**Supplementary Materials**

**Supplemental table 1. General characteristics of study participants (*n* 1682)**1

|  |  |  |
| --- | --- | --- |
|  | Characteristics |  |
|  | Mean or frequency | SD or percent |
| Follow-up period (years) | 5.2 | 1.0 |
| Men | 634 | 37.7 |
| Age (years) | 59.2 | 9.2 |
| Higher education2 | 359 | 21.3 |
| Married | 1475 | 87.7 |
| Farmer | 1009 | 60.0 |
| Regular exercise3 | 345 | 20.5 |
| Current smoker | 260 | 15.5 |
| Alcohol consumption |  |  |
| Current drinker | 720 | 42.8 |
| Former drinker | 70 | 4.2 |
| Alcohol intake (ml/d) | 12.2 | 36.8 |
|  Alcohol intake among current drinkers (ml/d) | 28.5 | 51.9 |
| BMI (kg/m2) | 23.8 | 2.9 |
| WC (cm) | 82.9 | 8.5 |
| Menopause among women | 807 | 77.3 |
| Total energy intake (kJ/d) | 6539 | 1913 |
| Sodium intake (mg/d) | 2633 | 1561 |
| Potassium intake (mg/d) | 1773 | 600 |
| Blood pressure (mmHg) |  |  |
| SBP | 115.0 | 11.2 |
| DBP | 75.1 | 7.7 |
| Pulse pressure (mmHg) | 39.9 | 8.8 |

SD, standard deviation; BMI, body mass index; WC, waist circumference; SBP, systolic blood pressure; DBP, diastolic blood pressure

1 Values are expressed as the mean ± SD or number (%)

2 ≥ High school graduates (12 years of education)

3 ≥3 times/week and ≥30 min/session

**Supplemental table 2. Definitions of alcohol consumption trajectory groups**

|  |  |
| --- | --- |
| Group | Definition |
| *Men* |  |
| Consistent 0 | Non-drinker or Former drinker at each visit |
| Consistent >0 to <30 | >0 to <30 ml/d at each visit |
| Inconsistent | 1) Non-drinker for most but not all visits |
| 2) Former drinker for most but not all visits |
| 3) >0 to <30 ml/d for most but not all visits |
| 4) ≥30 ml/d for most but not all visits |
| Consistent ≥30 | ≥30 ml/d at each visit |
| *Women* |  |
| Consistent 0 | Non-drinker or Former drinker at each visit |
| Inconsistent | 1) Non-drinker for most but not all visits |
|  | 2) Former drinker for most but not all visits |
| Consistent >0 | Current drinker at each visit |

