

**Supplementary Table 1. Number of participants in each component of health lifestyle score in baseline year 2006-2008**

Variables	N	(%)
<b>Total</b>	<b>7,700</b>	<b>(100.0)</b>
<b>Physical activity status<sup>a</sup></b>		
Poor	4,886	(63.5)
Intermediate	581	(7.5)
Optimal	2,233	(29.0)
<b>BMI status<sup>b</sup></b>		
Poor	1,960	(25.5)
Intermediate	2,306	(29.9)
Optimal	3,434	(44.6)
<b>Smoking status<sup>c</sup></b>		
Poor	1,402	(18.2)
Intermediate	944	(12.3)
Optimal	5,354	(69.5)
<b>Drinking status<sup>d</sup></b>		
Poor	443	(5.8)
Intermediate	2,421	(31.4)
Optimal	4,836	(62.8)

*a For Physical activity; exercising more than 150 min weekly (Optimal), less than 150 min (Intermediate) and never (Poor)*

*b For BMI; BMI higher than 25 kg/m<sup>2</sup>, as well as underweight BMI of less than 18 kg/m<sup>2</sup> (Poor), Overweight BMI of 23-24.9 kg/m<sup>2</sup>, (Intermediate), and 18-22.9 kg/m<sup>2</sup> (Optimal)*

*c For Smoking; never smokers (Optimal), past smokers (Intermediate) and current smokers (Poor)*

*d For Drinking; never or past drinkers (Optimal), normal current drinker (Intermediate) and heavy current drinkers (Poor)*