Supplemental Table S1. Baseline Characteristics of Participants by Changes in Fibrosis Status Based on NFS

Characteristic	Change groups of fibrosis status (NFS)			P value
	Progression	Regression	No-change	
No. of participants (%)	949 (6.0)	720 (4.5)	14,059 (89.3)	
Male sex	851 (89.6)	632 (87.7)	12,048 (85.7)	0.001
Age, yr	43.97±6.51	44.39±6.67	40.08±6.39	<0.001
BMI, kg/m²	26.84±3.02	26.54±2.84	25.71±2.79	<0.001
Obesity[a]	685 (72.1)	502 (69.7)	8,073 (57.4)	<0.001
Waist circumference, cm	91.49±7.67	91.01±7.39	88.98±7.33	<0.001
Fasting blood glucose, mmol/L	5.47±0.48	5.84±0.38	5.39±0.50	<0.001
Hemoglobin A1c, %	5.73±0.29	5.74±0.29	5.67±0.29	<0.001
SBP, mm Hg	115.03±11.89	115.25±12.07	113.39±12.03	<0.001
AST, U/L	23 (19–30)	22 (18–27)	22 (18–28)	<0.001
ALT, U/L	28 (20–41)	22 (17–32)	28 (20–41)	<0.001
Platelets, ×10³/mm³	215 (191–239)	207 (186.5–227)	245 (216–278)	<0.001
Albumin, g/dL	4.61±0.22	4.51±0.21	4.63±0.23	<0.001
Total cholesterol, mmol/L	5.43±0.85	5.26±0.83	5.38±0.90	<0.001
Triglyceride, mmol/L	1.68 (1.22–2.41)	1.59 (1.16–2.19)	1.56 (1.13–2.17)	<0.001
LDL-C, mmol/L	3.56±0.79	3.4±0.79	3.53±0.81	<0.001
HDL-C, mmol/L	1.23±0.28	1.26±0.29	1.26±0.29	0.003
hs-CRP, mmol/L	0.07 (0.04–0.14)	0.07 (0.04–0.14)	0.07 (0.04–0.13)	0.273
Alcohol intake, g/day	13 (4–29)	14 (6–33)	10 (4–22)	<0.001
Current alcohol use[b]				
Male	482 (56.6)	373 (59.0)	5,968 (49.5)	<0.001
Female	60 (61.2)	53 (60.2)	1,283 (63.8)	0.704
Smoking status				<0.001
Never smoker	178 (18.7)	151 (20.9)	3,510 (24.9)	
Ex-smoker	363 (38.2)	303 (42.0)	5,144 (36.5)	
Current smoker	349 (36.7)	216 (30.0)	4,624 (32.8)	
Regular exercise				<0.001
≥3 times/week	808 (85.1)	578 (80.2)	12,155 (86.4)	
<3 times/week	108 (11.3)	116 (16.1)	1,559 (11.0)	
NFS	–2.17±0.55	–1.12±0.35	–2.87±0.96	<0.001
APRI	0.28±0.22	0.27±0.22	0.24±0.19	<0.001
HOMA-IR	1.81 (1.22–2.63)	1.9 (1.37–2.64)	1.71 (1.18–2.41)	<0.001

Values are expressed as number (%), mean±standard deviation, or median (interquartile range).

NFS, nonalcoholic fatty liver disease (NAFLD) fibrosis score; BMI, body mass index; SBP, systolic blood pressure; AST, aspartate aminotransferase; ALT, alanine aminotransferase; LDL-C, low-density lipoprotein cholesterol; HDL-C, high-density lipoprotein cholesterol; hs-CRP, high-sensitivity C-reactive protein; APRI, aspartate aminotransferase to platelet ratio index; HOMA-IR, homeostatic model assessment of insulin resistance.

[a]Obesity was defined as the BMI of ≥25 kg/m²; [b]Participants with daily alcohol consumption above the median value (12 g/day for men and 2 g/day for women).