

Supplemental File-S1. Lifestyle questionnaire.

1. Q: Are you currently using an anti-hypertensive drug?
A: Yes/ No
2. Q: Are you currently using insulin injection or an antidiabetic (hypoglycemic) drug?
A: Yes/ No
3. Q: Are you currently using an anti-cholesteremic agent?
A: Yes/ No
4. Q: Have you ever been diagnosed as having a stroke (cerebral hemorrhage or infarction) by a physician, or had medical treatment?
A: Yes/ No
5. Q: Have you ever been diagnosed as having heart disease (angina pectoris or myocardial infarction) by a physician, or had medical treatment?
A: Yes/ No
6. Q: Have you ever been diagnosed as having chronic renal failure by a physician, or got artificial dialysis?
A: Yes/ No
7. Q: Have you ever been diagnosed as having anaemia?
A: Yes/ No
8. Q: Have you smoked in the last month?
A: Yes/ No
9. Q: Have you put on weight by 10kg since your 20s?
A: Yes/ No
10. Q: Have you exercised more than 30 minutes per 1 time, more than 2 times per week, more than 1 year?
A: Yes/ No
11. Q: Do you walk daily or do other physical activity equal to walking more than 1 hour per day?
A: Yes/ No
12. Q: Do you walk faster than those in same age with you?
A: Yes/ No
13. Q: Which of the following applies when chewing meals?
A: Chew well/ Sometimes difficult/Always difficult
14. Q: Do you eat faster than others?
A: Fast/ Normal/ Slow
15. Q: Do you have dinner within 2 hours before going to bed more than 3 times a week?
A: Yes/ No

16. Q: Do you take snacks or sweet drinks in addition to the three meals regularly?

A: Yes/ No

17. Q: Do you skip breakfast more than 3 times a week?

A: Yes/ No

18. Q: How often do you drink alcohol (such as sake, shochu, beer, whisky etc.)?

A: Everyday / Sometimes/ None

19. Q: The day you drink, how much alcohol do you consume?

A: Less than 180ml / 180-360ml/ 360-540ml/ More than 540ml

20. Q: Do you sleep enough?

A: Yes/ No

21. Q: Do you want to improve your lifestyle (life habit) such as exercise or eating?

A: I am not planning on improving/ I would like to try/ I am improving (less than 6 months)/ I am improving (more than 6 months)

22. Q: If you have any chance to get a health guidance on improving your life style(life habit), will you use it?

A: Yes/ No

Supplemental Figure-S1. Cox Proportional Hazard Model of the combination of BMI and lifestyles and the progression in kidney damage among overall subjects.

	n(%)	Hazard Ratio	95% CI	P Value	
Smoking					
No smoking with lower BMI	945(43)	reference			
Smoking with lower BMI	285(13)	1.35	0.86 2.09	0.189	
No smoking with higher BMI	764(34)	2.15	1.60 2.89	<0.0001	
Smoking with higher BMI	213(10)	2.55	1.73 3.76	<0.0001	
Alcohol consumption					
Rarely drinking alcohol with lower BMI	605(28)	reference			
Frequent drinking alcohol with lower BMI	619(28)	0.75	0.50 1.12	0.154	
Rarely drinking alcohol with higher BMI	510(23)	1.82	1.28 2.58	0.001	
Frequent drinking alcohol with higher BMI	462(21)	1.76	1.23 2.51	0.002	
Eating snacks between meals					
No snacks with lower BMI	952(43)	reference			
Eating snacks with lower BMI	274(12)	1.66	1.04 2.66	0.033	
No snacks with higher BMI	717(33)	2.23	1.68 2.96	<0.0001	
Eating snacks with higher BMI	254(12)	2.58	1.72 3.86	<0.0001	
Skipping breakfast					
No skipping breakfast with lower BMI	1016(46)	reference			
Skipping breakfast with lower BMI	210(10)	1.07	0.63 1.82	0.796	
No skipping breakfast with higher BMI	809(37)	2.11	1.61 2.77	<0.0001	
Skipping breakfast with higher BMI	160(7)	2.05	1.30 3.21	0.002	
Regular exercise					
Regular exercise with lower BMI	266(12)	reference			
No exercise with lower BMI	964(44)	0.76	0.49 1.18	0.228	
No exercise with higher BMI	779(35)	1.76	1.17 2.67	0.007	
Regular exercise with higher BMI	197(9)	1.49	0.89 2.48	0.128	
Daily walking					
Daily walking with lower BMI	422(19)	reference			
No daily walking with lower BMI	803(36)	0.92	0.61 1.37	0.673	
No daily walking with higher BMI	673(31)	2.01	1.39 2.90	0.000	
Daily walking with higher BMI	299(14)	1.84	1.20 2.85	0.006	
Adequate sleep					
Adequate sleep with lower BMI	808(37)	reference			
No adequate sleep with lower BMI	412(19)	1.11	0.74 1.67	0.628	
No adequate sleep with higher BMI	353(16)	2.20	1.54 3.15	<0.0001	
Adequate sleep with higher BMI	609(28)	2.14	1.57 2.92	<0.0001	