**Supplemental table 3. Age-adjusted characteristics of study participants according to cumulative average alcohol consumption groups using all three visits**1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Men (*n* 634)** |  | **Women (*n* 1048)** |  |
|  | **0** |  | **>0 and <15** |  | **≥15 and <30** |  | **≥30** | *p*-value2 | **0** |  | **>0** |  | *p*-value2 |
|  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  |  |
| n | 213 |  |  | 168 |  |  | 69 |  |  | 184 |  |  | 636 |  |  | 412 |  |  |  |
| Median cumulative average alcohol consumption (min, max) | 0.0(0.0, 0.0) |  | 4.4(0.1, 14.9) |  | 21.7 (15.6, 29.97) |  | 62.0 (30.0, 457.5) |  | 0.0(0.0, 0.0) |  | 1.9(0.1, 370.0) |  |  |
| Follow up period (years) | 5.4 | 0.1 |  | 5.4 | 0.1 |  | 5.2 | 0.1 |  | 5.3 | 0.1 | 0.439  | 5.3 | 0.0 |  | 5.2 | 0.0 |  | 0.298  |
|  |  |  |  |  |  |  |  |  |  |  |  | 　 |  |  |  |  |  |  | 　 |
| Age (years) | 63.0a | 0.6 |  | 61.2ab | 0.7 |  | 59.6b | 1.1 |  | 60.6b | 0.7 | 0.013  | 58.5 | 0.4 |  | 56.8 | 0.4 |  | 0.002  |
| Menopause | - | - |  | - | - |  | - | - |  | - | - | - | 76.9 |  |  | 77.9 |  |  | 0.625  |
| Higher education3 | 32.0  |  |  | 26.4  |  |  | 29.0  |  |  | 23.1  |  | 0.207  | 18.6  |  |  | 16.0  |  |  | 0.227  |
| Married | 96.6  |  |  | 96.4  |  |  | 95.3  |  |  | 97.1  |  | 0.915  | 82.9  |  |  | 81.5  |  |  | 0.539  |
| Farmer | 67.7  |  |  | 72.8  |  |  | 72.1  |  |  | 77.1  |  | 0.218  | 51.5  |  |  | 54.3  |  |  | 0.362  |
| Regular exercise4 | 23.9  |  |  | 18.4  |  |  | 19.8  |  |  | 16.6  |  | 0.313  | 18.2  |  |  | 25.1  |  |  | 0.006  |
| Current smoker | 31.8a |  |  | 34.5a |  |  | 31.4ab |  |  | 48.2b |  | 0.004  | 1.9  |  |  | 2.8  |  |  | 0.336  |
| BMI (kg/m2) | 23.6 | 0.2 |  | 23.5 | 0.2 |  | 23.9 | 0.3 |  | 23.2 | 0.2 | 0.277  | 23.9 | 0.1 |  | 24.0 | 0.1 |  | 0.880  |
| WC (cm) | 84.0 | 0.5 |  | 83.8 | 0.6 |  | 86.6 | 0.9 |  | 84.6 | 0.6 | 0.069  | 81.8 | 0.3 |  | 82.2 | 0.4 |  | 0.500  |
| Baseline SBP (mmHg) | 115.8a | 0.7 |  | 116.9ab | 0.8 |  | 118.8ab | 1.3 |  | 119.0b | 0.8 | 0.017  | 113.4 | 0.4 |  | 113.7 | 0.5 |  | 0.689  |
| Baseline DBP (mmHg) | 75.9 | 0.5 |  | 76.1 | 0.6 |  | 77.5 | 0.9 |  | 76.8 | 0.5 | 0.386  | 73.8 | 0.3 |  | 75.0 | 0.4 |  | 0.012  |
| Baseline PP (mmHg) | 39.9a | 0.6 |  | 40.8ab | 0.7 |  | 41.4ab | 1.1 |  | 42.2b | 0.7 | 0.078  | 39.6 | 0.3 |  | 38.7 | 0.4 |  | 0.073  |
| Total energy (kJ/d) | 7105 | 136 |  | 6943 | 152 |  | 7374 | 238 |  | 7287 | 146 | 0.295  | 6172 | 66 |  | 6182 | 83 |  | 0.923  |
| Na intake (mg/d) | 2955 | 117 |  | 2974 | 131 |  | 3440 | 205 |  | 3035 | 125 | 0.207  | 2371 | 56 |  | 2419 | 70 |  | 0.594  |
| K intake (mg/d) | 1884 | 41 |  | 1967 | 46 |  | 2043 | 72 |  | 1877 | 44 | 0.132  | 1661 | 22 |  | 1719 | 28 |  | 0.110  |

SE, standard error; BMI, body mass index; WC, waist circumference; Na, sodium; K, potassium; SBP, systolic blood pressure; DBP, diastolic blood pressure; PP, pulse pressure

1 All results except each median value were adjusted for sex and age, but sex was adjusted for age and age was adjusted sex. All nutrient intakes are total energy-adjusted values. Values are expressed as the mean ± SE or percentage (%). Mean values with different superscripts (a, b, c) within a row were significantly different among the exposure groups by Tukey’s multiple comparison test.

2 *p*-value was determined using a general linear model.

