

Supplementary Table 1. Difference in the incidence of hypertension according to changes of body mass index between consecutive health examinations before and after 60

Group	Number	Event	Duration	IR	Model 1 ^a		Model 2 ^a		Model 3 ^a	
					HR (95% CI)	<i>P</i>	HR (95% CI)	<i>P</i>	HR (95% CI)	<i>P</i>
Normal to normal	23,366	2,982	69,969.5	42.62	1 (ref.)		1 (ref.)		1 (ref.)	
Normal to obese	2,011	382	5,751.0	66.42	1.54 (1.38-1.71)	<0.01	1.52 (1.37-1.69)	<0.01	1.00 (0.88-1.12)	0.95
Obese to normal	1,892	329	5,885.8	54.87	1.32 (1.18-1.48)	<0.01	1.28 (1.14-1.44)	<0.01	1.03 (0.91-1.15)	0.66
Obese to obese	8,285	1,805	23,992.4	75.23	1.76 (1.66-1.86)	<0.01	1.75 (1.65-1.85)	<0.01	1.08 (0.98-1.19)	0.12

Abbreviations: CI, confidence interval; HR, hazard ratio; IR, incidence rate; ref., reference.

^aModel 1: unadjusted; model 2: adjusted for age and sex; model 3: adjusted for age, sex, body mass index, fasting blood glucose, presence of proteinuria (urine dipstick $\geq 1+$), family history of hypertension, systolic blood pressure, diastolic blood pressure, smoking history, and exercise history.