

**Supplementary Table 1.** Operationalization of healthy lifestyle factors recommendation

Lifestyle factors	Operationalization	Scoring
To limit drink	Never or past drink	1
	Current drink	0
To be physically active	≥150 min/week	1
	<150 min/week	0
To limit smoke	Never or past smoke	1
	Current smoke	0
To maintain a good diet quality	DQI-K score: 0–3	1
	DQI-K score: 4–9	0
To maintain an adequate sleep duration	6–8 hr	1
	<6 or ≥8 hr	0

DQI-K, diet quality index for Korean.