3 ≥ High school graduation (12 years of education)

4 ≥3 times/week and ≥30 min/session

**Supplemental table 4. Age-adjusted characteristics of study participants according to consistency of alcohol consumption groups using the latest two visits**1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Men (*n* 634)** |  | **Women (*n* 1048)** |  |
|  | **Consistent** **0** |  | **Consistent****>0 and <30** |  | **Inconsistent** |  | **Consistent** **≥30** | *p*-value2 | **Consistent** **0** |  | **Inconsistent** |  | **Consistent****>0** |  | *p*-value2 |
|  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  |  |
| *n* | 235 |  |  | 133 |  |  | 151 |  |  | 115 |  |  | 684 |  |  | 134 |  |  | 230 |  |  |  |
| Median change in alcohol consumption from 2nd to last visit (min, max) | 0.0 (0.0, 0.0) |  | -0.7 (-23.8, 23.7) |  | -4.5 (-550.9, 217.5) |  | 0.0 (-380.4, 341.9) |  | 0.0(0.0, 0.0) |  | -0.3 (-37.1, 60.7) |  | -0.3 (-465.0, 266.0) |  |  |
| Follow up period (years) | 5.4 | 0.1 |  | 5.2 | 0.1 |  | 5.4 | 0.1 | - | 5.3 | 0.1 | 0.369  | 5.3 | 0.0 |  | 5.1 | 0.1 |  | 5.3 | 0.1 |  | 0.127  |
|  |  |  |  |  |  |  |  |  |  |  |  | 　 |  |  |  |  |  |  |  |  |  | 　 |
| Age (years) | 62.9a |  0.6 |  | 59.2b |  0.8 |  | 61.6ab |  0.7 |  | 60.7ab |  0.8 | **0.002**  | 58.3 | 0.3 |  | 57.0 | 0.8 |  | 57.0 | 0.6 |  | 0.106 |
| Menopause | - | - |  | - | - |  | - | - |  | - | - | - | 76.9  |  |  | 77.7  |  |  | 78.4  |  |  | 0.804  |
| Higher education3 | 30.4  |  |  | 31.9  |  |  | 24.1  |  |  | 21.5  |  | 0.121  | 18.6  |  |  | 14.9  |  |  | 15.9  |  |  | 0.357  |
| Married | 96.1  |  |  | 95.0  |  |  | 98.7  |  |  | 96.4  |  | 0.356  | 82.8  |  |  | 82.4  |  |  | 81.0  |  |  | 0.819  |
| Farmer | 68.1  |  |  | 73.5  |  |  | 73.4  |  |  | 77.8  |  | 0.260  | 52.1  |  |  | 58.2  |  |  | 50.7  |  |  | 0.347  |
| Regular exercise4 | 23.4  |  |  | 19.0  |  |  | 19.3  |  |  | 14.6  |  | 0.274  | 19.0  |  |  | 23.4  |  |  | 25.2  |  |  | 0.096  |
| Current smoker | 33.6a |  |  | 29.4a |  |  | 39.8ab |  |  | 50.2b |  | **0.004**  | 2.0  |  |  | 1.6  |  |  | 3.6  |  |  | 0.308  |
| BMI (kg/m2) | 23.5 | 0.2 |  | 23.6 | 0.2 |  | 23.7 | 0.2 |  | 23.1 | 0.3 | 0.245  | 23.9  | 0.1  |  | 24.1  | 0.2  |  | 24.0  | 0.2  |  | 0.656  |
| WC (cm) | 83.8 | 0.5 |  | 84.2 | 0.7 |  | 85.8 | 0.6 |  | 84.1 | 0.7 | 0.091  | 81.7 | 0.3 |  | 82.2 | 0.7 |  | 82.6 | 0.6 |  | 0.429  |
| Baseline SBP (mmHg) | 116.0a | 0.7 |  | 118.1ab | 0.9 |  | 117.0ab | 0.9 |  | 119.6b | 1.0 | 0.020  | 113.4 | 0.4 |  | 113.5 | 1.0 |  | 114.0 | 0.7 |  | 0.751  |
| Baseline DBP (mmHg) | 75.9 | 0.5 |  | 77.3 | 0.6 |  | 76.2 | 0.6 |  | 76.6 | 0.7 | 0.415  | 83.8a | 0.3 |  | 74.4ab | 0.6 |  | 75.5b | 0.5 |  | 0.012  |
| Baseline PP (mmHg) | 40.0a | 0.6 |  | 40.9ab | 0.8 |  | 40.8ab | 0.7 |  | 43.1b | 0.8 | 0.031  | 39.6 | 0.3 |  | 39.0 | 0.7 |  | 38.5 | 0.5 |  | 0.213  |
| Total energy (kJ/d) | 1701 | 31 |  | 1641 | 41 |  | 1724 | 38 |  | 1772 | 44 | 0.172  | 1472 | 15 |  | 1458 | 35 |  | 1496 | 26 |  | 0.644  |
| Na intake (mg/d) | 2943 | 112 |  | 2964 | 149 |  | 3098 | 139 |  | 3227 | 159 | 0.462  | 2360 | 54 |  | 2435 | 122 |  | 2453 | 93 |  | 0.636  |
| K intake (mg/d) | 1884 | 39 |  | 1966 | 52 |  | 1930 | 49 |  | 1934 | 56 | 0.640  | 1664 | 22 |  | 1688 | 48 |  | 1741 | 37 |  | 0.205  |

