

**Supplementary Table S1.** Adjusted Hazard ratio of incident hypertension by baseline characteristics.

<b>Variables</b>	<b>aHR</b>	<b>95%CI</b>	<b>p-Value</b>
<b>Sex</b>			
Men	Ref		
Women	1.059	1.049–1.069	<0.0001
<b>Age (years)</b>	1.063	1.063–1.063	<0.0001
<b>Fasting blood glucose level (mg/dl)</b>			
<100	Ref		
100–125	1.249	1.237–1.260	<0.0001
≥126	1.836	1.810–1.862	<0.0001
<b>Blood pressure group</b>			
Normotensive	Ref		
Pre-hypertensive	1.964	1.948–1.979	<0.0001
<b>BMI (kg/m<sup>2</sup>)</b>	1.091	1.089–1.092	<0.0001
<b>Waist circumference(cm)</b>			
Men <90, Women <85	Ref		
Men ≥90, Women ≥85	1.174	1.162–1.186	<0.0001
<b>Triglyceride (mg/dl)</b>			
<150	Ref		
≥150	1.292	1.280–1.303	<0.0001
<b>HDL (mg/dl)</b>			
Men <40, Women <50	Ref		
Men ≥40, Women ≥50	1.046	1.036–1.057	<0.0001
<b>History of diabetes mellitus</b>			
No	Ref		
Yes	1.635	1.605–1.666	<0.0001
<b>History of Dyslipidemia</b>			
No	Ref		
Yes	1.279	1.253–1.305	<0.0001
<b>Metabolic syndrome</b>			
No	Ref		
Yes	1.208	1.195–1.222	<0.0001
<b>Current smoking</b>			
No	Ref		
Yes	1.076	1.068–1.084	<0.0001
<b>High risk alcohol drinking</b>			
No	Ref		
Yes	1.203	1.192–1.214	<0.0001
<b>Optimal exercise</b>			
No	Ref		
Yes	1.015	1.007–1.024	0.0002
<b>Household income</b>			
1Q (lowest)	Ref		
2Q	0.985	0.973–0.996	0.0087
3Q	0.976	0.966–0.987	<0.0001
4Q	0.961	0.951–0.971	<0.0001
5Q (highest)	0.911	0.902–0.921	<0.0001

Abbreviations: BMI = body mass index; HDL = high-density lipoprotein cholesterol; aHR = adjusted Hazard Ratio; CI = Confidence Interval; Ref = Reference.