

Supplementary Table 5. Associations between baseline healthy lifestyle and the risk of MAFLD (defined as having overweight, type 2 diabetes mellitus, or at least one metabolic abnormality) ($n=18,535$)

Variable	No. of healthy lifestyle factors				P for trend ^a
	0-1	2	3	4	
No. of participants	1,602	6,487	7,503	2,943	
No. of incident MAFLD	548	1,384	1,567	654	
Person-years	4,918	22,348	26,312	10,491	
Crude model	Reference	0.56 (0.51–0.62)	0.54 (0.49–0.62)	0.57 (0.51–0.64)	<0.0001
Adjusted model 1 ^b	Reference	0.90 (0.81–0.99)	0.84 (0.76–0.93)	0.81 (0.72–0.91)	<0.001
Adjusted model 2 ^c	Reference	0.90 (0.82–1.00)	0.84 (0.76–0.93)	0.81 (0.72–0.91)	<0.001

Values are presented as hazard ratio (95% confidence interval). MAFLD was defined as having at least one of the following three conditions: (1) overweight (BMI ≥ 23 kg/m²); (2) had type 2 diabetes mellitus; (3) had at least one metabolic abnormality.

MAFLD, metabolic dysfunction-associated fatty liver disease.

^aP for trend was calculated using Cox proportional hazard models by coding groups as a continuous variable, ^bModel 1 was adjusted for age, sex, and body mass index at baseline, ^cModel 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.