SE, standard error; BMI, body mass index; WC, waist circumference; Na, sodium; K, potassium; SBP, systolic blood pressure; DBP, diastolic blood pressure; PP, pulse pressure

1 All results except each median value were adjusted for sex and age, but sex was adjusted for age and age was adjusted sex. All nutrient intakes are total energy-adjusted values. Values are expressed as the mean ± SE or percentage (%). Mean values with different superscripts (a, b, c) within a row were significantly different among the exposure groups by Tukey’s multiple comparison test.

2 *p*-value was determined using a general linear model.

3 ≥ High school graduation (12 years of education)

4 ≥3 times/week and ≥30 min/session

**Supplemental table 5. Age-adjusted characteristics of study participants according to most recent alcohol consumption groups using the last visit** 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Men (*n* 634)** |  | **Women (*n* 1048)** |  |
|  | **0** |  | **>0 and <15** |  | **≥15 and <30** |  | **≥30** | *p*-value2 | **0** |  | **>0** |  | *p*-value2 |
|  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  | Mean or % | SE |  |  |
| n | 285 |  |  | 144 |  |  | 57 |  |  | 148 |  |  | 754 |  |  | 294 |  |  |  |
| Median alcohol consumption at the last visit (min, max) | 0.0 (0.0, 0.0) |  | 4.0 (0.33, 14.8) |  | 22.5 (15.0, 29.6) |  | 66.6 (30.0, 562.5) |  | 0.0 (0.0, 0.0) |  | 2.4 (0.2, 360.9) |  |  |
| Follow up period (years) | 5.4 | 0.1 |  | 5.2 | 0.1 |  | 5.2 | 0.1 |  | 5.3 | 0.1 | 0.127 | 5.3 | 0.0 |  | 5.2 | 0.1 |  | 0.477 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Age (years) | 63.0a | 0.5 |  | 60.3b | 0.7 |  | 58.2b | 1.2 |  | 60.8ab | 0.7 | 0.0003 | 58.1 | 0.3 |  | 57.1 | 0.5 |  | 0.096 |
| Menopause | - |  |  | - |  |  | - |  |  | - |  |  | 77.1 |  |  | 77.7 |  |  | 0.794 |
| Higher education3 | 29.1 |  |  | 28.1 |  |  | 30.0 |  |  | 23.3 |  | 0.558 | 18.3 |  |  | 15.6 |  |  | 0.252 |
| Married | 96.5 |  |  | 96.3 |  |  | 95.8 |  |  | 97.2 |  | 0.961 | 82.9 |  |  | 80.9 |  |  | 0.422 |
| Farmer | 68.9 |  |  | 70.8 |  |  | 75.6 |  |  | 78.8 |  | 0.160 | 52.8 |  |  | 52.0 |  |  | 0.810 |
| Regular exercise4 | 22.5 |  |  | 17.8 |  |  | 27.3 |  |  | 14.0 |  | 0.080 | 19.0 |  |  | 25.8 |  |  | 0.015 |
| Current smoker | 35.2ab |  |  | 33.0a |  |  | 30.6ab |  |  | 47.8b |  | 0.021 | 2.1 |  |  | 2.8 |  |  | 0.456 |
| BMI (kg/m2) | 23.5 | 0.2 |  | 23.7 | 0.2 |  | 24.1 | 0.4 |  | 23.1 | 0.2 | 0.067 | 23.9 | 0.1 |  | 23.9 | 0.2 |  | 0.999 |
| WC (cm) | 83.9 | 0.5 |  | 84.7 | 0.7 |  | 85.8 | 1.0 |  | 84.4 | 0.6 | 0.405 | 81.9 | 0.3 |  | 82.2 | 0.5 |  | 0.544 |
| Baseline SBP (mmHg) | 116.1a | 0.6 |  | 117.4ab | 0.9 |  | 117.4ab | 1.4 |  | 119.7b | 0.9 | 0.011 | 113.5 | 0.4 |  | 113.6 | 0.7 |  | 0.904 |
| Baseline DBP (mmHg) | 75.9 | 0.4 |  | 76.7 | 0.6 |  | 76.8 | 1.0 |  | 76.8 | 0.6 | 0.583 | 74.0 | 0.3 |  | 75.0 | 0.4 |  | 0.057 |
| Baseline PP (mmHg) | 40.1a | 0.5 |  | 40.7ab | 0.7 |  | 40.6ab | 1.2 |  | 42.9b | 0.7 | 0.021 | 39.5 | 0.3 |  | 38.6 | 0.5 |  | 0.109 |
| Total energy (kJ/d) | 7045 | 118 |  | 7101 | 165 |  | 7046 | 263 |  | 7417 | 162 | 0.289 | 6146 | 61 |  | 6252 | 98 |  | 0.357 |
| Na intake (mg/d) | 2932 | 101 |  | 3166 | 142 |  | 2829 | 227 |  | 3189 | 140 | 0.268 | 2392 | 52 |  | 2384 | 83 |  | 0.927 |
| K intake (mg/d) | 1891 | 36 |  | 1994 | 50 |  | 1900 | 80 |  | 1917 | 49 | 0.410 | 1673 | 21 |  | 1712 | 33 |  | 0.313 |

