

Supplementary material 4. Baseline characteristics of participants by healthy lifestyle score

Characteristics	Healthy lifestyle score at baseline						P for trend
	0 (n = 712 [0.3%])	1 (n = 7075 [2.7%])	2 (n = 28909 [11.0%])	3 (n = 70946 [27.1%])	4 (n = 110782 [42.3%])	5 (n = 43587 [16.6%])	
Age, years	55.8 ± 9.3	57.8 ± 9.5	61.0 ± 9.0	63.3 ± 8.3	64.8 ± 7.5	66.7 ± 6.0	< 0.001
Males (%)	88.6	80.4	64.7	45.7	30.0	31.6	< 0.001
Current smoker (%)	100.0	82.7	46.8	16.2	2.7	0.0	< 0.001
Body mass index, kg/m ²	27.4 ± 2.9	25.4 ± 3.6	25.0 ± 3.7	24.3 ± 3.5	22.2 ± 2.7	21.7 ± 2.0	< 0.001
Alcohol >20 g/day (%)	100.0	72.1	44.8	20.8	6.0	0.0	< 0.001
Regular exercise							
Exercise to light sweat (%)	11.5	14.7	20.5	28.6	39.2	100.0	< 0.001
Walking >1 h per day (%)	27.9	27.7	32.5	38.9	47.7	100.0	< 0.001
Eating habit							
Snacks after supper (%)	44.7	38.4	36.2	23.5	4.8	0.0	< 0.001
Skipping breakfast (%)	72.8	56.6	30.2	12.8	2.1	0.0	< 0.001
History							
Stroke (%)	2.2	2.9	3.9	4.2	3.8	3.7	0.48
Heart disease (%)	5.0	5.5	6.7	6.9	6.5	6.3	0.24
Comorbidity							
Hypertension (%)	58.1	51.7	51.3	49.3	42.2	41.8	< 0.001
Systolic BP, mmHg	134 ± 18	132 ± 18	131 ± 18	130 ± 17	128 ± 17	128 ± 17	< 0.001
Diastolic BP, mmHg	82 ± 12	79 ± 11	78 ± 11	77 ± 11	75 ± 10	75 ± 10	< 0.001
Anti-hypertensive medication (%)	32.4	29.6	32.5	33.0	27.2	26.6	< 0.001
Diabetes	15.6	14.2	12.9	11.5	8.4	9.5	< 0.001
Hemoglobin A _{1c} , %	5.9 ± 0.9	5.8 ± 0.9	5.8 ± 0.8	5.8 ± 0.7	5.7 ± 0.6	5.8 ± 0.6	< 0.001
Anti-diabetic medication (%)	5.9	5.9	5.7	5.4	4.2	5.2	< 0.001
Hypercholesterolemia	37.6	34.9	39.1	43.4	43.7	44.7	< 0.001
LDL cholesterol, mg/dl	123 ± 33	120 ± 34	123 ± 33	126 ± 31	126 ± 30	127 ± 29	< 0.001
Cholesterol-lowering medication (%)	9.8	10.0	12.6	15.7	16.2	17.5	< 0.001
CKD (%)	19.2	18.4	19.5	19.0	17.5	19.5	0.02
Stage 1-2 (%)	11.0	8.1	6.3	4.4	3.0	2.5	
G3a (%)	7.7	9.0	11.7	12.8	13.1	15.4	
G3b (%)	0.4	1.0	1.3	1.4	1.2	1.3	
G4-5 (%)	0.1	0.2	0.2	0.3	0.3	0.2	
Proteinuria (%)	12.6	10.0	8.4	6.3	4.4	3.8	< 0.001
Serum Cr, mg/dl	0.78 ± 0.16	0.77 ± 0.21	0.76 ± 0.27	0.73 ± 0.24	0.70 ± 0.22	0.71 ± 0.26	< 0.001
eGFR, ml/min/1.73 m ²	81 ± 17	80 ± 19	77 ± 17	76 ± 17	75 ± 16	72 ± 16	< 0.001

Data are presented as mean ± standard deviation or percentage. All percentages may not total 100% due to rounding. BMI, body mass index; BP, blood pressure; CKD, chronic kidney disease; Cr, creatinine; eGFR, estimated glomerular filtration rate; LDL, low-density lipoprotein.