**Supplementary Material 2. Lifestyle Factors Subgroups**

Blood samples are collected from NHSP participants after overnight fasting to measure fasting blood sugar levels. We categorized individuals according to their fasting blood sugar levels by exploring the cutoffs 100 and 126 mg/dl. Individuals with fasting blood glucose level below 100 were informed as ‘normoglycemic’, those between 100 and 125 as ‘moderate’ while those at or above 126 were categorized as ‘hyperglycemic’.

In the NHSP checkups fasting blood cholesterol levels are also measured. Individuals with total blood cholesterol below 200 mg/dL were categorized as ‘normal’, those between 200 – 239 ‘borderline’ and those ≥ 240 were categorized as ‘high’.

Blood pressure is measured three times on the same arm using an automatic sphygmomanometer, after a 10-minute rest period and the mean of the last two measurements calculated.Individuals were categorized according to their blood pressure in mmHg into 5 groups: *(1)* systolic blood pressure (SBP) <120 & diastolic blood pressure (DBP) <80; *(2)* SBP ≥120 & SBP <130 & DBP <80; *(3)* SBP ≥130 & SBP <140 or DBP ≥80 & DBP <90; *(4)* SBP ≥140 & SBP <180 or DBP ≥90; *(5)* SBP ≥180 and/or DBP ≥120.