SE, standard error; BMI, body mass index; WC, waist circumference; Na, sodium; K, potassium; SBP, systolic blood pressure; DBP, diastolic blood pressure; PP, pulse pressure

1 All results except each median value were adjusted for sex and age, but sex was adjusted for age and age was adjusted sex. All nutrient intakes are total energy-adjusted values. Values are expressed as the mean ± SE or percentage (%). Mean values with different superscripts (a, b, c) within a row were significantly different among the exposure groups by Tukey’s multiple comparison test.

2 *p*-value was determined using a general linear model.

3 ≥ High school graduation (12 years of education)

4 ≥3 times/week and ≥30 min/session

**Supplemental table 6. Multivariable-adjusted blood pressure and pulse pressure at the last visit according to longitudinal alcohol consumption groups in men (*n* 634)**1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | ***Trajectory of alcohol consumption*** |  | ***Quantity of alcohol consumption*** |  |  |
| **Consistent****0** | **Consistent****>0 and <30** | **Inconsistent** | **Consistent****≥30** | *p*-value2 | **0** | **>0 to <15** | **≥15 to <30** | **≥30** | *p*-value2 | *p*-trend3 |
| Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE |
| ***Cumulative term effect4*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *n* | 213 |  | 106 |  | 225 |  | 90 |  |  | 213 |  | 168 |  | 69 |  | 184 |  |  |  |
| SBP 3rd (mmHg) |  |  | - | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 116.2a | 1.0 | 115.6a | 1.4 | 118.6ab | 0.9 | 122.7b | 1.5 | 0.001 | 116.2a | 1.0 | 115.0a | 1.1 | 119.7ab | 1.7 | 121.8b | 1.0 | <.0001 | <.0001 |
| Multivariable + baseline SBP | 117.6 | 0.9 | 116.1 | 1.3 | 118.7 | 0.8 | 120.8 | 1.3 | 0.061 | 117.4a | 0.9 | 115.6a | 1.0 | 119.2ab | 1.2 | 120.9b | 0.9 | 0.001 | 0.0002 |
| DBP 3rd (mmHg) |  |  | - | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 71.3 | 0.7 | 70.3 | 0.9 | 71.5 | 0.6 | 73.1 | 1.0 | 0.199 | 71.3 | 0.7 | 70.2 | 0.7 | 71.9 | 1.1 | 72.7 | 0.7 | 0.074 | 0.024 |
| Multivariable + baseline DBP | 71.7 | 0.6 | 70.5 | 0.9 | 71.7 | 0.6 | 72.7 | 0.9 | 0.392 | 71.6 | 0.6 | 70.3 | 0.7 | 71.8 | 1.1 | 72.5 | 0.7 | 0.167 | 0.088 |
| PP 3rd (mmHg) |  |  | - | - |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 44.9a | 0.8 | 45.4ab | 1.1 | 47.1ab | 0.8 | 49.6b | 1.2 | 0.009 | 44.9a | 0.8 | 44.9a | 0.9 | 47.8ab | 1.4 | 49.1b | 0.8 | 0.001 | <.0001 |
