

Supplementary material 14. Hazard ratio and 95% CI for all-cause, cancer, and cardiovascular mortality according to each component of the healthy lifestyle score in the entire study population

	No smoking	BMI <25 kg/m ²	Exercise	Healthy eating habits	Alcohol <20 g/day
All-cause mortality	0.58 (0.53 to 0.63)	1.07 (0.98 to 1.16)	0.77 (0.71 to 0.83)	0.85 (0.78 to 0.93)	1.09 (0.99 to 1.19)
Cancer mortality	0.57 (0.51 to 0.64)	0.96 (0.86 to 1.08)	0.82 (0.74 to 0.91)	0.89 (0.79 to 1.00)	0.99 (0.88 to 1.12)
Cardiovascular mortality	0.54 (0.44 to 0.66)	1.12 (0.94 to 1.35)	0.75 (0.63 to 0.90)	0.92 (0.75 to 1.13)	1.13 (0.91 to 1.39)

The ‘unhealthy’ category (e.g., current smoker) was used as the reference category for each lifestyle factor. All analyses were adjusted for age, sex, CKD, hypertension, diabetes mellitus, hypercholesterolemia, history of myocardial infarction, history of stroke, study site, and other lifestyle factors. BMI, body mass, index; CI, confidence interval.