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| **Supplemental Table 1.** Comparison of the baseline characteristics between the included and excluded participants (n=32,702) 1 |
| Characteristics | Included participants | Excluded participants | *P* value 2 |
| Participants, *n* | 18,085 | 14,617 | - |
| Age (years) | 37.2 (37.1, 37.4) | 44.6 (44.5, 44.8) | <0.0001 |
| Sex (men, %) | 49.5 | 58.0 | <0.0001 |
| BMI (kg/m2) | 23.6 (23.6, 23.7) | 25.1 (25.0, 25.1) | <0.0001 |
| WC (cm) | 79.6 (79.4, 79.7) | 85.3 (85.1, 85.5) | <0.0001 |
| TC (mmol/L) | 4.57 (4.56, 4.58) | 4.83 (4.82, 4.85) | <0.0001 |
| TG (mmol/L) | 1.05 (1.04, 1.06) | 1.32 (1.31, 1.33) | <0.0001 |
| LDL-C (mmol/L) | 2.60 (2.59, 2.61) | 2.81 (2.79, 2.82) | <0.0001 |
| HDL-C (mmol/L) | 1.36 (1.35, 1.37) | 1.28 (1.28, 1.29) | <0.0001 |
| SBP (mmHg) | 117.5 (117.3, 117.8) | 124.7 (124.5, 124.9) | <0.0001 |
| DBP (mmHg) | 74.2 (74.0, 74.3) | 78.4 (78.3, 78.6) | <0.0001 |
| FPG (mmol/L) | 4.85 (4.84, 4.86) | 5.41 (5.40, 5.43) | <0.0001 |
| Smoking status (%) |  |  |  |
|  Current smoker | 17.6 | 26.5 | <0.0001 |
|  Ex-smoker | 4.12 | 7.84 | <0.0001 |
|  Non-smoker | 78.3 | 65.7 | <0.0001 |
| Alcohol drinking status (%) |  |  |  |
|  Everyday drinker | 2.88 | 6.84 | <0.0001 |
|  Sometime drinker | 52.4 | 49.4 | <0.0001 |
|  Ex-drinker | 8.64 | 8.91 | 0.35  |
|  Non-drinker | 29.7 | 26.0 | <0.0001 |
| Education level (college or higher, %) | 73.2 | 48.4 | <0.0001 |
| Occupation (%) |  |  |  |
|  Managers | 46.2 | 34.8 | <0.0001 |
|  Professionals | 15.9 | 14.2 | <0.0001 |
|  Other | 35.2 | 47.8 | <0.0001 |
| Household income (≥10,000 Yuan, %) | 33.7 | 31.4 | <0.0001 |
| Metabolic syndrome (%) | 14.6 | 39.2 | <0.0001 |
| Family history of CVD (%) | 30.4 | 31.5 | 0.02  |
| Family history of hypertension (%) | 51.8 | 49.0 | <0.0001 |
| Family history of hyperlipidemia (%) | 0.45 | 0.29 | 0.01  |
| Family history of diabetes (%) | 24.8 | 26.4 | <0.0001 |
| 1 Continuous variables are expressed as geometric means (95% confidence interval) and categorical variables are expressed as percentages. BMI, body mass index; CVD, cardiovascular disease; DBP, diastolic blood pressure; FPG, fasting plasma glucose; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; SBP, systolic blood pressure; TC, total cholesterol; TG, triglycerides; WC, waist circumference. |
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| 2 General linear models for continuous variables and logistic regression models for categorical variables. |  |