| Multivariable + baseline PP | 45.6 | 0.7 | 45.5 | 1.0 | 47.0 | 0.7 | 48.2 | 1.1 | 0.138 | 45.5a | 0.7 | 45.0a | 0.8 | 47.5ab | 1.2 | 48.4b | 0.8 | 0.007 | 0.001 |
| ***Recent term effect5*** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *n* | 235 |  | 133 |  | 151 |  | 115 |  |  | 285 |  | 144 |  | 57 |  | 148 |  |  |  |
| SBP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 116.4a | 0.9 | 117.3a | 1.2 | 117.2a | 1.1 | 122.5b | 1.3 | 0.001 | 115.5a | 0.8 | 117.4a | 1.2 | 119.1ab | 1.9 | 122.5b | 1.1 | <.0001 | <.0001 |
| Multivariable + baseline SBP | 117.5 | 0.9 | 117.3 | 1.1 | 117.6 | 1.0 | 121.2 | 1.2 | 0.047 | 116.5a | 0.8 | 117.7ab | 1.1 | 119.5ab | 1.7 | 121.3b | 1.0 | 0.003 | 0.0003 |
| DBP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 71.0 | 0.6 | 70.7 | 0.8 | 71.8 | 0.8 | 72.8 | 0.9 | 0.279 | 70.7 | 0.6 | 71.4 | 0.8 | 71.1 | 1.2 | 73.2 | 0.8 | 0.075 | 0.012 |
| Multivariable + baseline DBP | 71.4 | 0.6 | 70.7 | 0.8 | 72.0 | 0.7 | 72.7 | 0.8 | 0.303 | 71.1 | 0.5 | 71.5 | 0.7 | 71.2 | 1.2 | 73.0 | 0.7 | 0.182 | 0.034 |
| PP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 45.3a | 0.8 | 46.6ab | 1.0 | 45.5a | 0.9 | 49.7b | 1.1 | 0.006 | 44.8a | 0.7 | 46.0ab | 1.0 | 48.0ab | 1.5 | 49.4b | 0.9 | 0.001 | 0.0001 |
| Multivariable + baseline PP | 45.9 | 0.7 | 46.7 | 0.9 | 45.5 | 0.8 | 48.5 | 1.0 | 0.089 | 45.3a | 0.6 | 46.2ab | 0.9 | 48.2ab | 1.4 | 48.3b | 0.9 | 0.022 | 0.005 |

 SE, standard error; SBP, systolic blood pressure; DBP, diastolic blood pressure; PP, pulse pressure.

1 Values are expressed as the mean ± SE. Mean values with different superscripts (a, b, c) within a row are significantly different among the exposure groups by Tukey’s multiple comparison test.

2 *p*-value for differences across groups was obtained using the general linear model(GLM).

3 *p*-trend was determined by treating the median value of each group as a continuous variable using GLM.

4 For cumulative term effect, alcohol consumption from all three visits was used for both the trajectory and the quantity categorizations.

5 For recent term effect, alcohol consumption from the latest two visits (2nd and 3rd) was used for the trajectory categorization and alcohol consumption at the last visit (3rd) was used for the quantity categorization.

