

Supplementary material

Supplementary Table 1 Characteristics of the study population according to weight changes over 1 year

Characteristics	Quartiles of weight change				P-value
	Quartile 1	Quartile 2	Quartile 3	Quartile 4	
Age (years)	56.7±0.7	58.4±1.0	57.2±0.6	54.2±0.7	0.025
Sex (% men)	43.7 (37.5-50.1)	50.0 (39.3-60.7)	49.9 (44.1-55.8)	41.0 (35.0-47.4)	0.192
Body mass index (kg/m ²)	30.4±0.5	26.8±0.6	29.2±0.4	31.1±0.4	0.309
Waist circumference (cm)	103.6±1.1	96.6±1.6	100.5±1.0	104.5±1.0	0.630
Hypertension (%)	48.0 (40.1-56.0)	36.6 (25.6-49.2)	43.1 (37.0-49.4)	44.0 (37.5-50.8)	0.377
Diabetes (%)	26.0 (21.2-31.4)	16.1 (10.7-23.6)	17.6 (14.3-21.6)	14.4 (10.5-19.4)	0.006
Ethnicity (%)					<0.001
Non-Hispanic White	59.9 (52.0-67.4)	68.8 (59.7-76.7)	71.4 (63.5-78.2)	61.4 (53.0-69.2)	
Non-Hispanic Black	12.3 (9.0-16.6)	8.6 (4.7-15.5)	7.6 (5.1-11.2)	13.8 (9.5-19.7)	
Hispanic	16.2 (12.7-20.5)	10.9 (6.5-17.7)	11.0 (7.7-15.4)	15.6 (12.0-20.0)	
Non-Hispanic Asian	3.3 (2.2-4.8)	9.8 (5.9-15.9)	7.1 (4.5-10.9)	5.1 (3.5-7.4)	
Other	8.3 (4.7-14.1)	1.8 (0.8-4.3)	3.0 (2.0-4.4)	4.1 (2.7-6.2)	
Smoking (%)					0.036
Never	51.2 (44.8-57.6)	68.0 (57.7-76.5)	60.1 (55.2-64.8)	57.1 (52.1-61.9)	
Current smoker	29.8 (25.3-34.9)	25.5 (17.8-35.0)	27.6 (24.3-31.1)	30.2 (24.0-37.2)	
Former smoker	19.0 (14.7-24.2)	6.7 (3.3-13.2)	12.4 (9.7-15.7)	12.8 (9.2-17.5)	
High education (%)	88.1 (84.4-91.0)	90.9 (85.8-94.3)	89.1 (86.2-91.5)	89.3 (85.3-92.3)	0.734
Married (%)	64.0 (57.2-70.3)	69.7 (59.7-78.2)	74.0 (71.0-76.9)	68.0 (62.5-73.0)	0.028
Total cholesterol (mg/dL)	190.2±2.8	194.7±4.3	195.5±2.0	202.0±2.5	0.009
High-density lipoprotein cholesterol (mg/dL)	53.1±0.9	55.8±1.6	54.3±1.0	53.6±1.0	0.802
Triglyceride (mg/dL)	114.8±4.4	115.5±14.0	115.9±6.7	134.9±9.3	0.078
Fasting glucose (mg/dL)	114.8±2.4	111.9±3.0	115.6±3.1	109.2±1.6	0.214
Hemoglobin A1c (%)	5.90±0.05	5.78±0.08	5.83±0.04	5.74±0.02	0.007
Fasting insulin (pmol/L)	93.3±10.3	64.2±7.1	67.0±3.1	85.5±6.8	0.343
Alanine aminotransferase (IU/L)	20.3±0.5	21.3±1.0	21.2±0.6	23.5±0.5	0.005
Aspartate aminotransferase (IU/L)	20.5±0.3	20.8±0.5	21.1±0.3	21.9±0.4	0.019
Gamma glutamyl transferase (IU/L)	27.7±1.1	26.0±2.1	27.7±1.3	29.9±1.0	0.149
NAFLD (CAP ≥263 dB/m, %)	55.1 (49.5-60.5)	38.6 (28.5-49.7)	50.9 (45.0-56.8)	65.9 (59.7-71.5)	<0.001
NAFLD (CAP ≥285 dB/m, %)	40.9 (33.8-48.4)	27.6 (19.4-37.7)	37.0 (33.1-41.0)	48.5 (41.0-56.0)	0.004
Significant fibrosis (≥F2, %)	9.7 (6.9-13.4)	5.5 (3.0-9.9)	7.0 (5.2-9.3)	11.6 (8.2-16.1)	0.038

Data are shown as the weighted mean ± standard error or weighted frequency (95% confidence interval) as appropriate

Triglycerides, fasting glucose, fasting insulin were calculated from fasting subjects only

Range of quartile 1, <-5 pounds (-2.27 kg); quartile 2, -5 pounds (-2.27 kg) to 0 pounds; quartile 3, 0 pounds to 4 pounds (1.81 kg); and quartile 4, ≥4 pounds (1.81 kg)

CAP, controlled attenuation parameter; NAFLD, nonalcoholic fatty liver disease