

Supplementary Table 1. The definitions of the four cardio-metabolic risk factors of the study.

Cardio-metabolic risk factors	Definition
Obesity	BMI \geq 28kg/m ²
Hypertension	Blood pressure \geq 140/90mmHg and/or self-reported disease
Dyslipidemia	LDL-C \geq 4.14 mmol/L and/or self-reported disease
Diabetes	Fasting PG \geq 7.0 mmol/L and/or self-reported disease

Supplementary Table 2. Clinical and laboratory characteristics of participants.

Variable	Survey Year		<i>P</i>
	2008 (n, %)	2017 (n, %)	
All	8017	9379	
Sex			
Man	5171(64.5)	5947(63.41)	0.14
Women	2846(35.5)	3432(36.59)	
Age	51.08±15.14	53.69±16.77	<0.001
<30	684(8.53)	836(8.91)	<0.001
30-40	1213(15.13)	1477(15.75)	
40-50	2016(25.15)	1354(14.44)	
50-60	1781(22.22)	2067(22.04)	
60-70	1142(14.24)	1832(19.53)	
70+	1181(14.73)	1813(19.33)	
BMI			
Thin (<18.5)	280(3.49)	229(2.44)	<0.001
Normal (18.5-24)	3948(49.25)	4184(44.61)	
Overweight (24-28)	3064(38.22)	3812(40.64)	
Obese (≥28)	725(9.04)	1154(12.3)	
Examination Index			
Systolic pressure	125.63±18.17	130.01±18.99	<0.001
Diastolic pressure	80.85±10.69	77.11±10.79	<0.001

LDL-C	2.95±0.73	3.15±0.86	<0.001
Fasting blood glucose	5.52±1.12	5.99±1.32	<0.001

Supplementary Table 3. The prevalence rates of hypertension, hypercholesterolemia and diabetes in 2008 and 2017 year based on the examination test and self-reported separately.

Disease	Survey year	Examination test			Self-reported		
		No. of cases	Prevalence	Stand-prevalence	No. of cases	Prevalence	Stand-prevalence
		(n)	(%)	(%) ^a	(n)	(%)	(%) ^a
Hypertension	2008	2420	30.19(29.19-31.19)	22.31(21.40-23.22)	1632	20.36(19.48-21.24)	13.11(12.37-13.85)
	2017	3042	32.43(31.48-33.38)	21.4(20.57-22.23)	1728	18.42(17.64-19.20)	9.48(8.89-10.07)
Dyslipidemia	2008	451	5.63(5.13-6.13)	4.67(4.21-5.13)	488	6.09(5.57-6.61)	4.27(3.83-4.71)
	2017	1140	12.15(11.49-12.81)	10.88(10.25-11.51)	220	2.35(2.04-2.66)	1.27(1.04-1.50)
Diabetes	2008	486	6.06(5.53-6.58)	3.82(5.54-6.58)	447	5.58(5.08-6.08)	3.39(2.99-3.79)
	2017	1004	10.70(10.07-11.33)	6.02(5.54-6.50)	494	5.27(4.82-5.72)	2.43(2.12-2.74)

^a Stand-prevalence: standardized prevalence; the prevalence rates were standardized by age and sex based on the 2010 Chinese census population.

Supplementary Table 4. The prevalence rates of hypertension, dyslipidemia and diabetes in 2008 and 2017 year stratified by age and gender based on the examination test and self-reported separately.

Disease	Examination test								
	2008				2017				
	Man		Female		Man		Female		
	Age Group	No. of cases	Prevalence (%)	No. of cases	Prevalence (%)	No. of cases	Prevalence (%)	No. of cases	Prevalence (%)
Hypertension	<29	68	18.99	8	2.45	68	14.44	4	1.1
	30-39	170	21.88	14	3.21	161	19.73	22	3.33
	40-49	392	29.45	70	10.22	219	27.55	56	10.02
	50-59	453	40.16	139	21.29	499	35.72	136	20.3
	60-69	353	46.69	125	32.38	562	46.33	233	37.64
	70+	440	53.59	188	52.22	760	60.56	322	57.71
Dyslipidemia	<29	11	3.07	4	1.23	39	8.28	8	2.19

	30-39	30	3.86	7	1.61	98	12.01	35	5.3
	40-49	78	5.86	16	2.34	117	14.72	55	9.84
	50-59	57	5.05	64	9.8	196	14.03	132	19.7
	60-69	43	5.69	45	11.66	148	12.2	121	19.55
	70+	60	7.31	36	10	109	8.69	82	14.7
	<29	0	0	0	0	3	0.64	2	0.55
Diabetes	30-39	14	1.8	2	0.46	23	2.82	6	0.91
	40-49	61	4.58	11	1.61	60	7.55	20	3.58
	50-59	96	8.51	23	3.52	186	13.31	26	3.88
	60-69	105	13.89	26	6.74	235	19.37	66	10.66
	70+	103	12.55	45	12.5	295	23.51	82	14.7

Continued tables.

		Self-reported							
Disease	Age Group	2008				2017			
		Man		Female		Man		Female	
		No. of cases	Prevalence (%)	No. of cases	Prevalence (%)	No. of cases	Prevalence (%)	No. of cases	Prevalence (%)
Hypertension	<29	0	0	0	0	0	0	0	0
	30-39	33	4.25	4	0.92	9	1.1 ₁	4	0.61
	40-49	151	11.34	42	6.13	55	6.92	14	2.5 ₁
	50-59	295	26.15	115	17.61	308	22.05	71	10.6 ₁
	60-69	288	38.1 ₁	131	33.94	388	31.99	141	22.78
	70+	387	47.14	186	51.67	516	41.12	222	39.78
Dyslipidemia	<29	3	0.84	1	0.31	0	0	0	0

30-39	18	2.32	1	0.23	0	0	0	0
40-49	64	4.81	8	1.17	1	0.13	1	0.18
50-59	93	8.24	39	5.97	46	3.29	12	1.79
60-69	71	9.39	58	15.03	39	3.22	34	5.49
70+	82	9.99	50	13.89	46	3.67	41	7.35
<29	0	0	0	0	0	0	1	0.27
30-39	2	0.26	1	0.23	2	0.25	1	0.15
40-49	21	1.58	7	1.02	8	1.01	1	0.18
50-59	65	5.76	25	3.83	72	5.15	10	1.49
60-69	94	12.43	38	9.84	123	10.14	36	5.82
70+	135	16.44	59	16.39	183	14.58	57	10.22

Diabetes

Supplementary Figure 1. Average number of total cardio-metabolic risk factors by age in 2008 and 2017 years.

