**Supplementary materials**

Table S1: Patients with disease two years before follow-up were excluded

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never/rarely | Monthly | 1-2 days/week | 3-5 days/week | 6-7 days/week |
| No. of events | 1047 | 921 | 228 | 195 | 1045 |
| HR (95%CI) Model 1 | Ref | **0.901 [0.824,0.985]** | **0.828 [0.717,0.956]** | **0.817 [0.700,0.953]** | 1.020 [0.935,1.113] |
| HR (95%CI) Model 2 | Ref | **0.906 [0.827,0.991]** | **0.853 [0.737,0.987]** | **0.826 [0.707,0.966]** | 1.002 [0.916,1.096] |
| HR (95%CI) Model 3 | Ref | **0.907 [0.828,0.993]** | **0.861 [0.744,0.997]** | **0.825 [0.706,0.965]** | 0.998 [0.912,1.092] |

Note: Boldface indicates statistical significance (p<0.05). HR, hazard ratio. CI: confidence interval

Table S2: Those participants who self-reported diabetes at the baseline survey were excluded.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never/rarely | Monthly | 1-2 days/week | 3-5 days/week | 6-7 days/week |
| No. of events | 1024 | 856 | 217 | 183 | 1020 |
| HR (95%CI) Model 1 | Ref | **0.868 [0.792,0.951]** | **0.813 [0.702,0.942]** | **0.787 [0.672,0.923]** | 1.035 [0.947,1.130] |
| HR (95%CI) Model 2 | Ref | **0.874 [0.797,0.959]** | **0.838 [0.722,0.973]** | **0.797 [0.678,0.936]** | 1.018 [0.929,1.115] |
| HR (95%CI) Model 3 | Ref | **0.876 [0.798,0.961]** | **0.847 [0.730,0.984]** | **0.796 [0.678,0.936]** | 1.014 [0.926,1.111] |

Note: Boldface indicates statistical significance (p<0.05).HR, hazard ratio. CI: confidence interval

Table S3: Those participants who self-reported hypertension at the baseline survey were excluded.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never/rarely | Monthly | 1-2 days/week | 3-5 days/week | 6-7 days/week |
| No. of events |  |  |  |  |  |
| HR (95%CI) Model 1 | Ref | **0.889 [0.804,0.983]** | **0.807 [0.685,0.949]** | **0.807 [0.679,0.958]** | 1.006 [0.912,1.111] |
| HR (95%CI) Model 2 | Ref | **0.896 [0.809,0.992]** | **0.830 [0.703,0.978]** | **0.817 [0.686,0.973]** | 0.997 [0.901,1.104] |
| HR (95%CI) Model 3 | Ref | 0.948 [0.738,1.218] | 0.658 [0.390,1.112] | 0.949 [0.598,1.505] | 1.017 [0.781,1.323] |

Note: Boldface indicates statistical significance (p<0.05).HR, hazard ratio. CI: confidence interval