	3606
LN_PINS_pmol	rs11920090_T	0.021	0.020	-0.019	0.060	0.304	3606
LN_homa2_b_ss	rs11920090_T	-0.014	0.015	-0.043	0.016	0.361	3301
LN_homa2_ir_ss	rs11920090_T	0.002	0.017	-0.031	0.035	0.916	3301
LN_FBS_mmol	rs11605924_A	0.003	0.003	-0.003	0.010	0.316	3907
LN_PPBS_mmol_ven	rs11605924_A	-0.009	0.004	-0.018	0.000	<b>0.039</b>	3909
LN_PINS_pmol	rs11605924_A	-0.015	0.014	-0.042	0.011	0.262	3909
LN_homa2_b_ss	rs11605924_A	-0.011	0.010	-0.032	0.009	0.264	3583
LN_homa2_ir_ss	rs11605924_A	-0.013	0.011	-0.035	0.009	0.247	3583
LN_FBS_mmol	rs1552224_A	-0.005	0.005	-0.014	0.005	0.328	3909
LN_PPBS_mmol_ven	rs1552224_A	0.004	0.006	-0.008	0.016	0.482	3911
LN_PINS_pmol	rs1552224_A	-0.016	0.019	-0.052	0.020	0.383	3911
LN_homa2_b_ss	rs1552224_A	0.003	0.014	-0.024	0.031	0.817	3579
LN_homa2_ir_ss	rs1552224_A	-0.017	0.016	-0.047	0.014	0.282	3579

**Supplementary table 5. Association of selected T2D risk loci with risk of GDM in Punjabi women based on different glucose cut-offs**

SNP	effect allele	Chr	Locus	FBS = 5.1					FBS = 7.0						
				n	n_cases	OR	CI(lower)	CI(upper)	pval	n	n_cases	OR	CI(lower)	CI(upper)	pval
rs2296172	G	1	MACF1	3847	1242	1.049	0.901	1.221	0.539	3847	42	0.803	0.383	1.680	0.559
rs340874	C	1	PROX1	3709	1212	0.970	0.881	1.068	0.534	3709	40	1.059	0.684	1.640	0.797
rs7578597	T	2	THADA	3710	1208	0.939	0.817	1.079	0.374	3710	40	0.929	0.500	1.723	0.814
rs243088	T	2	BCL11A	3717	1218	1.036	0.940	1.143	0.474	3717	41	1.088	0.702	1.688	0.706
rs998451*	A	2	TMEM163	3882	1268	0.949	0.833	1.081	0.431	3882	42	0.848	0.455	1.583	0.606
rs7593730	T	2	RBMS1/ITGB6	3906	1268	1.012	0.901	1.135	0.846	3906	42	1.212	0.737	1.994	0.449
rs7607980	C	2	COBL1	3885	1256	0.936	0.801	1.094	0.404	3885	43	0.701	0.319	1.540	0.376
rs13389219	C	2	GRB14	3829	1246	1.083	0.972	1.207	0.148	3829	40	1.005	0.612	1.652	0.983
rs560887	C	2	G6PC2/ABCB11	3910	1273	1.117	0.966	1.291	0.134	3910	43	2.246	0.917	5.501	0.077
rs7578326	A	2	KIAA1486/IRS1	3600	1170	0.966	0.859	1.085	0.556	3600	40	0.961	0.574	1.610	0.881
rs2943641	C	2	IRS1	3643	1191	0.972	0.868	1.087	0.616	3643	39	0.866	0.528	1.419	0.568
rs4675095	A	2	IRS1	3817	1250	1.017	0.883	1.172	0.814	3817	40	0.869	0.469	1.609	0.655
rs1801282	C	3	PPARG	3652	1196	0.999	0.864	1.155	0.993	3652	41	0.679	0.386	1.195	0.180
rs831571	C	3	PSMD6	3726	1216	0.932	0.828	1.049	0.245	3726	41	0.970	0.571	1.647	0.910
rs4607103	C	3	ADAMTS9-AS2	3884	1257	1.002	0.912	1.102	0.962	3884	43	1.336	0.874	2.042	0.181
rs11708067	A	3	ADCY5	3877	1266	0.903	0.807	1.011	0.077	3877	42	0.934	0.565	1.546	0.792
rs11920090	T	3	SLC242	3606	1172	1.146	0.998	1.316	0.053	3606	40	2.076	0.947	4.548	0.068
rs4402960	T	3	IGFBP2	3750	1210	0.940	0.853	1.035	0.208	3750	43	0.723	0.466	1.123	0.149
rs6815464	C	4	MAEA	3722	1218	1.061	0.926	1.214	0.394	3722	41	1.502	0.751	3.005	0.250
rs10010131	G	4	WFS1	3843	1257	1.005	0.905	1.115	0.928	3843	41	1.422	0.850	2.377	0.180
rs459193	G	5	ANKRD55	3884	1269	1.053	0.954	1.163	0.306	3884	42	0.643	0.417	0.990	0.045
rs4457053	G	5	ZBED3	3579	1165	0.941	0.833	1.062	0.324	3579	40	0.996	0.582	1.704	0.987
rs7754840	C	6	CDKAL1	3721	1214	0.957	0.859	1.066	0.426	3721	41	0.588	0.336	1.028	0.062
rs7756992	G	6	CDKAL1	3686	1205	0.959	0.860	1.069	0.450	3686	41	0.711	0.418	1.208	0.207

rs9470794	C	6	ZFAND3	3608	1173	1.054	0.910	1.221	0.481	3608	40	0.999	0.518	1.929	0.998
rs17168486	T	7	DGKB	3855	1249	0.983	0.887	1.090	0.749	3855	43	0.621	0.372	1.039	0.070
rs2191349	T	7	DGKB/TMEM195	3903	1262	0.990	0.899	1.091	0.845	3903	43	1.283	0.818	2.012	0.278
rs864745	T	7	JAZF1	3876	1260	1.021	0.919	1.134	0.700	3876	43	0.808	0.518	1.263	0.350
rs4607517	A	7	GCK	3903	1271	1.027	0.892	1.183	0.710	3903	43	0.976	0.514	1.851	0.940
rs17133918	T	7	GRB10	3907	1265	0.991	0.892	1.101	0.868	3907	43	1.268	0.812	1.980	0.297
rs933360	A	7	GRB10	3905	1272	1.021	0.924	1.128	0.687	3905	43	1.207	0.758	1.920	0.428
rs6943153	T	7	GRB10	3602	1174	0.972	0.876	1.079	0.594	3602	40	0.901	0.562	1.443	0.664
rs1799999*	A	7	PP1R3A	3890	1270	0.991	0.898	1.094	0.860	3890	43	0.820	0.521	1.288	0.388
rs6467136	G	7	GCC1-PAX4	3593	1163	0.954	0.868	1.048	0.329	3593	39	1.912	1.168	3.128	0.010
rs516946	C	8	ANK1	3922	1273	1.115	0.988	1.258	0.078	3922	43	0.961	0.566	1.632	0.883
rs896854	T	8	TP53INP1	3903	1274	0.980	0.891	1.079	0.685	3903	42	1.295	0.845	1.985	0.235
rs13266634	C	8	SLC30A8	3898	1263	0.977	0.875	1.091	0.678	3898	43	0.913	0.564	1.479	0.713
rs7034200	A	9	GLIS3	3868	1250	1.032	0.938	1.135	0.515	3868	43	1.113	0.729	1.700	0.619
rs10811661	T	9	CDKN2A/2B	3890	1259	1.083	0.940	1.248	0.271	3890	43	1.271	0.639	2.527	0.494
rs13292136	C	9	TLE4 (CHCHD9)	3706	1214	0.991	0.866	1.133	0.891	3706	41	0.924	0.514	1.663	0.793
rs2796441	G	9	TLE 1	3905	1264	1.073	0.974	1.181	0.153	3905	43	0.999	0.650	1.536	0.997
rs12571751	A	10	ZMIZ1	3601	1173	0.974	0.880	1.077	0.601	3601	40	0.882	0.564	1.379	0.582
rs1111875	C	10	HHEX	3901	1265	1.044	0.949	1.150	0.377	3901	43	0.831	0.537	1.286	0.406
rs553668	A	10	ADRA2A	3666	1197	1.058	0.953	1.175	0.293	3666	39	1.024	0.636	1.651	0.921
rs10885122	G	10	ADRA2A	3683	1201	1.038	0.920	1.171	0.549	3683	41	1.188	0.675	2.089	0.550
rs7903146	T	10	TCF7L2	3543	1164	1.007	0.905	1.121	0.892	3543	38	1.154	0.718	1.853	0.555
rs689*	A	11	INS/INS-IGF2	3903	1267	1.043	0.920	1.182	0.514	3903	43	1.381	0.827	2.307	0.217
rs163184	G	11	KCNQ1	3713	1215	1.002	0.907	1.107	0.967	3713	43	1.056	0.683	1.634	0.805
rs2237895	C	11	KCNQ1	3682	1200	1.013	0.918	1.117	0.799	3682	40	1.199	0.775	1.855	0.415
rs5219	T	11	KCNJ11	3595	1179	0.990	0.897	1.094	0.848	3595	40	1.274	0.827	1.964	0.272
rs11605924	A	11	CRY2	3909	1275	1.039	0.947	1.141	0.417	3909	42	1.147	0.752	1.750	0.524
rs7944584	A	11	MADD	3553	1168	1.081	0.954	1.226	0.222	3553	38	0.993	0.564	1.749	0.981
rs174550	T	11	FADS1	3908	1272	0.981	0.865	1.114	0.771	3908	43	0.888	0.515	1.531	0.670
rs1552224	A	11	CENTD2	3911	1274	0.844	0.745	0.956	0.007	3911	43	1.150	0.636	2.080	0.644
rs10830963	G	11	MTNR1B	3714	1214	0.988	0.894	1.091	0.809	3714	41	0.885	0.563	1.392	0.597

rs11063069	G	12		CCND2	3671	1203	1.028	0.899	1.176	0.687	3671	40	0.552	0.255	1.195	0.132
rs10842994	C	12		KLHC5	3906	1273	0.941	0.819	1.081	0.391	3906	42	0.736	0.417	1.299	0.290
rs1153188	A	12		DCD	3912	1275	1.018	0.900	1.151	0.777	3912	43	1.249	0.691	2.258	0.461
rs1531343	C	12		HMG2A	3915	1270	0.904	0.799	1.023	0.109	3915	42	0.739	0.400	1.363	0.332
rs7961581	C	12		TSPAN8, LGR5	3703	1211	1.028	0.928	1.139	0.601	3703	41	1.074	0.682	1.691	0.758
rs35767	G	12		IGF1	3910	1275	0.960	0.857	1.076	0.488	3910	43	0.787	0.483	1.280	0.334
rs7957197	T	12		OASL/TCF1/HNF1A	3924	1274	1.016	0.837	1.232	0.876	3924	43	0.789	0.365	1.709	0.548
rs952911*	A	13		SGCG	3890	1271	1.045	0.897	1.218	0.569	3890	43	1.237	0.656	2.332	0.511
rs17271305	G	15		VPS13C	3825	1249	0.910	0.819	1.011	0.078	3825	42	0.883	0.545	1.431	0.613
rs11071657	A	15		FAM148B	3897	1264	0.917	0.827	1.016	0.096	3897	43	0.896	0.571	1.405	0.632
rs7177055	A	15		HMG20A	3907	1268	0.951	0.865	1.046	0.304	3907	43	1.040	0.679	1.593	0.857
rs11634397	G	15		ZFAND6	3910	1268	0.974	0.894	1.073	0.593	3910	43	0.942	0.612	1.450	0.786
rs8042680	A	15		PRC1	3887	1259	0.990	0.897	1.093	0.844	3887	43	0.959	0.616	1.491	0.851
rs9939609	A	16		FTO	3120	982	1.001	0.894	1.121	0.985	3120	30	1.196	0.710	2.014	0.502
rs7202877	T	16		BCAR1	3915	1275	1.059	0.884	1.269	0.534	3915	43	1.577	0.587	4.242	0.366
rs8090011	G	18		LAMA1	3911	1267	0.934	0.849	1.027	0.160	3911	43	1.181	0.771	1.809	0.444
rs10401969	C	19		SUGP1	3605	1172	0.830	0.700	0.983	0.031	3605	40	0.591	0.238	1.467	0.257
rs8108269	G	19		GIPR	3508	1129	1.044	0.938	1.162	0.426	3508	40	1.025	0.642	1.637	0.916
rs10423928	A	19		GIPR	3911	1272	1.068	0.935	1.219	0.332	3911	42	0.530	0.245	1.146	0.107
rs6017317	G	20		FITM2-R3HDM1-HNF4A	3758	1224	0.968	0.875	1.072	0.535	3758	42	0.906	0.575	1.429	0.672
rs5945326	A	X		DUSP9	3589	1163	1.017	0.919	1.125	0.745	3589	39	1.075	0.680	1.698	0.757
rs4812829*	A	20		HNF4A	3801	1236	0.97	0.88	1.08	0.63	3801	42	1.260	0.790	1.980	0.320
rs7178572*	G	15		HMG20A	3541	1140	0.99	0.9	1.1	0.93	3541	38	0.970	0.610	1.520	0.900

