

Table S1. Characteristics of study subjects

	Overall (n=7,326)	Male (n=2,864)	Female (n=4,462)	p-value
Systolic blood pressure (mmHg)	120.2±17.0	120.4±17.0	120.1±17.0	0.409
Diastolic blood pressure (mmHg)	75.4±10.0	75.6±10.0	75.4±10.0	0.402
HemoglobinA1c (%)	5.7±0.7	5.7±0.7	5.7±0.7	0.385
Total cholesterol (mg/dL)	192.0±36.9	193.0±37.1	191.3±36.8	0.054
HDL cholesterol (mg/dL)	51.0±12.5	50.8±12.3	51.0±12.6	0.535
Handgrip strength (kg)	28.2±9.7	28.2±9.7	28.1±9.7	0.551
Moderate to vigorous physical activity (min) [†]	82.9±216.0	91.3±249.4	77.5±191.3	0.600
Total energy intake (kcal/day)	1,970.6±874.6	1,983.3±872.0	1,962.4±876.2	0.319
Medication				
Hypertension	3,158 (41.3)	1,359 (47.5)	1,799 (40.3)	<0.001
Dyslipidemia	1,597 (21.8)	518 (18.1)	1,079 (24.2)	<0.001
Diabetes	1,232 (16.8)	592 (20.7)	640 (14.3)	<0.001
Household income				
Low	2,402 (32.8)	888 (31.0)	1,514 (33.9)	<0.01
Lower-middle	2,028 (27.7)	863 (30.1)	1,165 (26.1)	
Upper middle	1,561 (21.3)	610 (21.3)	951 (21.3)	
High	1,335 (18.2)	503 (17.6)	832 (18.6)	
Education level				
Primary school	3,289 (44.9)	1,005 (35.1)	2,284 (51.2)	<0.001
Middle school	1,083 (14.8)	526 (18.4)	557 (12.5)	
High school	1,636 (22.3)	780 (27.2)	856 (19.2)	
College	1,318 (18.0)	553 (19.3)	765 (17.1)	
Drinking				
Never	2,948 (40.2)	767 (26.8)	2,181 (48.9)	<0.001
≤Once a week	3,034 (41.4)	1,065 (37.2)	1,969 (44.1)	
2–3 times/week	789 (10.8)	557 (19.4)	232 (5.2)	
≥ 4 times/week	555 (7.6)	475 (16.6)	80 (1.8)	
Smoking				
Never	4,747 (64.8)	568 (19.8)	4,179 (93.7)	<0.001
Former smoking	1,894 (25.9)	1,723 (60.2)	171 (3.8)	
Current smoking	685 (9.4)	573 (20.0)	112 (2.5)	

Values are presented as mean±standard deviation or number (%).

HDL, high-density lipoprotein.

[†]Mann-Whitney U test was applied to assess the difference between groups.