The models were adjusted for age and sex

Supplemental Figure-S2. Cox Proportional Hazard Model of the combination of BMI and lifestyles and the progression in kidney damage with a definition of overweight/obese as BMI \geq 25 among females.

	n(%)	Hazard Ratio	95%CI	P Value	
Smoking					
No smoking with BMI<25.0	671(67)	reference			
Smoking with BMI<25.0	58(6)	0.87	0.31 2.40	0.786	
No smoking with BMI \geq 25.0	246(24)	1.74	1.14 2.66	0.010	
Smoking with BMI \geq 25.0	29(3)	0.92	0.22 3.77	0.905	
Alcohol consumption					
Rarely drinking alcohol with BMI<25.0	512(51)	reference			
Frequent drinking alcohol with BMI<25.0	211(21)	0.49	0.25 0.96	0.039	
Rarely drinking alcohol with BMI \geq 25.0	197(20)	1.30	0.81 2.09	0.283	
Frequent drinking alcohol with BMI \geq 25.0	78(8)	1.75	0.93 3.31	0.082	
Eating snacks between meals					
No snacks with BMI<25.0	569(57)	reference			
Eating snacks with BMI<25.0	159(16)	1.42	0.75 2.69	0.288	
No snacks with BMI \geq 25.0	192(19)	1.78	1.12 2.83	0.015	
Eating snacks with BMI \geq 25.0	81(8)	1.91	0.93 3.93	0.078	
Skipping breakfast					
No skipping breakfast with BMI<25.0	639(64)	reference			
Skipping breakfast with BMI<25.0	85(9)	0.91	0.39 2.13	0.824	
No skipping breakfast with BMI \geq 25.0	242(24)	1.68	1.09 2.59	0.019	
Skipping breakfast with BMI \geq 25.0	31(3)	1.62	0.58 4.49	0.354	
Regular exercise					
Regular exercise with BMI<25.0	135(13)	reference			
No exercise with BMI<25.0	594(59)	0.43	0.25 0.76	0.003	
No exercise with BMI \geq 25.0	227(23)	0.89	0.50 1.58	0.681	
Regular exercise with BMI \geq 25.0	48(5)	0.96	0.42 2.19	0.931	
Daily walking					
Daily walking with BMI<25.0	228(23)	reference			
No daily walking with BMI<25.0	497(50)	0.92	0.53 1.58	0.753	
No daily walking with BMI \geq 25.0	184(18)	1.70	0.96 3.02	0.069	
Daily walking with BMI \geq 25.0	89(9)	1.19	0.55 2.60	0.660	
Adequate sleep					
Adequate sleep with BMI<25.0	439(44)	reference			
No adequate sleep with BMI<25.0	284(29)	0.94	0.56 1.59	0.817	
No adequate sleep with BMI \geq 25.0	109(11)	1.20	0.61 2.36	0.605	
Adequate sleep with BMI \geq 25.0	162(16)	1.93	1.17 3.18	0.010	

The models were adjusted for age