

Supplement. Prevalence of chronic health conditions at baseline: No. (%)

Chronic health condition	All participants (n = 1,634)	Complete follow-up (n = 1,211)
Hypertension	574 (35.1)	443 (36.6)
Lumbar diseases	314 (19.2)	232 (19.2)
Dyslipidemia	295 (18.1)	230 (19.0)
Digestive diseases	229 (14.0)	173 (14.3)
Arthritis & rheumatism	181 (11.1)	134 (11.1)
Diabetes	170 (10.4)	122 (10.1)
Urologic diseases	143 (8.8)	111 (9.2)
Skin diseases	124 (7.6)	88 (7.3)
Respiratory diseases	116 (7.1)	90 (7.4)
Malignancy	115 (7.0)	82 (6.8)
Cardiac diseases	105 (6.4)	83 (6.9)
Mental disorders	72 (4.4)	53 (4.4)
Kidney diseases	61 (3.7)	50 (4.1)
Stroke	47 (2.9)	36 (3.0)
Neurological diseases	15 (0.9)	12 (1.0)