

Table S1: The six possible blood pressure state transitions with the corresponding probabilities in the 3rd year, stratified by gender and age group

Gender	Group	States transition	Transition probability
Female	<65	N2N	0.2387 (0.1874, 0.2879)
Female	>=65	N2N	0.1909 (0.1358, 0.2486)
Male	<65	N2N	0.2481 (0.1888, 0.2966)
Male	>=65	N2N	0.1793 (0.1205, 0.2238)
Female	<65	N2E	0.3207 (0.2599, 0.3631)
Female	>=65	N2E	0.2769 (0.1964, 0.3303)
Male	<65	N2E	0.2584 (0.1962, 0.3136)
Male	>=65	N2E	0.2013 (0.1143, 0.2550)
Female	<65	N2H	0.4405 (0.3909, 0.5232)
Female	>=65	N2H	0.5322 (0.4640, 0.6438)
Male	<65	N2H	0.4935 (0.4251, 0.5965)
Male	>=65	N2H	0.6195 (0.5516, 0.7572)
Female	<65	E2N	0.1192 (0.0935, 0.1460)
Female	>=65	E2N	0.1040 (0.0778, 0.1338)
Male	<65	E2N	0.1647 (0.1283, 0.2004)
Male	>=65	E2N	0.1983 (0.1236, 0.2291)
Female	<65	E2E	0.3208 (0.2858, 0.3562)
Female	>=65	E2E	0.3159 (0.2739, 0.3539)
Male	<65	E2E	0.3422 (0.3004, 0.3819)
Male	>=65	E2E	0.2809 (0.1910, 0.3133)
Female	<65	E2H	0.5600 (0.5193, 0.6032)
Female	>=65	E2H	0.5801 (0.5395, 0.6308)
Male	<65	E2H	0.4931 (0.4491, 0.5497)
Male	>=65	E2H	0.5208 (0.4863, 0.6653)

N2N: normal state to normal state; N2E: normal state to elevated state; N2H: normal state to hypertensive state; E2N: normal state to normal state; E2E: elevated state to elevated state; E2H: elevated state to hypertensive state;