PPBS = 7.8											PPBS = 8.5					
SNP	effect allele	Chr	Locus	n	n_cases	OR	C(lower)	C(upper)	pval	n	n_cases	OR	C(lower)	C(upper)	pval	
rs2296172	G	1	MACF1	3847	317	0.929	0.713	1.210	0.584	3847	170	0.953	0.670	1.355	0.787	
rs340874	C	1	PROX1	3709	306	0.931	0.790	1.096	0.389	3709	162	0.914	0.734	1.139	0.423	
rs7578597	T	2	THADA	3710	307	0.887	0.705	1.117	0.308	3710	164	0.770	0.574	1.034	0.082	
rs243088	T	2	BCL 11A	3717	308	1.090	0.923	1.287	0.311	3717	165	1.203	0.963	1.503	0.103	
rs998451*	A	2	TMEM163	3882	319	0.984	0.788	1.228	0.886	3882	171	0.897	0.659	1.219	0.486	
rs7593730	T	2	RBMS1/ITGB6	3906	322	1.003	0.824	1.220	0.978	3906	172	0.919	0.702	1.202	0.537	
rs7607980	C	2	COBL1	3885	320	0.984	0.756	1.280	0.901	3885	172	1.262	0.912	1.747	0.160	
rs13389219	C	2	GRB14	3829	315	1.249	1.031	1.512	0.023	3829	168	1.164	0.904	1.500	0.239	
rs560887	C	2	G6PC2/ABCB11	3910	322	1.134	0.881	1.460	0.329	3910	172	0.927	0.676	1.272	0.639	
rs7578326	A	2	KIAA1486/IRS1	3600	296	0.930	0.764	1.132	0.470	3600	160	0.973	0.747	1.267	0.838	
rs2943641	C	2	IRS1	3643	298	0.901	0.746	1.089	0.281	3643	160	0.906	0.704	1.165	0.441	
rs4675095	A	2	IRS1	3817	313	1.119	0.871	1.437	0.379	3817	167	1.203	0.852	1.699	0.293	
rs1801282	C	3	PPARG	3652	304	0.898	0.708	1.139	0.374	3652	163	1.007	0.725	1.400	0.966	
rs831571	C	3	PSMD6	3726	309	1.060	0.864	1.300	0.579	3726	165	1.212	0.911	1.611	0.186	
rs4607103	C	3	ADAMTS9-AS2	3884	315	1.104	0.939	1.297	0.230	3884	169	1.123	0.905	1.394	0.293	
rs11708067	A	3	ADCY5	3877	320	0.953	0.787	1.153	0.618	3877	171	0.895	0.696	1.152	0.390	
rs11920090	T	3	SLC2A2	3606	299	1.179	0.927	1.500	0.181	3606	162	1.457	1.032	2.056	0.032	
rs4402960	T	3	IGFBP2	3750	307	1.049	0.891	1.235	0.563	3750	168	1.004	0.809	1.247	0.968	
rs6815464	C	4	MAEA	3722	307	1.036	0.822	1.305	0.767	3722	165	0.924	0.685	1.246	0.605	
rs10010131	G	4	WFS1	3843	315	1.120	0.934	1.343	0.222	3843	168	1.110	0.870	1.416	0.402	
rs459193	G	5	ANKRD55	3884	318	1.007	0.850	1.192	0.940	3884	169	1.066	0.848	1.340	0.585	
rs4457053	G	5	ZBED3	3579	297	1.082	0.885	1.324	0.440	3579	162	1.157	0.891	1.504	0.274	
rs7754840	C	6	CDKAL 1	3721	307	0.900	0.746	1.084	0.267	3721	163	0.936	0.729	1.201	0.602	
rs7756992	G	6	CDKAL 1	3686	305	0.935	0.776	1.128	0.484	3686	163	0.946	0.737	1.215	0.665	
rs9470794	C	6	ZFAND3	3608	299	1.082	0.848	1.382	0.525	3608	163	0.920	0.653	1.296	0.633	
rs17168486	T	7	DGKB	3855	314	0.996	0.836	1.187	0.965	3855	169	0.824	0.646	1.052	0.121	
rs2191349	T	7	DGKB/TMEM195	3903	320	1.074	0.909	1.268	0.404	3903	172	1.138	0.909	1.425	0.259	

rs864745	T	7	JAZF1	3876	316	0.978	0.818	1.168	0.803	3876	170	0.976	0.770	1.238	0.844
rs4607517	A	7	GCK	3903	322	1.082	0.854	1.369	0.514	3903	172	0.929	0.667	1.294	0.662
rs17133918	T	7	GRB10	3907	318	1.021	0.854	1.221	0.819	3907	172	1.063	0.840	1.346	0.612
rs933360	A	7	GRB10	3905	322	1.014	0.856	1.202	0.871	3905	173	1.108	0.880	1.395	0.381
rs6943153	T	7	GRB10	3602	298	0.880	0.735	1.053	0.161	3602	163	0.775	0.608	0.989	0.040
rs1799999*	A	7	PPIR3A	3890	320	0.851	0.718	1.009	0.063	3890	173	0.850	0.677	1.067	0.161
rs6467136	G	7	GCC1-PAX4	3593	303	1.115	0.949	1.310	0.184	3593	162	1.253	1.006	1.561	0.044
rs516946	C	8	ANK1	3922	325	1.038	0.847	1.273	0.717	3922	173	0.993	0.758	1.300	0.957
rs896854	T	8	TP53INP1	3903	320	0.942	0.799	1.110	0.477	3903	171	0.906	0.726	1.131	0.384
rs13266634	C	8	SLC30A8	3898	319	0.954	0.792	1.150	0.623	3898	171	0.980	0.762	1.259	0.873
rs7034200	A	9	GLIS3	3868	315	0.982	0.834	1.155	0.822	3868	169	0.875	0.704	1.088	0.230
rs10811661	T	9	CDKN2A/2B	3890	316	0.973	0.767	1.234	0.821	3890	170	1.092	0.785	1.518	0.603
rs13292136	C	9	TLE4 (CHCHD9)	3706	304	0.938	0.749	1.175	0.578	3706	164	0.994	0.732	1.350	0.972
rs2796441	G	9	TLE 1	3905	320	0.994	0.844	1.171	0.945	3905	172	0.998	0.802	1.242	0.987
rs12571751	A	10	ZMIZ1	3601	299	0.874	0.737	1.036	0.121	3601	163	0.900	0.717	1.128	0.359
rs1111875	C	10	HHEX	3901	316	0.921	0.781	1.087	0.331	3901	170	1.074	0.862	1.337	0.525
rs553668	A	10	ADRA2A	3666	301	1.162	0.976	1.385	0.092	3666	163	1.184	0.939	1.493	0.154
rs10885122	G	10	ADRA2A	3683	303	1.020	0.831	1.253	0.849	3683	160	1.031	0.781	1.361	0.828
rs7903146	T	10	TCF7L2	3543	293	1.123	0.938	1.343	0.206	3543	156	1.257	0.992	1.593	0.058
rs689*	A	11	INS,INS-IGF2	3903	319	1.099	0.891	1.355	0.377	3903	172	1.082	0.817	1.432	0.582
rs163184	G	11	KCNQ1	3713	307	0.897	0.758	1.061	0.204	3713	165	0.888	0.710	1.112	0.300
rs2237895	C	11	KCNQ1	3682	304	0.959	0.812	1.133	0.623	3682	161	0.895	0.714	1.122	0.337
rs5219	T	11	KCNJ11	3595	301	1.176	0.997	1.387	0.055	3595	160	1.116	0.893	1.394	0.335
rs11605924	A	11	CRY2	3909	318	0.832	0.709	0.976	0.024	3909	169	0.785	0.632	0.974	0.028
rs7944584	A	11	MADD	3553	294	0.909	0.739	1.117	0.364	3553	157	1.049	0.787	1.399	0.743
rs174550	T	11	FADS1	3908	322	0.975	0.787	1.208	0.819	3908	172	0.920	0.694	1.219	0.561
rs1552224	A	11	CEMTD2	3911	323	0.917	0.743	1.132	0.420	3911	173	0.983	0.737	1.310	0.906
rs10830963	G	11	MTNR1B	3714	305	0.897	0.755	1.066	0.217	3714	162	0.926	0.735	1.166	0.514
rs11063069	G	12	CCND2	3671	305	1.000	0.795	1.258	0.398	3671	164	0.846	0.612	1.171	0.314

rs10842994	C	12	KLHDC5	3906	321	1.163	0.904	1.495	0.240	3906	171	1.070	0.771	1.486	0.685
rs1153188	A	12	DCD	3912	323	1.179	0.947	1.467	0.141	3912	173	1.010	0.763	1.337	0.942
rs1531343	C	12	HMG2A	3915	321	0.839	0.674	1.044	0.115	3915	170	0.920	0.690	1.226	0.568
rs7961581	C	12	TSPAN8_LGR5	3703	304	0.892	0.747	1.066	0.209	3703	163	0.878	0.691	1.115	0.286
rs35767	G	12	IGF1	3910	322	0.909	0.752	1.100	0.329	3910	172	0.958	0.740	1.240	0.746
rs7957197	T	12	OASL/TCF1/HNF1A	3924	325	0.852	0.627	1.157	0.304	3924	173	0.958	0.624	1.471	0.845
rs9552911*	A	13	SGCG	3890	317	1.048	0.811	1.356	0.719	3890	169	0.880	0.609	1.272	0.497
rs17271305	G	15	VPS13C	3825	317	1.031	0.864	1.230	0.735	3825	169	0.969	0.763	1.231	0.794
rs11071657	A	15	FAM148B	3897	318	1.035	0.867	1.235	0.705	3897	170	1.105	0.869	1.404	0.416
rs7177055	A	15	HMG20A	3907	319	1.013	0.862	1.192	0.873	3907	171	1.223	0.982	1.522	0.072
rs11634397	G	15	ZFAND6	3910	321	0.881	0.748	1.038	0.129	3910	170	0.919	0.737	1.145	0.451
rs8042680	A	15	PRC1	3887	317	0.880	0.744	1.040	0.134	3887	170	0.894	0.715	1.119	0.329
rs9939609	A	16	FTO	3120	219	1.028	0.838	1.261	0.794	3120	127	0.841	0.639	1.107	0.218
rs7202877	T	16	BCAR1	3915	322	1.181	0.854	1.635	0.315	3915	173	0.918	0.620	1.359	0.669
rs8090011	G	18	LAMA1	3911	320	0.926	0.787	1.089	0.353	3911	172	0.942	0.758	1.170	0.587
rs10401969	C	19	SUGP1	3605	298	1.006	0.760	1.333	0.964	3605	161	1.102	0.767	1.584	0.598
rs8108269	G	19	GIPR	3508	302	1.024	0.857	1.222	0.795	3508	159	1.128	0.890	1.428	0.319
rs10423928	A	19	GIPR	3911	321	0.898	0.711	1.136	0.370	3911	171	0.863	0.626	1.188	0.366
rs6017317	G	20	FTM2-R3HDMML-HNF4A	3758	315	0.948	0.798	1.126	0.543	3758	165	1.129	0.898	1.420	0.298
rs5945326	A	X	DUSP9	3589	296	0.951	0.803	1.127	0.561	3589	159	0.902	0.720	1.130	0.370
rs4812829*	A	20	HNF4A	3801	317	0.99	0.82	1.18	0.88	3801	170	1.050	0.830	1.330	0.700
rs7178572*	G	15	HMG20A	3541	279	0.99	0.83	1.18	0.93	3541	153	1.210	0.960	1.520	0.100



