

Supplementary Table 2. HRs for metabolic syndrome risk according to dichotomous lifestyle factor scores

Variable	Men		Women	
	Score=0	Score=1	Score=0	Score=1
To limit drink	9,486	3,653	8,954	19,275
No. of cases	1,731	518	1,226	2,738
Adjusted HR (95% CI)	Reference	0.80 (0.73–0.88)	Reference	0.85 (0.79–0.91)
To be physically active	7,031	6,108	16,907	11,322
No. of cases	1,250	999	2,404	1,560
Adjusted HR (95% CI)	Reference	0.99 (0.91–1.08)	Reference	0.97 (0.91–1.04)
To limit smoke	3,461	9,678		
No. of cases	735	1,514		
Adjusted HR (95% CI)	Reference	0.72 (0.66–0.79)		
To maintain a good diet quality	4,620	8,519	8,885	19,344
No. of cases	847	1,402	1,268	2,696
Adjusted HR (95% CI)	Reference	0.90 (0.82–0.99)	Reference	0.92 (0.86–0.99)
To maintain an adequate sleep duration	4,490	8,649	10,639	17,590
No. of cases	762	1,487	1,534	2,430
Adjusted HR (95% CI)	Reference	1.01 (0.93–1.11)	Reference	1.00 (0.94–1.06)

Adjustment model: age, total energy, education, income level, marriage status, history of chronic disease (hyperlipidemia, hypertension, diabetes, stroke, transient ischemic attacks, angina, myocardial infarction), parity, age at first birth, menopausal status, age of menopause, age of first menstrual period (considered in women).

HR, hazard ratio; CI, confidence interval.