

Supplementary table 1. Participants' characteristics according to KNHANES phase

	III Male (2005)	IV (2007-2009)	V (2010-2012)	VI (2013-2015)
Unweighted N	2316	7093	7678	7115
Age, years	42.7 ± 0.4	43.8 ± 0.3	44.8 ± 0.3	45.8 ± 0.3
BMI, kg/m²	24.0 ± 8.2	24.0 ± 0.1	24.1 ± 0.1	24.3 ± 0.1
SBP, mmHg	123.6 ± 0.4	121.4 ± 0.3	122.7 ± 0.2	121.0 ± 0.2
DBP, mmHg	80.5 ± 0.4	79.8 ± 0.2	79.5 ± 0.2	77.9 ± 0.2
Income level				
Low	481 (20.8)	1387 (19.6)	1401 (18.3)	1289 (18.1)
Middle-low	576 (24.9)	1782 (24.8)	1990 (25.9)	1781 (25.0)
Middle-high	614 (26.5)	1932 (27.2)	2146 (28.0)	1986 (27.9)
High	245 (27.9)	2012 (28.4)	2141 (27.9)	2059 (28.9)
	III Female (2005)	IV (2007-2009)	V (2010-2012)	VI (2013-2015)
Unweighted N	3128	9639	10363	9541
Age, years	44.6 ± 0.4	45.9 ± 0.3	47.0 ± 0.3	48.0 ± 0.3
BMI, kg/m²	23.3 ± 0.1	23.2 ± 0.1	23.3 ± 0.1	23.3 ± 0.1
SBP, mmHg	118.4 ± 0.4	116.7 ± 0.2	118.3 ± 0.2	116.0 ± 0.2
DBP, mmHg	75.0 ± 0.3	74.3 ± 0.2	74.3 ± 0.1	72.8 ± 0.1
Income level				
Low	741 (23.7)	2214 (23.0)	2213 (21.4)	2071 (21.7)
Middle-low	772 (24.7)	2418 (25.1)	2674 (25.8)	2424 (25.4)
Middle-high	833 (26.6)	2509 (26.0)	2719 (26.2)	2505 (26.3)
High	783 (25.0)	2498 (25.9)	2757 (26.6)	2541 (26.6)

All data are presented as mean \pm SE or percentage (SEs).

Abbreviation: KNHANES, Korean National Health And Nutrition Examination Survey; SE, Standard error;
 BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure;