SNP	effect allele	Chr	Locus	FBS5.1 AND PPBS =8.5					FBS7.0 AND PPBS =7.8						
				n	n_cases	OR	C(lower)	C(upper)	pval	n	n_cases	OR	C(lower)	C(upper)	pval
rs2296172	G	1	MACF1	3847	96	0.958	0.603	1.523	0.856	3847	27	0.772	0.304	1.959	0.585
rs340874	C	1	PROX1	3709	92	0.897	0.672	1.197	0.460	3709	25	0.917	0.532	1.583	0.757
rs7578597	T	2	THADA	3710	93	0.727	0.498	1.061	0.099	3710	25	0.744	0.360	1.538	0.425
rs243088	T	2	BCL11A	3717	94	0.996	0.744	1.334	0.980	3717	26	0.931	0.535	1.620	0.801
rs998451*	A	2	TMEM163	3882	98	0.749	0.487	1.153	0.190	3882	26	0.735	0.318	1.700	0.472
rs7593730	T	2	RBMS1/ITGB6	3906	97	0.999	0.706	1.413	0.997	3906	27	1.128	0.597	2.131	0.710
rs7607980	C	2	COBL1	3885	97	1.325	0.869	2.019	0.191	3885	27	0.809	0.317	2.070	0.659
rs1338921	C	2	GRB14	3829	93	1.011	0.728	1.402	0.950	3829	24	0.834	0.449	1.549	0.566
rs560887	C	2	G6PC2/ABCB11	3910	97	0.871	0.581	1.306	0.503	3910	27	1.757	0.645	4.785	0.271
rs7578326	A	2	KIAA1486/IRS1	3600	89	0.809	0.579	1.130	0.213	3600	24	0.600	0.329	1.092	0.095
rs2943641	C	2	IRS1	3643	90	0.813	0.588	1.125	0.211	3643	24	0.622	0.345	1.122	0.115
rs4675095	A	2	IRS1	3817	93	1.092	0.703	1.699	0.695	3817	25	0.808	0.380	1.721	0.581
rs1801282	C	3	PPARG	3652	93	1.028	0.665	1.588	0.901	3652	26	0.843	0.395	1.801	0.660
rs831571	C	3	PSMD6	3726	94	1.393	0.942	2.061	0.097	3726	26	1.317	0.638	2.718	0.457
rs4607103	C	3	ADAMTS9-AS2	3884	96	1.226	0.922	1.630	0.160	3884	27	0.984	0.579	1.674	0.954
rs1170806	A	3	ADCY5	3877	95	0.995	0.706	1.402	0.978	3877	26	0.661	0.367	1.193	0.169
rs1192009	T	3	SLC2A2	3606	91	1.607	1.001	2.580	0.050	3606	24	3.025	0.931	9.827	0.066
rs4402960	T	3	IGFBP2	3750	93	0.921	0.693	1.239	0.600	3750	27	0.770	0.447	1.338	0.358

rs6815464	C	4	MAEA	372 2	94	1.09 8	0.727	1.657	0.65 7	3722	26	1.75 3	0.700	4.394	0.231
rs1001013 1	G	4	WFS1	384 3	93	1.27 0	0.910	1.772	0.16 0	3843	25	1.36 5	0.714	2.613	0.347
rs459193	G	5	ANKRD55	388 4	95	0.93 5	0.695	1.257	0.65 4	3884	26	0.58 9	0.341	1.019	0.058
rs4457053	G	5	ZBED3	357 9	91	1.14 3	0.808	1.617	0.44 9	3579	24	1.23 5	0.643	2.373	0.527
rs7754840	C	6	CDKAL 1	372 1	92	0.82 4	0.586	1.157	0.26 3	3721	26	0.62 6	0.315	1.243	0.181
rs7756992	G	6	CDKAL 1	368 6	92	0.77 6	0.548	1.098	0.15 2	3686	26	0.81 9	0.431	1.550	0.537
rs9470794	C	6	ZFAND3	360 8	92	0.85 6	0.538	1.362	0.51 1	3608	24	0.99 5	0.428	2.318	0.991
rs1716848 6	T	7	DGKB	385 5	94	0.77 5	0.558	1.078	0.13 0	3855	27	0.47 6	0.235	0.964	0.039
rs2191349	T	7	DGKB/TMEM195	390 3	97	1.11 8	0.832	1.502	0.46 0	3903	27	2.18 1	1.149	4.140	0.017
rs864745	T	7	JAZF1	387 6	96	0.94 6	0.693	1.290	0.72 4	3876	27	0.66 7	0.387	1.147	0.143
rs4607517	A	7	GCK	390 3	96	1.00 0	0.652	1.535	0.99 8	3903	27	1.33 8	0.648	2.762	0.431
rs1713391 8	T	7	GRB10	390 7	97	1.26 6	0.938	1.709	0.12 4	3907	27	1.20 4	0.684	2.121	0.519
rs933360	A	7	GRB10	390 5	98	1.07 7	0.796	1.458	0.63 0	3905	27	1.06 7	0.602	1.890	0.825
rs6943153	T	7	GRB10	360 2	92	0.77 0	0.558	1.063	0.11 2	3602	24	1.03 5	0.571	1.874	0.911
rs1799999*	A	7	PP1R3A	389 0	99	0.71 1	0.522	0.966	0.02 9	3890	27	0.67 8	0.376	1.223	0.197
rs6467136	G	7	GCC1-PAX4	359 3	91	1.20 2	0.901	1.604	0.21 2	3593	25	2.69 8	1.350	5.392	0.005
rs516946	C	8	ANK1	392 2	97	1.13 0	0.780	1.638	0.51 8	3922	27	1.27 6	0.617	2.640	0.511
rs896854	T	8	TP53INP1	390 3	95	0.91 0	0.679	1.220	0.52 8	3903	26	1.04 8	0.608	1.807	0.866
rs1326663 4	C	8	SLC30A8	389 8	96	1.01 4	0.725	1.417	0.93 7	3898	27	0.75 9	0.425	1.358	0.353

rs7034200	A	9	GLIS3	386 8	96	0.79 7	0.599	1.060	0.11 8	3868	27	1.15 3	0.676	1.965	0.601
rs1081166 1	T	9	CDKN2A/2B	389 0	95	1.08 2	0.699	1.673	0.72 4	3890	27	1.18 4	0.510	2.751	0.694
rs1329213 6	C	9	TLE4 (CHCHD9)	370 6	93	1.07 4	0.710	1.624	0.73 4	3706	26	0.82 9	0.407	1.687	0.605
rs2796441	G	9	TLE1	390 5	97	0.98 3	0.737	1.311	0.90 8	3905	27	1.02 4	0.595	1.760	0.933
rs1257175 1	A	10	ZMIZ1	360 1	92	0.90 1	0.670	1.212	0.49 0	3601	24	0.98 6	0.552	1.759	0.962
rs1111875	C	10	HHEX	390 1	97	0.99 3	0.744	1.325	0.96 2	3901	27	0.94 7	0.549	1.632	0.843
rs553668	A	10	ADRA2A	366 6	90	1.11 7	0.818	1.525	0.48 8	3666	24	0.80 8	0.427	1.529	0.512
rs1088512 2	G	10	ADRA2A	368 3	91	0.94 0	0.658	1.342	0.73 2	3683	26	1.11 1	0.555	2.227	0.766
rs7903146	T	10	TCF7L2	354 3	89	1.36 9	1.008	1.859	0.04 5	3543	24	1.24 3	0.690	2.239	0.470
rs689*	A	11	INS,INS-IGF2	390 3	97	1.22 7	0.860	1.752	0.26 0	3903	27	1.88 6	1.037	3.432	0.038
rs163184	G	11	KCNQ1	371 3	95	0.82 3	0.614	1.104	0.19 3	3713	27	1.07 2	0.618	1.858	0.805
rs2237895	C	11	KCNQ1	368 2	92	0.81 9	0.607	1.105	0.19 2	3682	25	1.28 3	0.741	2.222	0.374
rs5219	T	11	KCNJ11	359 5	89	1.11 1	0.827	1.492	0.48 6	3595	25	0.96 2	0.550	1.684	0.892
rs1160592 4	A	11	CRY2	390 9	95	0.86 4	0.650	1.147	0.31 2	3909	26	1.22 3	0.715	2.092	0.463
rs7944584	A	11	MADD	355 3	91	0.96 0	0.667	1.381	0.82 4	3553	24	0.93 0	0.462	1.870	0.838
rs174550	T	11	FADS1	390 8	97	1.02 3	0.698	1.500	0.90 7	3908	27	1.18 2	0.557	2.507	0.663
rs1552224	A	11	CENTD2	391 1	98	1.41 2	0.924	2.157	0.11 1	3911	27	1.18 3	0.557	2.513	0.661
rs1083096 3	G	11	MTNR1B	371 4	93	1.06 4	0.791	1.432	0.68 1	3714	26	0.95 9	0.547	1.682	0.885
rs1106306 9	G	12	CCND2	367 1	93	0.61 0	0.376	0.992	0.04 6	3671	26	0.35 0	0.109	1.121	0.077
rs1084299 4	C	12	KLHDC5	390 6	96	0.85 8	0.575	1.280	0.45 3	3906	26	0.70 5	0.346	1.437	0.336

rs1153188	A	12	DCD	391 2	98	1.05 2	0.725	1.529	0.78 8	3912	27	1.79 8	0.768	4.212	0.177
rs1531343	C	12	HMG2	391 5	96	0.88 2	0.601	1.294	0.52 0	3915	26	0.69 7	0.315	1.545	0.374
rs7961581	C	12	TSPAN8,LGR5	370 3	93	0.80 0	0.581	1.101	0.17 1	3703	26	0.86 9	0.482	1.567	0.640
rs35767	G	12	IGF1	391 0	98	1.30 1	0.900	1.880	0.16 2	3910	27	1.01 2	0.526	1.946	0.971
rs7957197	T	12	OASL/TCF1/HNF1 A	392 4	97	1.02 7	0.571	1.848	0.93 0	3924	27	0.57 9	0.248	1.355	0.208
rs9552911*	A	13	SGCG	389 0	97	1.03 1	0.653	1.626	0.89 6	3890	27	1.25 7	0.567	2.787	0.574
rs1727130	G	15	VPS13C	382 5	93	0.79 5	0.568	1.111	0.17 9	3825	26	0.91 9	0.501	1.685	0.784
rs1107165	A	15	FAM148B	389 7	96	1.10 5	0.805	1.516	0.53 7	3897	27	0.86 7	0.494	1.520	0.618
rs7177055	A	15	HMG20A	390 7	96	1.04 4	0.783	1.391	0.77 0	3907	27	1.21 9	0.709	2.096	0.475
rs1163439	G	15	ZFAND6	391 0	94	0.93 7	0.699	1.258	0.66 7	3910	27	0.82 4	0.480	1.413	0.482
rs8042680	A	15	PRC1	388 7	95	0.77 2	0.577	1.034	0.08 3	3887	27	0.83 2	0.480	1.441	0.511
rs9939609	A	16	FTO	312 0	68	0.83 6	0.575	1.216	0.34 9	3120	21	1.12 0	0.596	2.103	0.726
rs7202877	T	16	BCAR1	391 5	98	0.93 9	0.558	1.581	0.81 4	3915	27	1.32 3	0.422	4.148	0.631
rs8090011	G	18	LAMA1	391 1	97	0.94 7	0.712	1.261	0.71 1	3911	27	0.94 9	0.556	1.620	0.848
rs1040196	C	19	SUGP1	360 5	91	0.91 6	0.552	1.520	0.73 5	3605	24	0.80 7	0.289	2.253	0.682
rs8108269	G	19	GIPR	350 8	90	0.91 9	0.667	1.265	0.60 3	3508	25	0.98 9	0.546	1.790	0.971
rs1042392	A	19	GIPR	391 1	95	0.80 6	0.521	1.248	0.33 5	3911	26	0.75 5	0.324	1.759	0.515
rs6017317	G	20	FITM2-R3HDMML- HNF4A	375 8	94	1.08 9	0.806	1.470	0.57 8	3758	27	0.75 1	0.419	1.345	0.335
rs5945326	A	X	DUSP9	358 9	89	0.83 4	0.620	1.124	0.23 3	3589	23	1.07 8	0.594	1.956	0.804
rs4812829*	A	20	HNF4A	380 1	97	0.97	0.7	1.32	0.83	3801	27	0.8	0.43	1.49	0.49





Paper IV







# **Phenotypic and genotypic differences between Indian and Swedish women with gestational diabetes mellitus**

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Word count: Abstract , main text

Number of tables/figures:

Key Words: gestational diabetes mellitus, ethnicity, diagnostic criteria, risk factors, insulin resistance, insulin secretion, genetics, type 2 diabetes mellitus.

## Abstract

**Introduction:** Gestational diabetes mellitus is a transient form of diabetes characterized by impaired insulin secretion and action during pregnancy. Population based differences in prevalence exist which could be explained by phenotypic and genetic differences. The aim of this study was to examine these differences in pregnant women from India and Sweden.

**Methods:** 4018 unrelated pregnant women from India and 507 women from Sweden were examined for differences in insulin secretion and insulin sensitivity. Six SNPs associated with GDM / T2D in Indian populations and 79 SNPs associated with GDM /T2D in European populations were assessed for association with GDM in Indian and Swedish women.

