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| **Supplemental Table 1: Multivariate analysis using two models in 2015 and 2017** |  |
| 　 | Model 1 (group+age+sex) | Model 2 (group+age+sex+season) |
| Objective variables | Model 1 | Model 2 |
| Regression coefficient | p value | Regression coefficient | p value |
| 2015 | 　 | 　 | 　 | 　 |
| BMI (kg/m2) | 0.04  | 0.79  | 0.09  | 0.60  |
| Abdominal circumference (cm) | 0.35  | 0.49  | 0.21  | 0.71  |
| sBP (㎜Hg) | -1.08  | 0.61  | -0.73  | 0.77  |
| dBP (㎜Hg) | 0.09  | 0.69  | 0.92  | 0.49  |
| TG (㎎/dl) | 13.85  | 0.30  | 22.20  | 0.14  |
| LDL (mg/dl) | 1.39  | 0.70  | -2.01  | 0.63  |
| HDL (mg/dl) | 0.74  | 0.45  | 0.79  | 0.48  |
| FBG (㎎/dl) | 2.21  | 0.22  | 2.00  | 0.33  |
| HbA1c (%) | 0.08  | 0.52  | 0.11  | 0.16  |
| Cr (㎎/dl) | 0.01  | 0.49  | 0.00  | 0.98  |
| eGFR (ml/㎏/1.73m2) | -0.81  | 0.51  | 0.35  | 0.77  |
| Medical cost (×103 JPY) | 3.69  | 0.93  | 31.47  | 0.52  |
| 2017 | 　 | 　 | 　 | 　 |
| BMI (kg/m2) | -0.39  | 0.72  | -0.25  | 0.29  |
| Abdominal circumference (cm) | -0.94  | 0.14  | -0.88  | 0.22  |
| sBP (㎜Hg) | -1.12  | 0.66  | -1.06  | 0.71  |
| dBP (㎜Hg) | 0.91  | 0.50  | 0.84  | 0.58  |
| TG (㎎/dl) | -5.59  | 0.34  | 0.70  | 0.96  |
| LDL (mg/dl) | -2.07  | 0.61  | -3.10  | 0.50  |
| HDL (mg/dl) | 1.63  | 0.16  | 1.80  | 0.17  |
| FBG (㎎/dl) | -0.20  | 0.94  | 1.08  | 0.71  |
| HbA1c (%) | 0.11  | 0.18  | 0.17  | 0.07  |
| Cr (㎎/dl) | -0.01  | 0.70  | -0.02  | 0.17  |
| eGFR (ml/㎏/1.73m2) | -0.06  | 0.96  | 1.31  | 0.30  |
| Medical cost (×103 JPY) | -32.03  | 0.78  | -39.31  | 0.76  |

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| **Supplemental Table 2: Endpoints between the participants who receive health check or not** |
| 　 | Participants whith health check in 2017 | Participants whithout health check in 2017 | p value |
| **Baseline data in 2014** | n=145 | n=50 | 　 |
| Abdominal circumference (cm) | 90.5±5.98 | 93.4±6.25 | 0.005 |
| BMI (kg/m2) | 27.0±1.97 | 28.2±2.40 | 0.0005  |
| sBP (㎜Hg) | 134±15.1 | 130±16.3 | 0.18  |
| dBP (㎜Hg) | 81.6±8.27 | 80.3±9.39 | 0.36  |
| eGFR (ml/kg/1.73m2) | 70.3±8.78 | 69.2±10.6 | 0.49  |
| Triglycerides (㎎/dl) | 137±73.6 | 166±126 | 0.05  |
| LDL-cholesterol (mg/dl) | 127±32.2 | 120±31.8 | 0.16  |
| HDL-cholesterol (mg/dl) | 55.0±11.7 | 54.1±13.2 | 0.66  |
| FBG (㎎/dl) | 103±14.1 | 108±18.4 | 0.03  |
| Hemoglobin A1c(%) | 5.97±0.44 | 6.14±0.75 | 0.06  |
| BP, indicates blood presure; BMI, body mass index; sBP, systolic blood pressure:dBP, diastolic blood pressure; eGFR, estimated glemerular filtration rate, FBG, fasting blood glucose. |