Supplementary Table 6. Associations between baseline healthy lifestyle and the risk of MAFLD (high-sensitivity C-reactive protein was excluded from the metabolic abnormalities) ($n=18,972$)

Variable	No. of healthy lifestyle factors				P for trend[a]
	0–1	2	3	4	
No. of participants	1,817	7,376	7,266	2,513	
No. of incident MAFLD	589	1,467	1,424	535	
Person-years	5,700	25,626	25,622	9,039	
Crude model	Reference	0.56 (0.51–0.62)	0.54 (0.49–0.60)	0.58 (0.52–0.65)	<0.0001
Adjusted model 1[b]	Reference	0.91 (0.83–1.01)	0.84 (0.76–0.93)	0.82 (0.73–0.92)	<0.0001
Adjusted model 2[c]	Reference	0.92 (0.83–1.01)	0.85 (0.77–0.94)	0.83 (0.73–0.93)	<0.001

Values are presented as hazard ratio (95% confidence interval). High-sensitivity C-reactive protein was not included in the definition of MAFLD.
MAFLD, metabolic dysfunction-associated fatty liver disease.
[a]P for trend was calculated using Cox proportional hazard models by coding groups as a continuous variable, [b]Mode1 1 was adjusted for age, sex, and body mass index at baseline, [c]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.