**Results:** Indian women had higher prevalence of GDM (compared to previous reports), lower insulin secretion and better insulin sensitivity than Swedish women. The rs7178572 SNP in the *HMG20A* gene previously associated with T2D in Indian and GDM in South Indian populations nominally associated with GDM in Indian but not in Swedish women. The T2D risk SNP rs11605924 in the *CRY2* gene was associated with GDM in both populations, but in opposite directions; the T2D risk variant was associated with increased risk of GDM in Swedish but decreased risk in Indian women. No overlap was seen between GDM risk loci in Swedish and Indian women.

**Conclusions:** GDM is more common in Indian than in Swedish women, which partially can be attributed to differences in insulin secretion. There was marked heterogeneity in the association of genetic variants with GDM in the two populations.

## **Introduction**

Gestational diabetes mellitus (GDM) is defined as “any degree of glucose intolerance with onset or first recognition during pregnancy” [1, 2]. GDM develops when women no longer can increase their insulin secretion to meet the increased demands of insulin resistance during the third trimester [3, 4]. [3]. The risk of GDM is exacerbated by age, obesity, and a family history of GDM and T2D [5, 6]; however, the exact etiology is unknown. GDM patients are at increased risk of gestational hypertension, pre-eclampsia during pregnancy, and type 2 diabetes (T2D), as well as metabolic syndromes later in life [7]. Untreated GDM predisposes to adverse neonatal outcome and predicts later development of T2D in both the mothers and offspring [8].

Ethnicity has a great impact on the prevalence of GDM and the prevalence of GDM differs between 1% and 10-35% in different populations [9-11]. Individuals of Asian descents have 2-7-fold greater risk of developing GDM than their Caucasian counterparts [12, 13]. These differences can have several explanations including differences in predisposing risk factors [9] but also different screening and diagnostic criteria applied [14, 15].

There is no international consensus on diagnostic criteria, which hampers the understanding and clinical care of GDM patients [16]. In southern Sweden the diagnosis of GDM is defined using the EASD (European Association for the Study in Diabetes) criteria based on a 75-g oral glucose tolerance test (OGTT). [17]. A 2-h capillary glucose concentration of 9 mmol/l (or 10 mmol/l plasma) or higher is regarded as diagnostic for GDM, [18]. Based on these criteria, the prevalence of GDM in Sweden was estimated to be 2.6% in a study published 2012 [11]. In India, various diagnostic criteria have been employed including the IADPSG (International Association of the Diabetes and Pregnancy Study Groups), the ADA (American Diabetes Association) and the WHO

(World Health Organization) 1999 or 2013 criteria [19, 20]. The IADPSG and WHO2013 criteria were proposed based on findings from the Hyperglycaemia and Adverse Pregnancy Outcome (HAPO) study, which showed a continuous and graded relationship between maternal glycemia and adverse fetal outcomes [21]. On the other hand, the WHO1999 criteria are based on cut-off values for diabetes and impaired glucose tolerance outside pregnancy [22, 23]. Prevalence of GDM in the North Indian Punjabi population was 35% using the WHO2013 criteria but only 9% the using WHO1999 criteria [10]. While these criteria can influence estimates of insulin secretion and sensitivity differently, previous data suggest that Indian GDM women are very insulin resistant but it is not known how differences in insulin secretion or action contribute to the different prevalences of GDM between India and Europe.

A family history of T2D or GDM increases risk of GDM, suggesting a genetic component. Several candidate gene studies have confirmed a role for T2D risk loci in GDM. To our knowledge, only one GWAS study on GDM in Korean women has been published [24-26]. Few studies have examined the genetic susceptibility to GDM in the Indian population including 2 studies based on South Indian women reported the association of variants in CDKAL1, HMG20A and HNF4A with GDM [27, 28]. It is quite possible that the genetic background contributing to GDM differs between women of North Indian and of Scandinavian origin and could explain some also cause disparities in the prevalence of GDM. To address these questions, we examined phenotypic and genetic differences in pregnant women with GDM from India and Sweden.

## **Methods**

### **Study population and GDM diagnosis**

#### **Swedish Cohorts**

**Malmö Study:** From a total of 188 women with GDM referred to the Department of Endocrinology

in Malmö, between 1995 and 1999, 83 women of Swedish ethnicity were included in the present study. The diagnosis of GDM was in all women based on 2-h capillary blood glucose measurement of  $\geq 9.0$  mmol/l (corresponding to a plasma glucose value of  $\geq 10$  mmol/l) during a universally applied 75-g OGTT at 27-28 weeks of gestation. The OGTT was then repeated with venous measurements of blood glucose 0, 30, 60 and 120 min with simultaneous measurements of insulin (mU/l). Blood glucose values were converted to plasma glucose by multiplying by a factor of 1.11 according to the IFCC recommendation [18].

**Mamma study:** Pregnant women giving birth in the County of Skåne in southern Sweden between 2003 and 2005 were recruited to the Mamma study. A 75-g OGTT was offered to all women at 27-28 week of gestation in routine antenatal care. From a total of 424 women of Swedish ancestry, 89 women with GDM (2-h capillary plasma glucose concentration  $\geq 10.0$  mmol/l), and 335 women without GDM (2-h capillary glucose concentration  $< 9.9$  mmol/l) with DNA available were included in the study.

Informed consent was obtained from all participants and the study approved by the Ethics Committee of Lund's University. Glucose concentrations were measured using HemoCue devices (HemoCue, Ängelholm, Sweden). Serum insulin concentrations were measured with an enzyme-linked immunosorbent assay (ELISA, Dako, Glostrup, Denmark), and homeostasis model assessment calculation (HOMA2-B and HOMA2-IR) calculated for estimation of insulin secretion and action, using the HOMA2 calculator v2.2.3 (<http://www.dtu.ox.ac.uk/homacalculator/>) [29].

## **Indian cohort**

**Punjabi GDM study:** A multistage protocol was applied for recruiting study subjects between 2009 and 2012 in a representative group of 5100 pregnant women from Punjab. All women

between gestational weeks 24-28 weeks visiting selected study sites, both urban and rural for antenatal checkup were screened. Information of demographic factors including diet, age, family history of diabetes, BMI, habitat (urban / rural), education status and religion was obtained in a standard Questionnaire by trained health care professional. Written material in 3 languages (Hindi, English and Punjabi and verbal training sessions were provided to the women) before giving informed consent to the study, which was approved by the local Ethics Committee. All participants underwent an OGTT with serum sample drawn at time 0 min for glucose and insulin and glucose measured at 120 min as capillary glucose [10]. Based on availability of DNA and clinical data a total of 4018 women were included in the study. **Since only 2-h glucose values were available in the Malmö study, GDM here was defined as 2-h glucose  $\geq 10$  mmol /l.**

### **Genotyping**

DNA was extracted from buffy coats using the QIAGEN Autopure W kit. Six SNPs previously associated with GDM and /or T2D in Indian people [27, 28, 30-32] (P4 supplementary table 1) and 79 SNPs associated with T2D/GDM in other populations [33] were genotyped in the current study using a Sequenom mass ARRAY platform or Taqman. All SNPs passed the Bonferroni threshold of  $< 0.0006$  for Hardy-Weinberg equilibrium test.

### **Statistical analyses**

Anthropomorphic and glycemic measures are presented as means  $\pm$  SEM. Significance of differences between group means was tested by the Mann-Whitney U test or analysis of variance or covariance (ANCOVA) with BMI and age as covariates. Inverse normal transformation was used to normalize data with skewed distributions.

Allele and genotype frequencies were compared between groups by chi-square or Fisher's exact test. Association of selected SNPs with GDM was assessed by logistic regression analysis adjusted for maternal age and results presented as ORs with their 95% confidence intervals (CI) in plink

(plink v1.09). Alleles were also analyzed for association with glucose, insulin and HOMA2-B and HOMA2-IR) using linear regression model adjusted for age.

Two-sided p values of less than 0.05 were considered statistically significant. For the Indian study population, power to detect association with GDM (125 cases and 3893 controls) for 79 markers at a significance level of 0.05, was 0.04 under the additive model and 0.12 under the multiplicative model. at 0.50 MAF and OR of 1.5. For the Swedish cohort with at 245 cases and 335 controls, the corresponding figures were 0.06 and 0.17 respectively. For association with quantitative traits, power to detect an association was 1 at alpha 0.05 for an allele frequency of 0.3 [34, 35]. Polygenic risk scores which is the sum of trait-associated alleles across many genetic loci, typically weighted by effect sizes were calculated using PRSice [36]. Polygenic risk scores (PRS) were created from previous GWAS SNPs for T2D to assess the genetic overlap between T2D and GDM. 12 SNPs previously associated with insulin secretion indices and 5 SNPs with insulin resistance were here used to construct genetic risk scores (GRR) for insulin secretion and action respectively using PLINK [37].

## **Results**

### **Clinical characteristics**

Applying Swedish GDM criteria cut-offs, the prevalence of GDM in the Punjabi population was 3.11% (125 out of 4018 women). Swedish women with GDM were >10 years older ( $p = 1.21 \times 10^{-40}$ ) and had higher BMI ( $28.09 \pm 0.64$  vs  $24.08 \pm 0.42$ ,  $p = 3.76 \times 10^{-07}$ ) than the e Punjabi women (table 1).

The India GDM women had higher fasting and 2 hour glucose associated with lower fasting insulin and HOMA2-B ( $76.6 \pm 3.83$  vs  $123.98 \pm 7.54$ ,  $p = 2.99 \times 10^{-9}$ ) as well as better insulin sensitivity

estimated as HOMA2-IR ( $1.036 \pm 0.97$  vs  $1.26 \pm 0.097$ ,  $p=0.001$ ) compared with Swedish GDM women adjusted for BMI and age (table 1).

### **Association of genetic loci with GDM in Indian and Swedish women**

**SNPs previously associated with GDM/T2D in India** (P4 supplementary table 1, 3). The risk allele C of rs7178572 SNP near *HMG20A* was nominally associated with risk of GDM in Indian but not in Swedish women ( $p = 0.03$ , Table 2.), thereby replication previous findings in Indian populations. rs7178572 is an eQTL for *PSTPIP1* ( $p = 0.003$ ) and *HMG20A* ( $p=0.007$ ) genes in human pancreatic islets (P4 supplementary table 7).

The Asp/Tyr missense variant of SNP rs1799999 in the *PP1RR3A* gene, which previously has been shown to associate with T2D risk in Jat Sikhs, showed a trend towards significance in Indian ( $p = 0.06$ ) but not Swedish women ( $p = 0.5$ ) (table 2). The variant was also nominally associated with decreased 2-hour insulin in Swedish women ( $p = 0.02$ , supplementary table 6).

**SNPs previously associated with GDM or T2D in Europeans:** Of 4 SNPs previously associated with Scandinavian GDM [24, 25] study populations (P4 supplementary table 2), the rs1111875 SNP near the *HHEX/IDE* genes was nominally associated with GDM in Swedish women ( $p = 0.031$ , table 2). rs1111875 variants influences expression of *NHP2P1* and *BTAF1* genes in human pancreatic islets (P4 supplementary table 7). rs1111875 differed in frequency between Indian and Swedish women ( $p = <0.0001$ , table 3, fig 3).

The risk allele of rs11708067 was also associated with increased 2-hour glucose ( $p= 0.037$ ), decreased HOMA2-B ( $p = 0.010$ ) in Swedish GDM women (P4 supplementary table 4). The same SNP was associated with 2 hour glucose in all Swedish women (GDM+non-GDM) ( $\beta = 0.12 \pm 0.04$ ,  $p=0.004$ ) (P4 supplementary table 4).



The rs11605924 SNP in the intron of the *CRY2* gene was nominally associated with GDM in both study populations. Interestingly, the T2D risk allele A was protective in the Indian population (OR = 0.67, p = 0.0026, P4 supplementary table 5) whereas associated with risk in the Swedish women (OR = 1.44, p=0.012, P4 supplementary table 5). The same SNP showed differences in frequencies between Indian and Swedish women (p = <0.0001 and 0.0004) respectively (table 3, fig 3). rs11605924 nominally influenced expression of *CRY2* in human pancreatic islets (P4 supplementary table 7).

The rs8090011 SNP in intron of the *LAMA1* gene was nominally associated with GDM risk in Swedish women. The same SNP also associated with decreased 2-hour insulin concentration (P4 supplementary table 6).

SNPs rs12571751 in the intron of *ZMIZ1*, rs5945326 near *DUSP9*, and rs2237895 in the intron of *KCNQ1* were nominally associated with GDM in Swedish women whereas only the rs7593730 SNP near *RBMS1* was associated with GDM risk in Indian women.

