

**Supplementary Table 3.** Associations between baseline weighted healthy lifestyle scores and the risk of MAFLD ( $n=18,964$ )

Variable	Weighted healthy lifestyle scores categories				Per SD increasement	<i>P</i> for trend <sup>a</sup>
No. of participants	1,757	6,100	8,128	2,979		
No. of incident MAFLD	595	1,174	1,631	625		
Person-years	5,428	21,227	28,606	10,688		
Crude model	Reference	0.51 (0.46–0.56)	0.53 (0.48–0.58)	0.54 (0.48–0.61)	0.85 (0.82–0.88)	<0.0001
Adjusted model 1 <sup>b</sup>	Reference	0.88 (0.80–0.98)	0.81 (0.74–0.90)	0.79 (0.71–0.89)	0.94 (0.91–0.96)	<0.0001
Adjusted model 2 <sup>c</sup>	Reference	0.89 (0.80–0.98)	0.82 (0.74–0.90)	0.79 (0.70–0.89)	0.94 (0.91–0.97)	<0.0001

Values are presented as hazard ratio (95% confidence interval).

MAFLD, metabolic dysfunction-associated fatty liver disease; SD, standard deviation.

<sup>a</sup>*P* for trend was calculated using Cox proportional hazard models by coding groups as a continuous variable, <sup>b</sup>Model 1 was adjusted for age, sex, and body mass index at baseline, <sup>c</sup>Model 2 was adjusted for model 1 plus educational level, employment status, household income, energy intake per day, and family history of diseases (cardiovascular disease, hypertension, and diabetes) at baseline.