

Association of Change in Alcohol Consumption with Cardiovascular Disease and Mortality
Among Initial Nondrinkers

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Supplementary Table 1. Descriptive characteristics of the study population according to alcohol consumption initiation.

Alcohol intake during the second medical checkup (drinks per day)				
	Total	Maintained nondrinking status	Started drinking	P value
Number of participants (%)	112,403	96,716 (86.0)	15687 (14.0)	
Age, years, mean (SD)	58.7 (8.5)	59.0 (8.6)	56.6 (7.7)	<0.01
Sex, n (%)				
Men	40,035 (35.6)	28,994 (30.0)	11041 (70.4)	<0.01
Women	72,368 (64.4)	67,722 (70.0)	4646 (29.6)	
Household income, quartiles, n (%)				<0.01
1st (highest)	37,640 (33.5)	31,672 (32.8)	5968 (38.0)	
2nd	32,879 (29.3)	28,277 (29.2)	4602 (29.3)	
3rd	24,482 (21.8)	21,356 (22.1)	3126 (19.9)	
4th (lowest)	17,402 (15.5)	15,411 (15.9)	1991 (12.7)	
Smoking, n (%)				
Never smoker	89,331 (79.5)	81,139 (83.9)	8192 (52.2)	<0.01
Past smoker	12,538 (11.2)	8,503 (8.8)	4035 (25.7)	
Current smoker	10,534 (9.4)	7,074 (7.3)	3460 (22.1)	
Physical activity, times per week, n (%)				<0.01
0	57,150 (50.8)	51,556 (53.3)	5594 (35.7)	
1 or 2	32,126 (28.6)	26,032 (26.9)	6094 (38.9)	
3 or 4	16,690 (14.9)	13,782 (14.3)	2908 (18.5)	
≥5	6,437 (5.7)	5,346 (5.5)	1091 (7.0)	
Body mass index, kg/m ² , mean (SD)	23.7 (2.9)	23.7 (2.9)	23.9 (2.8)	<0.01
Systolic blood pressure, mmHg, mean (SD)	123.3 (15.1)	123.2 (15.2)	124.1 (14.7)	<0.01
Fasting serum glucose, mg/dL, mean (SD)	98.3 (22.6)	98.0 (22.3)	100.3 (24.1)	<0.01
Total cholesterol, mg/dL, mean (SD)	202.5 (37.1)	202.8 (37.2)	200.4 (36.2)	<0.01
Charlson comorbidity index, n (%)				<0.01
0	24,261 (21.6)	20,096 (20.8)	4165 (26.6)	
1	33,927 (30.2)	28,954 (29.9)	4973 (31.7)	
2	26,300 (23.4)	22,840 (23.6)	3460 (22.1)	
≥3	27,915 (24.8)	24,826 (25.7)	3089 (19.7)	

Supplementary Figure 1. Flow diagram of the study subjects

