

Supplementary Table S1. Different groups classified according to variable status over time in longitudinal analyses

Variable status over time	In 2018	In 2021
BMI status		
Remained normal	Normal	Normal
Weight loss	Obese	Overweight or normal
	Overweight	Normal
Remained overweight	Overweight	Overweight
Remained obesity	Obese	Obese
Weight gain	Normal	Overweight or obese
	Overweight	Obese
Hypertension		
Never hypertensive	No hypertension	No hypertension
Remained hypertension	Hypertension	Hypertension
Developed hypertension	No hypertension	Hypertension
No longer having hypertension	Hypertension	No hypertension
Diabetes		
Never diabetic	No diabetes	No diabetes
Remained diabetes	Diabetes	Diabetes
Developed diabetes	No diabetes	Diabetes
No longer having diabetes	Diabetes	No diabetes
Dyslipidemia		
Never dyslipidemic	No dyslipidemia	No dyslipidemia
Remained dyslipidemia	Dyslipidemia	Dyslipidemia
Developed dyslipidemia	Not dyslipidemia	Dyslipidemia
No longer having dyslipidemia	Dyslipidemia	Not dyslipidemia
ALT levels		
Never abnormal	Normal	Normal
Remained abnormal	Abnormal	Abnormal
Developed abnormal	Normal	Abnormal
No longer abnormal	Abnormal	Normal

Note. BMI, body mass index; ALT, alanine aminotransferase.