Multivariable: Adjusted for age (years) and current smoking (yes, no).

**Supplemental table 7. Multivariable-adjusted blood pressure and pulse pressure at the last visit according to longitudinal alcohol consumption groups in women (*n* 1048)**1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ***Trajectory of alcohol consumption*** |  | ***Quantity of alcohol consumption*** |  |
|  | **Consistent 0** | **Inconsistent** | **Consistent >0** |  | **0** |  | **>0** |  |  |
|  | Mean | SE | Mean | SE | Mean | SE | *p*-value2 | Mean | SE | Mean | SE | *p*-value2 |
| ***Cumulative term effect3*** |  |  |  |  |  |  |  |  |  |  |  |  |
| ***n*** | 636 |  | 213 |  | 199 |  |  | 636 |  | 412 |  |  |
| SBP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 115.9 | 0.7 | 115.8 | 1.0 | 117.8 | 1.0 | 0.233 | 115.9 | 0.7 | 116.7 | 0.8 | 0.338 |
| Multivariable + baseline SBP | 116.0 | 0.6 | 116.2 | 0.9 | 117.1 | 0.9 | 0.530 | 116.0 | 0.6 | 116.7 | 0.7 | 0.388 |
| DBP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 71.1 | 0.4 | 71.2 | 0.6 | 72.1 | 0.7 | 0.363 | 71.1 | 0.4 | 71.7 | 0.5 | 0.301 |
| Multivariable + baseline DBP | 71.3 | 0.4 | 71.3 | 0.6 | 71.3 | 0.6 | 0.998 | 71.3 | 0.4 | 71.3 | 0.4 | 0.951 |
| PP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | 44.8 | 0.5 | 44.5 | 0.8 | 45.6 | 0.8 | 0.548 | 44.8 | 0.5 | 45.1 | 0.6 | 0.701 |
| Multivariable + baseline PP | 44.7 | 0.5 | 44.9 | 0.7 | 45.8 | 0.8 | 0.383 | 44.7 | 0.5 | 44.7 | 0.5 | 0.323 |
| ***Recent term effect4*** |  |  |  |  |  |  |  |  |  |  |  |  |
| ***n*** | 636 |  | 213 |  | 199 |  |  | 754 |  | 294 |  |  |
| SBP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | - | - | - | - | - | - | - | 116.0 | 0.62 | 116.8 | 0.87 | 0.442 |
| Multivariable + baseline SBP | 115.4 | 0.5 | 115.6 | 1.1 | 116.3 | 0.8 | 0.645 | 116.0 | 0.56 | 116.7 | 0.78 | 0.430 |
| DBP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | - | - | - | - | - | - | - | 71.2 | 0.4 | 71.6 | 0.6 | 0.480 |
| Multivariable + baseline DBP | 71.0 | 0.3 | 70.7 | 0.7 | 70.8 | 0.5 | 0.905 | 71.3 | 0.4 | 71.2 | 0.5 | 0.901 |
| PP 3rd (mmHg) |  |  |  |  |  |  |  |  |  |  |  |  |
| Multivariable | - | - | - | - | - | - | - | 44.8 | 0.5 | 45.1 | 0.7 | 0.680 |
| Multivariable + baseline PP | 44.4 | 0.4 | 44.8 | 0.9 | 45.4 | 0.7 | 0.427 | 44.8 | 0.5 | 45.4 | 0.6 | 0.340 |

SBP, systolic blood pressure; DBP, diastolic blood pressure; PP, pulse pressure.

1 Values are expressed as the mean ± SE. Mean values with different superscripts (a, b, c) within a row are significantly different among the exposure groups by Tukey’s multiple comparison test.

2 *p*-value for differences across groups was obtained using the general linear model(GLM).

3 For cumulative term effect, alcohol consumption from all three visits was used for both the trajectory and the quantity categorizations.

4 For recent term effect, alcohol consumption from the latest two visits (2nd and 3rd) was used for the trajectory categorization and alcohol consumption at the last visit (3rd) was used for the quantity categorization.

Multivariable: Adjusted for age (years) and regular exercise (yes, no) except for the trajectory group for the recent term.