Genetic risk scores (GRR) based on T2D / GDM loci predicted GDM risk in Indian (Fig 2A) but not Swedish women (Fig 2B). GRR for insulin resistance was 0.91 ( $\pm 1.2$ , p = 0.064) for Swedish whereas 0.04 ( $\pm 1.2$ , p = 0.25) for Indian women. GRR for insulin secretion was -0.08 ( $\pm 0.043$ , p = 0.46) for Swedish and -0.008 ( $\pm 0.037$ , p = 0.83) for Indian women.

Additionally, significant differences in frequency of GDM risk alleles in rs560887 in *G6PC2* (p = 0.0008), rs11708067 in *ADCY5* (p = 0.005), rs10010131 in *WFS1* (p = <0.0001) and rs10811661 (p=0.0073) in *CDKN2B* between Indian and Swedish women with GDM were seen (table 3, fig 3).

## **Discussion**

Key findings in the current study was that Indian and Swedish women with GDM showed clear

differences in insulin secretion and action, which not fully could be accounted for by genetic effects. Despite being on average 10 years younger, North Indian women had a higher prevalence (3.11%) of GDM than previously reported in Swedish women (2.4%) from comparable time periods [11]. To note, the prevalence figure 2.4 during 2009-2012 was based on a study population of mixed ethnicity residing in Sweden, and a lower prevalence could be expected if only based on Swedish women (estimated 1.2-1.5%) [38]. This is consistent with previous reports showing higher GDM frequency in populations with a high frequency of T2D [39]. The prevalence of T2D was slightly higher in India than in Sweden (8.8% vs 6.8%) [40, 41].

Indian women had lower HOMA2-B, which was associated with lower BMI and better insulin sensitivity than Swedish older GDM women [42]. The better insulin sensitivity could be a corollary of the lower BMI (Figure 1).

As Indian women seem to develop GDM at lower BMI and with better insulin sensitivity, this could point at a more severe defect in insulin secretion, which also was supported by lower HOMA2-B. We though need to acknowledge that HOMAs are only surrogate markers for insulin secretion and action.

Previously, 6 loci have been associated with T2D or GDM in India [27, 28, 30-32]. Of them, the rs7178572 SNP near the *HMG20A* gene was associated with GDM in Indian but not in Swedish women. This SNP has though been associated with T2D in European populations [43]. Notably, it was only when we used the older WHO1999 criteria with higher cut-off values fro glucose we could observe this association. Earlier studies have shown a weak association of rs7178572 with *PSTPIP1* gene expression in lymphoblastoid cell lines [43]. Here we showed that this SNP also was an eQTL in human pancreatic islets influencing expression of both *PSTPIP1* and *HMG20A*.

The Proline-Serine-Threonine Phosphatase Interacting Protein 1 (*PSTPIP1*) gene is a tyrosine phosphatase that inhibits T-cell activation upon T-cell receptor (TCR) and *CD28* engagement, regardless of CD2 co-stimulation [44]. The *HMG20A* gene had higher expression in islets than in muscle and adipose tissue [45] and a transient increase in expression levels were observed upon glucose stimulation [45]. *HMG20A* has been reported to be down-regulated in T2D and T1D islets, and knockdown of *HMG20A* decreased expression of *NEUROD*, *INS* and *GK* with an accompanying impairment in GSIS [45]. Therefore, this SNP could through its eQTL effect on *HMG20A* expression in islets be a plausible candidate gene for GDM.

The early GWAS SNP rs1111875 near the *HHEX/IDE* genes was associated with GDM risk in Swedish women but not Indian. Notably, the T2D risk SNP rs11605924 in *CRY2* showed a protective effect against GDM in Indian but conferred risk in Swedish women. *CRY2* encodes the circadian rhythm gene cryptochrome 2, and is a target for the *CLOCK-BMAL1*, which are core components of the endogenous clock. The *CRY2* variant is also associated with fasting glucose and reduced liver fat content in human liver [46]. *CRY2* mRNA expression has been associated with hepatic triglyceride content [46] suggesting that *CRY2* could serve as a switch between fat and glucose metabolism in the liver [46]. Interestingly, as the same allele had effects in opposite directions in Indian and Swedish populations, the question rises whether risk seen in the Swedish population could be related to marked differences in circadian rhythm during seasons in Sweden, which is lacking in India.

Interestingly, significant frequency differences were observed for 6 out of 12 GDM risk alleles, of which two showed a reversal of major and minor alleles. A previous study identified 12 T2D risk alleles in 5 or more populations shared a consistent pattern of statistically significant decreasing frequencies from Africa through Europe to East Asia. These decreasing frequencies further caused

significant differentiation of genetic risk of T2D with higher risk in the African and lower in the Asian populations. The authors hypothesized that these differences might be caused by the promotion of energy storage and environments appropriate usage and inconsistent energy intake [47]. *CRY2* could potentially represent such an example and further studies will be needed to dissect the mechanisms.

Different criteria for GDM are based upon different risks. WHO1999 clearly identifies a more severe dysregulation of glucose metabolism than the other criteria. On the other hand, WHO 2012 is supposed to identify risk of malformations in the offspring. The PRS derived from T2D loci identified a shared genetic background between GDM and T2D in India, whereas power in Sweden was too low. This does not exclude the possibility that a GWAS could identify shared genetic background also for the other criteria and thereby risk for offspring.

Taken together Indian women develop GDM at lower BMI and better insulin sensitivity than Swedish women pointing at problems to increase insulin secretion to meet the increased demands imposed by even small increases in insulin resistance during the third trimester. The genetic contribution seems to be shared with T2D.

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Variable	Swedish	N (Swedish)	Indian	N (Indian)	P value
Age	31.78 ± 0.36	149	20.97 ± 0.33	125	1.21x10 <sup>-40</sup>
BMI	28.09 ± 0.64	56	24.08 ± 0.42	125	3.76 x10 <sup>-07</sup>
Fasting glucose <sup>a</sup>	4.79 ± 0.10	49	5.72 ± 0.15	125	1.60 x10 <sup>-05</sup>
2 hour glucose <sup>a</sup>	10.99 ± 0.08	149	12.07 ± 0.20	125	3.13 x10 <sup>-02</sup>
Fasting insulin <sup>a</sup>	78.17 ± 12.67	51	51.8 ± 5.35	125	3.74 x10 <sup>-06</sup>
HOMA2-B <sup>a</sup>	123.99 ± 7.55	45	76.61 ± 3.83	109	3.00 x10 <sup>-09</sup>
HOMA2-IR <sup>a</sup>	1.26 ± 0.10	45	1.04 ± 0.10	109	1.11 x10 <sup>-03</sup>

**Table 1. Clinical characteristics of Indian and Swedish women with GDM (diagnosed based on 2 hour glucose cut-offs  $\geq 10$ mmol/l). Mean  $\pm$  SEM are represented. P-values are calculated based on inverse normal transformed data.**

<sup>a</sup> *adjusted for age and BMI*



CHR	SNP	BP	Gene	Location	A1	INDIA			SWEDEN		
						n	OR (CI)	P	n	OR (CI)	P
15	rs7178572	77454848	HMG20A/DUSP9	intergenic	T	3346	0.75 (0.57 - 0.98)	<b>0.03</b>	476	0.8253 (0.59 - 1.15)	0.25
10	rs11111875	92703125	HHEX/IDE	intergenic	G	3675	1.02 (0.79 - 1.32)	0.86	443	0.71 (0.52 - 0.97)	<b>0.031</b>
3	rs11708067	123346931	ADCY5	intron	G	3648	1.29 (0.97 - 1.71)	0.084	466	0.69 (0.48 - 1.00)	0.054
11	rs11605924	45851540	CRY2	intron	A	3679	0.67 (0.52 - 0.87)	<b>0.0026</b>	484	1.44 (1.08-1.91)	<b>0.0129</b>
10	rs12571751	79182874	ZMIZ1	intron	G	3390	1.24 (0.95 - 1.61)	0.11	492	1.39 (1.05-1.83)	<b>0.021</b>
11	rs2237895	2835964	KCNQ1	intron	C	3463	0.81 (0.62 - 1.06)	0.13	410	1.43 (1.06-1.94)	<b>0.0204</b>
2	rs243088	60341610	BCL11A	intergenic	T	3497	1.29 (0.99 - 1.68)	0.06	425	1.13 (0.83-1.55)	0.41
X	rs5945326	153634467	DUSP9	intergenic	G	3377	1.15 (0.88 - 1.50)	0.29	495	0.69 (0.49-0.98)	<b>0.035</b>
15	rs7177055	77540420	HMG20A	intergenic	G	3680	0.74 (0.57 - 0.96)	<b>0.024</b>	457	0.91 (0.65-1.27)	0.58
2	rs7593730	160314943	RBMS1/ITGB6	intronic	T	3673	0.87 (0.63 - 1.21)	<b>0.40</b>	457	0.97 (0.68-1.37)	0.86
18	rs8090011	7068463	LAMA1	intron	G	3683	1.02 (0.79 - 1.32)	0.89	457	1.49 (1.11-2.01)	<b>0.0090</b>

**Table 2. Association of previously reported GDM and T2D with risk of GDM in Indian and Swedish women. OR = odds ratio, CI = confidence intervals. P = p-value.**

CHR	SNP	India					Sweden					p		
		minor/major	N	minor_n	MAF	major_n	MajAF	minor/major	N	minor_n	MAF		major_n	MajAF
2	rs560887	A/G	244	32	0.1311	212	0.8689	A/G	192	50	0.2604	142	0.7396	<b>0.0008</b>
3	rs11708067	G/A	246	67	0.2724	179	0.7276	G/A	256	43	0.168	213	0.832	<b>0.005</b>
3	rs4402960	T/G	242	93	0.3843	149	0.6157	T/G	176	56	0.3182	120	0.6818	0.1794
4	rs10010131	A/G	242	62	0.2562	180	0.7438	A/G	224	100	0.4464	124	0.5536	<b>&lt;0.0001</b>
6	rs7754840	C/G	232	73	0.3147	159	0.6853	C/G	232	79	0.3405	153	0.6595	0.621
6	rs7756992	G/A	230	70	0.3043	160	0.6957	G/A	234	70	0.2991	164	0.7009	0.9197
8	rs13266634	T/C	244	56	0.2295	188	0.7705	T/C	260	69	0.2654	191	0.7346	0.3555
9	rs10811661	C/T	244	32	0.1311	212	0.8689	C/T	224	26	0.1161	198	0.8839	<b>0.0073</b>
9	rs2796441	T/C	244	106	0.4344	138	0.5656	T/C	252	106	0.4206	146	0.5794	0.7857
10	rs1111875*	G/A	240	107	0.4458	133	0.5542	A/G	242	85	0.3512	157	0.6488	<b>&lt;0.0001</b>
11	rs5219	T/C	234	92	0.3932	142	0.6068	T/C	126	58	0.4603	68	0.5397	0.2203
11	rs11605924*	A/C	240	94	0.3917	146	0.6083	C/A	270	121	0.4481	149	0.5519	<b>0.0004</b>

\*Minor and major alleles are reversed

**Table 3. Allele frequency comparison of previously reported GDM loci in Indian and Swedish women with GDM (Swedish diagnosis criteria). N =total number of alleles, minor\_n = total number of minor alleles, MAF = minor allele frequency, MajAF = major allele frequency, p = p-value for the frequency differences between India and Sweden.**

