

Supplementary Table 1. Baseline characteristics of participants

Variable	Female	Male	p-value
Number (%)	1285 (44.59)	1597 (55.41)	
Age (years)*	52.43±9.69	51.29±9.27	0.001
Smoking status*			<0.001
Never smoker	942 (73.31)	299 (18.72)	
Former smoker	56 (4.36)	708 (44.33)	
Current smoker	26 (2.02)	471 (29.49)	
Unknown	261 (20.31)	119 (7.45)	
Alcohol intake (g/day)*	2 (0–4)	15 (4–38)	<0.001
Regular exercise			0.333
< 3 times per week	974 (75.80)	1229 (76.96)	
≥ 3 times per week	216 (16.81)	272 (17.03)	
Unknown	95 (7.39)	96 (6.01)	
SBP (mm Hg)*	108.95±13.22	115.18±11.98	<0.001
DBP (mm Hg)*	69.05±8.82	75.64±9.21	<0.001
Waist circumference (cm)	78.80±8.08	87.20±7.70	<0.001
BMI (kg/m ²)	22.94±3.07	24.81±2.78	<0.001
Total cholesterol (mg/dL)*	200.13±37.76	197.46±37.64	0.059
HDL cholesterol (mg/dL)*	63.99±16.21	52.52±12.99	<0.001
LDL cholesterol (mg/dL)	126.80±35.05	129.38±34.58	0.048
WBC (× 10 ³ /mm ³)*	5.71±1.54	6.21±1.67	<0.001
Fasting glucose (mg/dL)	95.06±16.04	102.70±19.63	<0.001
HbA1c (%)	5.69±0.55	5.79±0.72	<0.001
TG (mg/dL)	87 (63–121)	119 (83–173)	<0.001
CRP (mg/dL)*	0.04 (0.02–0.10)	0.06 (0.02–0.13)	<0.001
hsCRP (mg/dL)*	0.04 (0.02–0.09)	0.06 (0.03–0.11)	<0.001
Allergic history**	155 (12.06)	157 (9.83)	0.055

Data are presented as n (%), mean ± standard deviation or median (interquartile range). *significant odds ratio result; †allergic history: allergic rhinitis, atopic dermatitis, allergic conjunctivitis, food allergy. SBP, systolic BP; DBP, diastolic BP; BP, blood pressure; BMI, body mass index; HDL, high density lipoprotein; LDL, low density lipoprotein; WBC, white blood cell; HbA1c, hemoglobin A1c; TG, triglyceride; CRP, C-reactive peptide; hsCRP, high sensitivity C-reactive peptide