

Supplementary Table 3. HRs for metabolic syndrome risk according to individual lifestyle factors

	Men		Women	
	No. of cases/ participants	HR (95% CI)	No. of cases/ participants	HR (95% CI)
To limit drink^a				
Nondrinkers	387/2,749	Reference	2,770/19,502	Reference
Light drinker	1,185/7,341	1.11 (0.99–1.25)	1,001/7,575	1.16 (1.08–1.25)
Moderate drinker	373/1,754	1.49 (1.29–1.72)	114/742	1.39 (1.15–1.68)
Heavy drinker	304/1,295	1.63 (1.40–1.90)	79/410	1.71 (1.36–2.14)
To be physically active				
0	969/5,404	1.05 (0.96–1.15)	1,928/13,331	1.07 (1.00–1.15)
0–150 min/wk	281/1,627	0.90 (0.79–1.03)	476/3,576	0.88 (0.80–0.98)
≥150 min/wk	999/6,108	Reference	1,560/11,322	Reference
To limit smoke				
Never	583/4,228	Reference		
Previous	931/5,450	1.25 (1.13–1.39)		
Current	735/3,461	1.58 (1.42–1.77)		
To maintain a good diet quality				
DQI-K score: 0–2	642/4,176	Reference	1,475/10,706	Reference
DQI-K score: 3–4	1,290/7,249	1.11 (1.01–1.22)	2,033/14,262	1.06 (0.98–1.13)
DQI-K score: 5–6	287/1,492	1.20 (1.03–1.39)	411/2,889	1.14 (1.02–1.29)
DQI-K score: 7–9	30/222	0.94 (0.65–1.37)	45/372	1.02 (0.75–1.37)
To maintain an adequate sleep duration				
<6 hr	253/1,428	1.11 (0.97–1.27)	508/3,418	1.01 (0.92–1.12)
6–8 hr	1,487/8,649	Reference	2,430/17,590	Reference
8–10 hr	473/2,882	0.93 (0.84–1.03)	952/6,814	0.99 (0.92–1.07)
≥10 hr	36/180	1.12 (0.80–1.56)	74/407	1.11 (0.88–1.40)

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.

HR, hazard ratio; CI, confidence interval; DQI-K, diet quality index for Korean.

^aLight drinker (men: 0–20 g ethanol/day; women: 0–10 g ethanol/day); moderate drinker (men: 20–40 g ethanol/day; women: 10–20 g ethanol/day); heavy drinker (men: ≥40 g ethanol/day; women: ≥20 g ethanol/day).