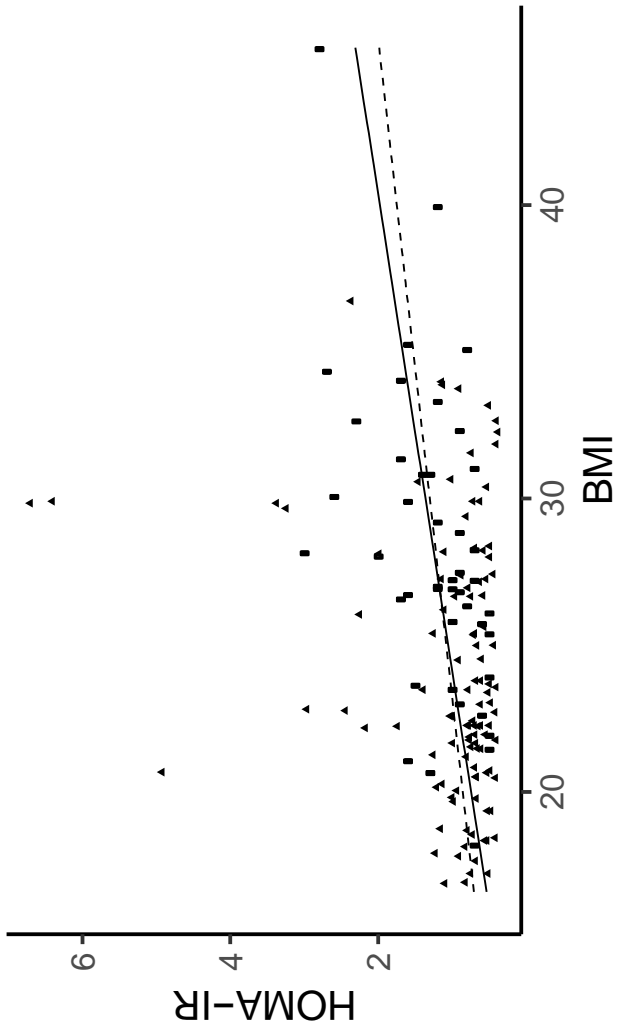
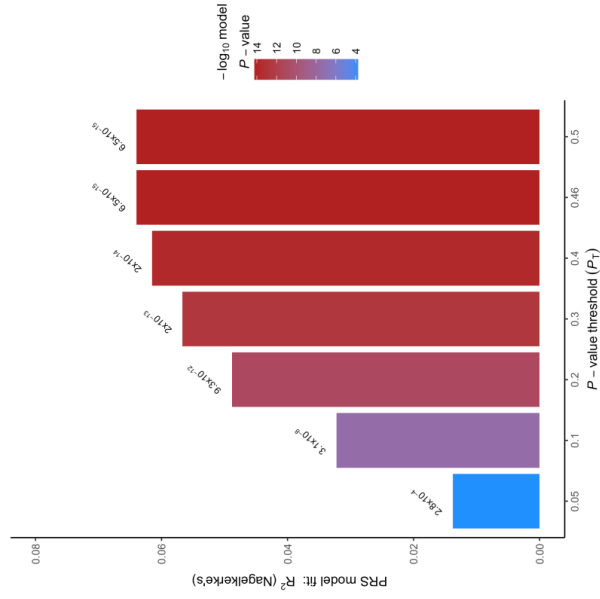
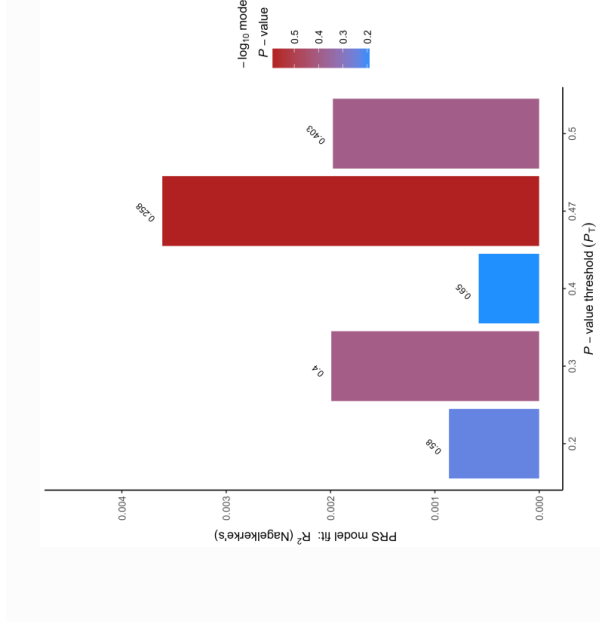


Figure. 1. Relationship between HOMA-IR and BMI in Indian (solid triangles and dashed line) and Swedish (empty circles and solid line) women with GDM

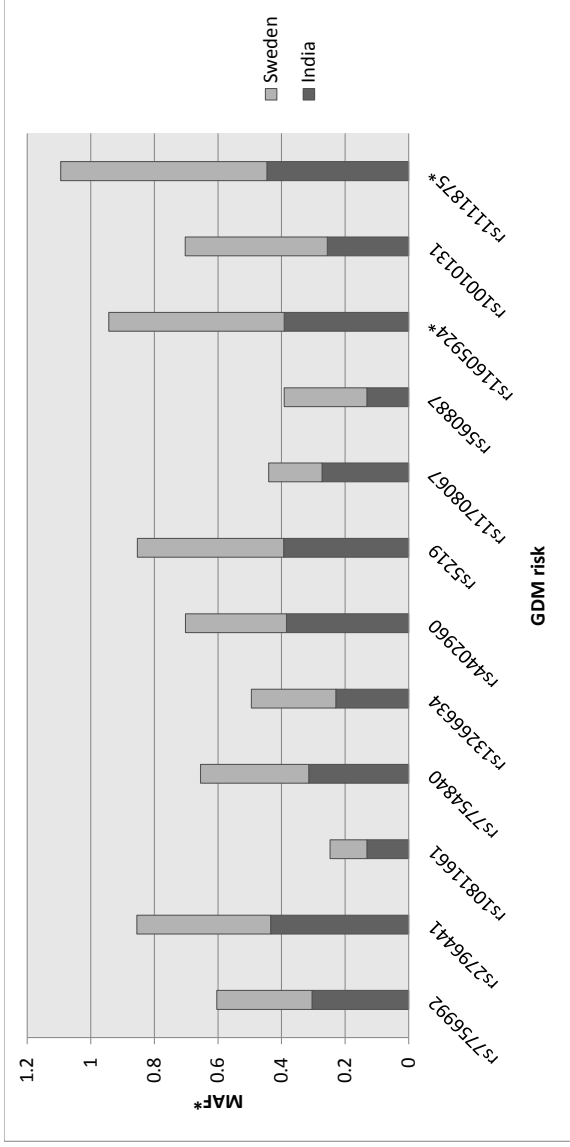


(A)



(B)

**Figure 2. Bar plot from PRSice showing results at broad  $P$ -value thresholds for T2D polygenic risk scores predicting GDM in (A) Indian And (B) Swedish women. (A) is indicative of a role of common T2D genetic risk variants in GDM etiology in the Indian population.**



**Figure 3. Frequencies of minor alleles (as defined in EUR population) of previously reported GDM loci in Indian and Swedish women with GDM. Rs11605924 and rs 111875 showed an interchange of major and minor alleles in Indian GDM women.**

**P4 Supplementary table 1. 6 T2D/GDM associated SNPs selected from previously studies based on Indian population**

SNPs	GENE / nearest Gene	location	Chr	locus	RA	OA	RAF	Trait	References
rs1799999	PP1G.G	Missense coding	7	7q31.1	C	A	1.6	T2D	Sokhi et al Mol Genet Genomics 2015
rs4812829	HNF4A	intronic	20	20q13.12	G	A	1.64	GDM	Kanthimathi, Molecular Genetics and Genomics, 2017
rs689	INS	Intronic / 5'UTR	11	11p15.5	A	T	3.1	T2D	Sokhi et al Mol Genet Genomics 2015
rs7178572	HMG20A	intronic	15	15q24.3	C	T	1.5	GDM	Kanthimathi, Molecular Genetics and Genomics, 2017
rs9552911	SGCG	intronic	13	13q12.12	A	G	0.67	T2D	Saxena, Diabetes, 2013
rs998451	TMEM163, RAB3GAP1	intronic	2	2q21.3	G	A	1.61	T2D	Tabassum et al, Diabetes 2013

**P4 Supplementary table 2. T2D associated SNPs selected from previously published GWAS studies upto 2012 and GDM associated loci (\*) from previous candidate and GWAS studies.**

SNPs	GENE / nearest Gene	location	Chr	locus	RA	OA	RAF	Trait	References
rs10923931	NOTCH2	intron	1	1p12	T	G	0.10	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs2296172	MACH1	coding - missense	1	1p34.3	G	A		T2D	A. Albrechtsen et al, Diabetologia, 2013
rs340874	PROX1	intergenic	1	1q41	C	T	0.45	Fasting glucose / insulin secretion / T2D	Dupuis et al Nat Genet 2010
rs243021	BCL11A	intergenic	2	2p16.1	A	G	0.46	T2D	Voight et al DIAGRAM 2010
rs243088*	BCL11A	intergenic	2	2p16.1	T	A	0.45	T2D / GDM	Morris, naturegenetics 2012
rs7578597	THADA	coding - missense	2	2p21	T	C	0.90	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs3923113	GRB14	intergenic	2	2q24.3	A	C	0.64 (0.74)	T2D	Kooner natgen 2012; Morris natgen, 2012
rs13389219	GRB14	intergenic	2	2q24.3	C	T	0.60	T2D	Morris, naturegenetics 2012
rs7607980	COBL1	coding - missense	2	2q24.3	C	T		T2D	A. Albrechtsen et al, Diabetologia, 2013
rs560887	G6PC2/ABCB11	intron	2	2q31.1	C	T	0.67	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs7578326	KIAA1486/IRS1	intron of uncharacterized LOC646736	2	2q36.3	A	G	0.64	T2D	Voight et al DIAGRAM2 2010
rs2943641	IRS1	intergenic	2	2q36.3	C	T	0.63	Fasting insulin / T2D / insulin sensitivity	Rung et al, Nat Genet 2010
rs4675095	IRS1	intron	2	2q36.3	A	T	0.94	fasting glucose / insulin sensitivity	Dupuis et al Nat Genet 2010
rs7593730*	RBMS1/TTGB6	intronic	2	9q24.2	T	C	0.23	T2D / GDM	Qi et al. Hum Molec Gen. 2010
rs4607103	ADAMTS9-AS2	intron	3	3p14.1	C	T	0.76	T2D / GDM	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs831571	PSMD6	intergenic	3	3p14.1	C	T	0.688	Asian T2D	Cho natgen 2012
rs1801282	PPARG	coding - missense	3	3p25.2	C	G	0.86	T2D / Insulin sensitivity	DGI, MIT and LU, Science 2007
rs11708067*	ADCY5	intron	3	3q21.1	A	G	0.77	T2D / 2hr glucose / Fasting Glucose / HOMA B / GDM	Saxena et al. Nat Genet 2010

rs11920090	SLC2A2	intron	3	3q26.2	T	A	0.86	Fasting glucose / HOMA B	Dupuis et al Nat Genet 2010
rs4402960	IGF2BP2	intron	3	3q27.2	T	G	0.29	T2D	DGI, MIT and LU, Science 2007
rs10010131	WFS1	intron	4	4p16.1	G	A	0.60	T2D	Sandhu et al nature genetics 2007, Lyssenko et al, NEJM 2008
rs6815464	MAEA	intron	4	4p16.3	C	G	0.522 - 0.64	Asian T2D	Cho natgen 2012
rs459193	ANKRD55	intergenic	5	5q11.2	G	A	0.70	T2D	Morris, naturegenetics 2012
rs4457053	ZBED3	intron of ZBED3-AS1	5	5q13.3	G	A	0.26	T2D	Voight et al DIAGRAM2 2010
rs9470794	ZFAND3	intron	6	6p21.2	C	T	0.50 (0.20)	Asian T2D	Cho natgen 2012
rs7754840	CDKALI	intron	6	6p22.3	C	G	0.30	T2D	Steinhorsdottir, Nat Gen 2007, DGI, MIT and LU, Science 2007
rs7756992	CDKALI	intron	6	6p22.3	G	A	0.25	T2D	Steinhorsdottir, Nat Gen 2007
rs4607517	GCK	intergenic	7	7p13	A	G	0.20	Fasting glucose/T2D / insulin sensitivity / HOMA B	Dupuis et al Nat Genet 2010
rs864745	JAZF1	intron	7	7p15.1	T	C	0.50	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs2191349	DGKB/TMEM19 <sub>5</sub>	intergenic	7	7p21.2	T	G	0.50	Fasting glucose / T2D / Insulin secretion	Dupuis et al Nat Genet 2010
rs17168486	DGKB	intergenic	7	7p21.2	T	C	0.19	T2D	Morris, naturegenetics 2012
rs6467136	GCC1-PAX4	intergenic	7	7q32.1	G	A	0.50 (0.81)	Asian T2D	Cho natgen 2012
rs516946	ANK1	intron	8	8p11.21	C	T	0.76	T2D	Morris, naturegenetics 2012
rs896854	TP53NP1	intron	8	8q22.1	T	C	0.48	T2D	Voight et al DIAGRAM2 2010
rs13266634	SLC30A8	coding - missense	8	8q24.11	C	T	0.70	T2D	Sladek R Nature 2007
rs10811661	CDKN2B	intergenic	9	9p21.3	T	C	0.80	T2D	DGI, MIT and LU, Science 2007, Gupta, Diabetologia 2012, Wu Y, Diabetes 2008
rs13292136	TLE4 (CHCHD9)	intergenic	9	9q21.31	C	T	0.93	T2D	Voight et al DIAGRAM2 2010
rs2796441	TLE1	intergenic	9	9q21.32	G	A	0.57	T2D	Morris, naturegenetics 2012
rs7034200	GLIS3	intron	9	9q24.2	A	C	0.50	Fasting glucose /T2D/proinsulin to insulin / insulin secretion	Dupuis et al Nat Genet 2010
rs12779790	CDC123,CAMK1 <sub>D</sub>	intergenic	10	10p13	G	A	0.18	T2D	Zeggini, natgen, 2008, Lyssenko et al, NEJM 2008
rs12571751*	ZMIZ1	intron	10	10q22.3	A	G	0.52	T2D / GDM	Morris, naturegenetics 2012



