

Supplementary Table S1. Comparison of characteristics between participants included and excluded from the analysis

Characteristics	Included (n = 21,167)		Excluded (n = 579)		P
	n	% (SE)	n	% (SE)	
Age (years)					
3–5	3,516	10.29 (0.28)	102	11.1 (2.55)	0.304
6–11	3,535	12.46 (0.19)	81	9.09 (2.59)	
12–18	3,540	12.05 (0.23)	69	8.46 (1.59)	
19–39	3,507	22.01 (0.49)	124	27.56 (3.16)	
40–59	3,535	25.26 (0.4)	102	25.38 (3.15)	
60–79	3,534	17.93 (0.31)	101	18.40 (2.57)	
Gender					
Male	10,582	49.79 (1.79)	281	50.52 (5.52)	0.896
Female	10,585	50.21 (1.79)	298	49.48 (5.52)	
Residential area					
Urban	11,613	60.58 (2.77)	296	60.43 (9.07)	0.987
Rural	9,554	39.42 (2.77)	283	39.57 (9.07)	
BMI (kg/m ²), means ± SD	21,167	22.21 ± 0.11	322	22.62 ± 0.57	0.476

Supplementary Table S2. Cut off points for BMI for overweight and obesity by gender between 3 and 79 years (kg/m²)

Age (years)	Males		Females	
	Overweight	Obesity	Overweight	Obesity
3–	17.9	19.6	17.6	19.4
3.5–	17.7	19.4	17.4	19.2
4–	17.6	19.3	17.3	19.2
4.5–	17.5	19.3	17.2	19.1
5–	17.4	19.3	17.2	19.2
5.5–	17.5	19.5	17.2	19.3
6.0–	16.4	17.7	16.2	17.5
6.5–	16.7	18.1	16.5	18.0
7.0–	17.0	18.7	16.8	18.5
7.5–	17.4	19.2	17.2	19.0
8.0–	17.8	19.7	17.6	19.4
8.5–	18.1	20.3	18.1	19.9
9.0–	18.5	20.8	18.5	20.4
9.5–	18.9	21.4	19.0	21.0
10.0–	19.2	21.9	19.5	21.5
10.5–	19.6	22.5	20.0	22.1
11.0–	19.9	23.0	20.5	22.7
11.5–	20.3	23.6	21.1	23.3
12.0–	20.7	24.1	21.5	23.9

Continued

Age (years)	Males		Females	
	Overweight	Obesity	Overweight	Obesity
12.5–	21.0	24.7	21.9	24.5
13.0–	21.4	25.2	22.2	25.0
13.5–	21.9	25.7	22.6	25.6
14.0–	22.3	26.1	22.8	25.9
14.5–	22.6	26.4	23.0	26.3
15.0–	22.9	26.6	23.2	26.6
15.5–	23.1	26.9	23.4	26.9
16.0–	23.3	27.1	23.6	27.1
16.5–	23.5	27.4	23.7	27.4
17.0–	23.7	27.6	23.8	27.6
17.5–	23.8	27.8	23.9	27.8
18.0–	24.0	28.0	24.0	28.0

Supplementary Table S3. Definitions of the health status of participants in CNHBM (2017–2018)

Health status	Definitions
Hypertension	Systolic blood pressures > 140 mmHg and/or diastolic blood pressures > 90 mmHg; or self-reported diagnosis by a physician; or self-reported use of antihypertensive medication in the 24 h before the survey ^[1] .
Diabetes	Blood glucose ≥ 7.0 mmol/L; or self-reported diagnosis by a physician; or self-reported use of insulin or oral hypoglycemic agents in the 24 h before the survey ^[2] .
Dyslipidemia	Triglyceride ≥ 2.26 mmol/L, or cholesterol ≥ 6.22 mmol/L, or low-density lipoprotein ≥ 4.14 mmol/L, or high-density lipoprotein ≤ 1.04 mmol/L; or self-reported diagnosis by a physician; or self-reported use of anti-dyslipidemia medications in the 24 h before the survey.
Hyperthyroidism ^a	T4 > 161.25 nmol/L or T3 > 2.79 nmol/L; or self-reported diagnosis by a physician.
ALT elevation ^a	Male: ALT > 41 U/L; Female: ALT > 33 U/L.
Chronic kidney disease	Glomerular filtration rate < 60 mL·min ⁻¹ ·1.73 m ⁻² ; or self-reported diagnosis by a physician.

Note. ^aCut-off levels for T4, T3 and ALT were according to laboratory-verified reference ranges. [1] Writing Group of 2018 Chinese Guidelines for the Management of Hypertension. Chin J Cardiovasc Med, 2018; 24, 24-56. [2] Chinese Diabetes Society. Guidelines for the prevention and control of type 2 diabetes in China (2017 Edition). Chin J Diabetes Mellitus, 2018; 10, 4-67.