|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |

|  |  |  |  |
| --- | --- | --- | --- |
| **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. | | | |