rs111875*	HH6X/IDE	intergenic	10	10q23.33	C	T	0.52	T2D / GDM	DGI, MIT and LU, Science 2007
rs7903146	TCF7L2	intronic / promoter	10	10q25.2	T	C	0.50	T2D	Grant SFA, Nat genetics 2006,
rs553668	ADRA2A	UTR-3	10	10q25.2	A	G	0.50	T2D	Rosengren Science 2009
rs10885122	ADRA2A	intergenic	10	10q25.2	G	T	0.90	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs7944584	MADD	intron	11	11p11.2	A	T	0.75	Fasting proinsulin / T2D / Fasting glucose / HOMA B	Dupuis et al Nat Genet 2010
rs25219	KCNJ11	coding - missense	11	11p15.1	T	C	0.46	T2D	DGI, MIT and LU, Science 2007
rs2237895*	KCNQ1	intron	11	11p15.4	C	T	0.33	T2D / GDM	Yasuda natgen 2008
rs163184	KCNQ1	intron	11	11p15.4	G	T	0.51	T2D	Yasuda natgen 2008; Morris natgen, 2012
rs2237892	KCNQ1	intron	11	11p15.4	C	T	0.69	T2D	Yasuda Natgen 2008
rs231362	KCNQ1	intron	11	11p15.5	G	A	0.52	Fasting glucose / T2D	Voight et al DIAGRAM2 2010
rs174550	FADS1	intron	11	11q12.2	T	C	0.63	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs1552224	CENTD2	intergenic	11	11q13.4	A	C	0.88	T2D	Voight et al DIAGRAM2 2010
rs10830963	MTNR1B	intron	11	11q14.3	G	C	0.30	T2D / Fasting glucose / HOMA B	Prokopenko natgen 2008
rs10842994	KLHDC5	intergenic	12	12p11.22	C	T	0.80	T2D	Morris, naturegenetics 2012
rs11063069	CCND2	intergenic	12	12p13.32	G	A	0.21	T2D	Morris, naturegenetics 2012
rs1153188	DCD	intergenic	12	12q13.2	A	T	0.73	T2D	Zeggini et al Nat Gen 2009
rs1531343	HMG2	intron of pseudogene	12	12q14.3	C	G	0.10	T2D	Voight et al DIAGRAM2 2010
rs7961581	TSPAN8_LGR5	intergenic	12	12q21.1	C	T	0.27	T2D	Zeggini, natgen, 2008, Lysenko et al, NEJM 2008
rs35767	IGF1	nearGene-5	12	12q23.2	G	A	0.88	Fasting glucose/Fasting insulin/T2D / Insulin sensitivity	Dupuis et al Nat Genet 2010
rs7957197	OASL/TCF1/HN F1A	intron of OASL	12	12q24.31	T	A	0.85	T2D	Voight et al DIAGRAM2 2010
rs11071657	FAM148B	intergenic	15	15q22.2	A	G	0.77	Fasting glucose / T2D / HOMA B	Dupuis et al Nat Genet 2010
rs17271305	VPS13C	intron	15	15q22.2	G	A	0.42	2hr glucose	Saxena et al. Nat Genet 2010
rs7177055*	HMG20A	intergenic	15	15q24.3	A	G	0.68	T2D / GDM	Morris, naturegenetics 2012
rs11634397	ZFAND6	intergenic	15	15q25.1	G	A	0.60	T2D	Voight et al DIAGRAM2 2010

rs8042680	PRCI	intron	15	15q26.1	A	C	0.22	T2D	Voight et al DIAGRAM2 2010
rs7202877	BCAR1	intergenic	16	16q23.1	T	G	0.89	T2D	Morris, naturegenetics 2012
rs8090011*	LAMA1	intron	18	18p11.31	G	C	0.36	T2D / GDM	Perry plos genetics 2012
rs12970134	MC4R	intergenic	18	18q21.32	A	G	0.27	T2D / BMI / waist circumference / insulin resistance	Chambers natgen 2008; Morris, naturegenetics 2012
rs10401969	SUGP1	intron	19	19p13.3	C	T	0.08	T2D	Morris, naturegenetics 2012
rs10423928	GIPR	intron	19	19q13.32	A	T	0.17	2hr glucose / T2D	Saxena et al. Nat Genet 2010
rs8108269	GIPR	intergenic	19	19q13.32	G	T	0.31	T2D	Morris, naturegenetics 2012
rs6017317	FTTM2- R3HDM1L- HNF4A	intergenic	20	20q13.12	G	T	0.18 (0.54)	Asian T2D	Cho natgen 2012
rs5945326*	DUSP9	intergenic	X	Xq28	A	G	0.79	T2D / GDM	Voight et al DIAGRAM2 2010
rs11605924*	CRY2	intron	11	11p11.2	A	C	1.04	T2D	Dupuis et al Nat Genet 2010
rs9939609	FTO	intron	16	16q12.2	A	T	1.20	T2D, obesity	Frayling et al Nat Genet 2007
rs17133918	GRB10	intron	7	7p12.1	C	T		T2D	Prokopenko plos genetics 2013
rs933360	GRB10	intron	7	7p12.1	A	G		T2D	Prokopenko plos genetics 2013
rs6943153	GRB10	intron	7	7p12.1	C	T	0.0154 (beta)	fasting glucose /fasting insulin	Prokopenko plos genetics 2013
rs7178572*	HMG20A	Intergenic	15	7p12.1	G	A	1.09	T2D / GDM	Perry plos genetics 2012; Kooner natgen 2012

**P4 Supplementary table 3. Association of T2D and GDM risk loci previously reported in the Indian population based studies with GDM risk in Indian and Sweden pregnant women. CHR = chromosome, BP = base pair coordinates, AI = effect allele, n = study population size, OR = odds ratio (CI = 95% confidence intervals), P = two-tailed p-value for single test.**

CHR	SNP	BP	AI	INDIA			SWEDEN		
				n	OR (CI)	P	n	OR (CI)	P
7	rs1799999	113878379	A	3664	0.77 (0.59 – 1.01)	0.061	465	0.83 (0.48 – 1.43)	0.50
20	rs4812829	44360627	A	3576	0.85 (0.63 – 1.15)	0.30	0	NA	NA
11	rs689	2160994	A	3676	1.09 (0.78 – 0.57)	0.60	489	1.101 (0.80 – 1.51)	0.55
15	rs7178572	77454848	T	3346	0.75 (0.57 – 0.98)	<b>0.03</b>	476	0.8253 (0.59 – 1.15)	0.25
13	rs9552911	23290518	A	3665	0.85 (0.54 – 1.32)	0.47	486	1.237 (0.11 – 13.76)	0.86
2	rs998451	134671718	A	3656	0.77 (0.52 – 1.13)	0.18	482	1.068 (0.80 – 1.42)	0.65

**P4 Supplementary table 4. Association of previously reported GDM risk loci discovered in the European population based studies with GDM risk in Indian and Sweden pregnant women. CHR = chromosome, BP = base pair coordinates, A1 = effect allele, n = study population size, OR = odds ratio, P = two-tailed p-value for single test.**

CHR	SNP	BP	A1	INDIA			SWEDEN		
				n	OR (CI)	P	n	OR (CI)	P
4	rs10010131	6291188	A	3617	0.81 (0.60 - 1.08)	0.15	444	1.19 (0.88 - 1.63)	0.25
9	rs10811661	22134095	C	3666	1.01 (0.69 - 1.47)	0.96	428	0.76 (0.47 - 1.22)	0.25
10	rs1111875	92703125	G	3675	1.02 (0.79 - 1.32)	0.86	443	0.71 (0.52 - 0.97)	<b>0.031</b>
3	rs11708067	123346931	G	3648	1.29 (0.97 - 1.71)	0.084	466	0.69 (0.48 - 1.00)	0.054
8	rs13266634	117172544	T	3671	0.97 (0.72 - 1.31)	0.84	458	0.88 (0.64 - 1.20)	0.42
3	rs1801282	12351626	G	3436	0.94 (0.63 - 1.40)	0.76	421	1.32 (0.86 - 2.05)	0.21
9	rs2796441	81694033	T	3677	1.02 (0.79 - 1.32)	0.88	457	1.00 (0.75 - 1.34)	0.98
3	rs4402960	185793899	T	3535	0.89 (0.69 - 1.15)	0.36	352	1.06 (0.73 - 1.53)	0.77
11	rs5219	17388025	T	3382	1.05 (0.81 - 1.36)	0.73	264	1.09 (0.70 - 1.67)	0.71
2	rs560887	168906638	A	3678	1.07 (0.74 - 1.56)	0.71	383	0.80 (0.55 - 1.18)	0.26
6	rs7754840	20661019	C	3502	1.19 (0.90 - 1.57)	0.22	426	0.97 (0.71 - 1.32)	0.83
6	rs7756992	20679478	G	3469	1.16 (0.88 - 1.54)	0.29	425	0.96 (0.70 - 1.32)	0.79
10	rs7903146	112998590	T	3330	1.29 (0.98 - 1.72)	0.072	373	1.20 (0.84 - 1.70)	0.31
16	rs9939609	53786615	A	2962	0.79 (0.57 - 1.10)	0.16	0	NA	NA

**P4 Supplementary table 5. Association of previously reported T2D risk loci discovered in the European population based studies with GDM risk in Indian and Sweden pregnant women. CHR = chromosome, BP = base pair coordinates, AI = effect allele, n = study population size, OR = odds ratio, P = two-tailed p-value for single test.**

CHR	SNP	AI	INDIA			SWEDEN			GENE / nearest Gene	location	Chr	locus	RA	OA
			n	OR	P	n	OR	P						
1	rs2296172	G	3618	0.89 (0.58 - 1.37)	0.61	385	0.98 (0.67-1.45)	0.94	MACF1	coding - missense	1	1p34.3	G	A
1	rs340874	A	3490	1.13 (0.87 - 1.47)	0.35	427	0.92 (0.68-1.24)	0.58	PROX1	intergenic	1	1q41	C	T
2	rs13389219	T	3605	0.79 (0.59 - 1.08)	0.14	475	1.13 (0.85-1.51)	0.4	GRB14	intergenic	2	2q24.3	C	T
2	rs243088	T	3497	1.29 (0.99 - 1.68)	0.06	425	1.13 (0.83-1.55)	0.41	BCL11A	intergenic	2	2p16.1	T	A
2	rs2943641	T	3429	1.06 (0.78 - 1.43)	0.7	424	0.89 (0.66-1.21)	0.45	IRS1	intergenic	2	2q36.3	C	T
2	rs4675095	T	3594	0.77 (0.51 - 1.17)	0.22	460	1.39 (0.74-2.61)	0.29	IRS1	intron	2	2q36.3	A	T
2	rs7578326	G	3390	1.06 (0.78 - 1.43)	0.72	492	1.018 (0.76-1.35)	0.9	KIAA1486/IRS1	intergenic	2	2q36.3	A	G
2	rs7578597	C	3490	1.34 (0.95 - 1.89)	0.09	423	1.041 (0.58-1.86)	0.89	THADA	coding - missense	2	2p21	T	C
2	rs7593730	T	3673	0.87 (0.63 - 1.21)	<b>0.4</b>	457	0.97 (0.68-1.37)	0.86	RBMS1/ITGB6	intronic	2	9q24.2	T	C
2	rs7607980	C	3657	1.08 (0.72 - 1.62)	0.69	453	0.93 (0.59-1.47)	0.77	COBL1	coding - missense	2	2q24.3	C	T
3	rs11920090	A	3395	0.74 (0.50 - 1.01)	0.13	491	1.08 (0.70-1.65)	0.74	SLC2A2	intron	3	3q26.2	T	A
3	rs4607103	C	3659	1.23 (0.95 - 1.59)	0.11	430	1.1 (0.77-1.57)	0.6	ADAMTS9-AS2	intron	3	3p14.1	C	T
3	rs831571	T	3505	0.93 (0.67 - 1.28)	0.64	425	0.94 (0.63-1.41)	0.79	PSMD6	intergenic	3	3p14.1	C	T
4	rs6815464	G	3503	0.98 (0.68 - 1.41)	0.91	426	0.52 (0.15-1.82)	0.3	MAEA	intron	4	4p16.3	C	G
5	rs4457053	G	3370	1.11 (0.82 - 1.52)	0.49	488	1.16 (0.85-1.59)	0.32	ZBED3	intron of ZBED3-AS1	5	5q13.3	G	A
5	rs459193	T	3655	0.88 (0.67 - 1.15)	0.33	469	1.33 (0.94-1.88)	0.09	ANKRD55	intergenic	5	5q11.2	G	A
6	rs9470794	C	3397	0.77 (0.50 - 1.19)	0.23	491	1.03 (0.61-1.75)	0.89	ZFAND3	intron	6	6p21.2	C	T
7	rs17133918	T	3681	0.99 (0.75 - 1.32)	0.96	459	0.91 (0.67-1.22)	0.51	GRB10	intron	7	7p12.1	C	T
7	rs17168486	T	3632	0.84 (0.63 - 1.11)	0.21	436	1.32 (0.90-1.92)	0.15	DGKB	intergenic	7	7p21.2	T	C

7	rs2191349	G	3675	0.89 (0.68 - 1.16)	0.37	454	1.22 (0.91-1.64)	0.18	DGKB/TMEM195	intergenic	7	7p21.2	T	G
7	rs4607517	A	3671	1.09 (0.76 - 1.59)	0.62	456	1.13 (0.78-1.61)	0.52	GCK	intergenic	7	7p13	A	G
7	rs6467136	A	3375	0.79 (0.61 - 1.03)	0.08	382	1.11 (0.82-1.50)	0.47	GCC1-PAX4	intergenic	7	7q32.1	G	A
7	rs6943153	T	3391	0.78 (0.58 - 1.04)	0.08	492	1.03 (0.75-1.40)	0.85	GRB10	intron	7	7p12.1	C	T
7	rs864745	G	3651	0.99 (0.74 - 1.31)	0.91	451	0.93 (0.68-1.26)	0.65	JAZF1	intron	7	7p15.1	T	C
7	rs933360	G	3674	0.89 (0.68 - 1.17)	0.41	0	NA (NA-NA)	NA	GRB10	intron	7	7p12.1	A	G
8	rs516946	A	3687	0.88 (0.63 - 1.23)	0.45	457	1.16 (0.83-1.63)	0.37	ANK1	intron	8	8p11.21	C	T
8	rs896854	A	3674	0.82 (0.63 - 1.07)	0.14	481	0.97 (0.72-1.30)	0.83	TP53INP1	intron	8	8q22.1	T	C
9	rs13292136	T	3490	1.16 (0.82 - 1.63)	0.4	427	0.78 (0.47-1.32)	0.35	TLE4 (CHCHD9)	intergenic	9	9q21.31	C	T
9	rs7034200	C	3642	1.035 (0.79 - 1.34)	0.79	449	1.17 (0.86-1.58)	0.3	GLIS3	intron	9	9q24.2	A	C
10	rs10885122	T	3465	0.95 (0.68 - 1.32)	0.76	424	0.96 (0.61-1.51)	0.85	ADRA2A	intergenic	10	10q25.2	G	T
10	rs12571751	G	3390	1.24 (0.95 - 1.61)	0.11	492	1.39 (1.05-1.83)	<b>0.021</b>	ZMIZ1	intron	10	10q22.3	A	G
10	rs553668	0	0	NA (NA - NA)	NA	474	1.03 (0.67-1.57)	0.9	ADRA2A	UTR-3	10	10q25.2	A	G
11	rs10830963	G	3495	0.94 (0.72 - 1.2)	0.65	425	1.03 (0.75-1.413)	0.85	MTNR1B	intron	11	11q14.3	G	C
11	rs11605924	A	3679	0.67 (0.52 - 0.87)	<b>0.0026</b>	484	1.44 (1.08-1.91)	<b>0.0129</b>	CRY2	intron	11	11p11.2	A	C
11	rs1552224	G	3679	0.94 (0.67 - 1.34)	0.73	385	1.14 (0.76-1.70)	0.52	CENTD2	intergenic	11	11q13.4	A	C
11	rs163184	T	3491	1.22 (0.94 - 1.60)	0.13	0	NA (NA-NA)	NA	KCNQ1	intron	11	11p15.4	G	T
11	rs174550	C	3676	1.02 (0.73 - 1.43)	0.91	379	0.96 (0.67-1.37)	0.83	FADS1	intron	11	11q12.2	T	C
11	rs2237895	C	3463	0.81 (0.62 - 1.06)	0.13	410	1.43 (1.06-1.94)	<b>0.0204</b>	KCNQ1	intron	11	11p15.4	C	T
11	rs7944584	T	3343	0.93 (0.66 - 1.32)	0.69	413	0.82 (0.57-1.17)	0.26	MADD	intron	11	11p11.2	A	T
12	rs10842994	T	3675	1.06 (0.73 - 1.52)	0.77	481	0.79 (0.53-1.16)	0.22	KLHDC5	intergenic	12	12p11.22	C	T
12	rs11063069	G	3454	0.89 (0.61 - 1.30)	0.55	418	1.11 (0.76-1.60)	0.59	CCND2	intergenic	12	12p13.32	G	A
12	rs1153188	A	3680	0.87 (0.61 - 1.23)	0.42	385	1.08 (0.74-1.58)	0.67	DCD	intergenic	12	12q13.2	A	T
12	rs1531343	C	3683	0.87 (0.62 - 1.23)	0.42	457	1.61 (0.96-2.68)	0.069	HMG2	intron of pseudogene	12	12q14.3	C	G
12	rs35767	T	3678	0.96 (0.70 - 1.31)	0.79	384	1.16 (0.76-1.76)	0.47	IGF1	nearGene-5	12	12q23.2	G	A
12	rs7957197	A	3689	1.18 (0.72 - 1.91)	0.5	448	0.75 (0.51-1.11)	0.15	OASL/TCF1/HNF1A	intron of OASL	12	12q24.31	T	A
12	rs7961581	C	3486	0.85 (0.64 - 1.13)	0.27	421	0.95 (0.67-1.35)	0.79	TSPAN8_LGR5	intergenic	12	12q21.1	C	T
15	rs11071657	G	3669	0.91 (0.67 - 1.21)	0.51	456	0.88 (0.65-1.18)	0.38	FAM148B	intergenic	15	15q22.2	A	G

15	rs11634397	A	3678	1.01 (0.78 - 1.31)	0.92	457	1.23 (0.91-1.65)	0.17	ZFAND6	intergenic	15	15q25.1	G	A
15	rs17271305	G	3597	0.98 (0.74 - 1.30)	0.9	478	0.90 (0.68-1.19)	0.47	VPS13C	intron	15	15q22.2	G	A
15	rs7177055	G	3680	0.74 (0.57 - 0.96)	<b>0.024</b>	457	0.91 (0.65-1.27)	0.58	HMG20A	intergenic	15	15q24.3	A	G
15	rs8042680	C	3662	1.08 (0.83 - 1.40)	0.57	456	0.89 (0.65-1.22)	0.48	PRC1	intron	15	15q26.1	A	C
16	rs7202877	G	3684	1.06 (0.66 - 1.68)	0.81	0	NA (NA-NA)	NA	BCAR1	intergenic	16	16q23.1	T	G
18	rs8090011	G	3683	1.02 (0.79 - 1.32)	0.89	457	1.49 (1.11-2.01)	<b>0.009</b>	LAMA1	intron	18	18p11.31	G	C
19	rs10401969	C	3393	1.05 (0.68 - 1.6)	0.83	491	1.06 (0.67-1.70)	0.79	SUGP1	intron	19	19p13.3	C	T
19	rs10423928	A	3681	0.90 (0.62 - 1.31)	0.58	480	1.06 (0.76-1.47)	0.72	GIPR	intron	19	19q13.32	A	T
19	rs8108269	G	3293	1.08 (0.82 - 1.43)	0.58	429	0.78 (0.57-1.08)	0.13	GIPR	intergenic	19	19q13.32	G	T
20	rs6017317	G	3530	0.96 (0.72 - 1.26)	0.74	451	1.05 (0.73-1.52)	0.78	FITM2-R3HDM1- HNF4A	intergenic	20	20q13.12	G	T
23	rs5945326	G	3377	1.15 (0.88 - 1.50)	0.29	495	0.69 (0.49-0.98)	<b>0.035</b>	DUSP9	intergenic	X	Xq28	A	G

**P4 Supplementary table 6. Association of Indian / Swedish GDM loci (from the present study) with glycemic traits. Chr = chromosome, EA = effect allele, B = beta / effect size, SE = standard error, p = p-values.**

SNP	locus	location	Chr	Fasting Glucose			2 hour glucose			Fasting insulin			2 hour insulin			HOMA2-B			HOMA2-IR			
				A	B (SE)	P	B (SE)	P	B (SE)	P	B (SE)	P	B (SE)	P	B (SE)	P	B (SE)	P	B (SE)	P		
RS7178572	HMG20A	intergenic	15	T	(0.14)	0.85	(0.10)	0.49	(0.10)	0.41	(0.12)	0.27	(0.10)	0.53	(0.18)	0.87						
RS1799999	PP1G.G	coding	7	C	(0.28)	0.22	(0.17)	0.13	(0.24)	0.43	(0.22)	0	(0.21)	7	(0.24)	0.62						
rs1111875	HHFX/IDE	intergenic	10	G	(0.14)	0.73	(0.10)	0.30	(0.11)	0.97	(0.12)	0.67	(0.11)	1	(0.16)	0.45						
rs11708067	ADCY5	intron	3	G	(0.16)	0.30	(0.14)	0.037	(0.16)	0.057	(0.17)	0.29	(0.14)	10	(0.19)	0.35						
rs11605924	CRY2	intron	11	A	(0.19)	0.49	(0.13)	0.64	(0.15)	0.202	(0.14)	0.53	(0.14)	96	(0.19)	0.20						
rs12571751	ZMIZ1	intron	10	G	(0.17)	0.51	(0.12)	0.86	(0.13)	0.18	(0.14)	0.43	(0.13)	7	(0.19)	0.45						
rs2237895	KCNQ1	intron	11	C	(0.15)	0.45	(0.11)	0.11	(0.12)	0.17	(0.13)	0.49	(0.11)	0	(0.18)	0.51						
rs8090011	LAMA1	intron	18	G	(0.15)	0.23	(0.12)	0.08	(0.12)	0.42	(0.13)	4	(0.11)	1	(0.18)	0.41						
rs5945326	DUSP9	intergenic	X	G	(0.16)	0.51	(0.12)	0.78	(0.14)	0.37	(0.13)	0.28	(0.12)	59	(0.20)	0.77						
rs7593730	RBM51/ITGB6	intronic	2	T	(0.18)	0.43	(0.13)	0.54	(0.13)	0.30	(0.15)	0.19	(0.13)	9	(0.22)	0.27						
rs243088	BCL11A	intergenic	2	T	(0.11)	0.03	(0.04)	0.93	(0.11)	0.30	(0.12)	0.90	(0.11)	2	(0.12)	0.44						
rs7177055	HMG20A	intergenic	15	G	(0.09)	0.78	(0.01)	0.57	(0.09)	0.39	(0.10)	0.72	(0.09)	8	(0.11)	0.26						



**P4 Supplementary table 7: eQTL expression in human pancreatic islets**

SNP	gene	beta	t-stat	p-value	FDR
rs7178572	<i>PSTPIP1</i>	0.395195763	3.858312945	0.000157308	<b>0.003775392</b>
rs7178572	<i>HMG20A</i>	0.365641775	3.482768383	0.000618591	<b>0.007423092</b>
rs7178572	<i>ENSG00000260787</i>	0.307698831	2.873430187	0.004532857	<b>0.03626286</b>
rs1111875	<i>NHP2P1</i>	0.329797925	3.133224821	0.00200908	<b>0.02109534</b>
rs1111875	<i>BTAF1</i>	0.281148227	2.620336099	0.009510171	<b>0.02109534</b>
rs1111875	<i>MARK2P9</i>	-0.26192091	2.456599276	0.014943273	0.0665712
rs1111875	<i>FGFBP3</i>	0.246821227	-2.26902637	0.024414953	0.07845218
rs11605924	<i>AC044839.2</i>	0.263122055	2.519988934	0.012577208	0.3441981
rs11605924	<i>CHRM4</i>	0.230781992	2.150044451	0.03284293	0.3441981
rs11605924	<i>CRY2</i>	0.216356367	2.028259999	0.043959902	0.3441981
rs11605924	<i>PEX16</i>	0.211971204	1.980062519	0.049171156	0.3441981
rs8090011	<i>LOC101927188</i>	0.22180716	2.12837551	0.034622273	0.2077336
rs8090011	<i>LAMA1</i>	0.170865025	1.617093531	0.107552781	0.3226583
rs2237895	<i>SLC22A18AS</i>	0.201179621	1.983395139	0.048794719	0.7267382
rs2237895	<i>KCNQ10T1</i>	0.207588021	1.981981383	0.048954112	0.7267382





