Table S3. Baseline characteristics stratified by gender

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Overall cohort</th>
<th>Propensity-score matched cohort</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No risk group (eligible for healthcare guidance)</td>
<td>Risk group (eligible for interventional program)</td>
</tr>
<tr>
<td></td>
<td>Non-participants</td>
<td>Participants</td>
</tr>
<tr>
<td>Men</td>
<td></td>
<td></td>
</tr>
<tr>
<td>n</td>
<td>1 726 967</td>
<td>747 963</td>
</tr>
<tr>
<td>Age, %</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40-45</td>
<td>30.6</td>
<td>27.0</td>
</tr>
<tr>
<td>45-50</td>
<td>25.0</td>
<td>25.5</td>
</tr>
<tr>
<td>50-55</td>
<td>19.6</td>
<td>22.1</td>
</tr>
<tr>
<td>55-60</td>
<td>11.8</td>
<td>13.6</td>
</tr>
<tr>
<td>60-65</td>
<td>5.2</td>
<td>5.3</td>
</tr>
<tr>
<td>65-70</td>
<td>5.8</td>
<td>4.9</td>
</tr>
<tr>
<td>&gt;70</td>
<td>1.9</td>
<td>1.7</td>
</tr>
<tr>
<td>Smoking</td>
<td>39.6</td>
<td>40.4</td>
</tr>
<tr>
<td>WC, cm</td>
<td>79.7 (6.1)</td>
<td>91.1 (5.7)</td>
</tr>
<tr>
<td>BMI, kg/m²</td>
<td>22.1 (2.2)</td>
<td>26.0 (2.4)</td>
</tr>
<tr>
<td>SBP, mm Hg</td>
<td>120.0 (14.9)</td>
<td>130.1 (15.7)</td>
</tr>
<tr>
<td>DBP, mm Hg</td>
<td>75.2 (10.4)</td>
<td>82.5 (11.0)</td>
</tr>
<tr>
<td>TG, mg/dl</td>
<td>94 (68 - 129)</td>
<td>153 (105 - 208)</td>
</tr>
<tr>
<td>HDL, mg/dl</td>
<td>61.7 (15.0)</td>
<td>52.7 (12.6)</td>
</tr>
<tr>
<td>FBG, mg/dl</td>
<td>93.3 (8.7)</td>
<td>98.5 (9.8)</td>
</tr>
<tr>
<td>HbA1c, %</td>
<td>5.4 (0.3)</td>
<td>5.5 (0.4)</td>
</tr>
<tr>
<td>Women</td>
<td></td>
<td></td>
</tr>
<tr>
<td>n</td>
<td>1 623 387</td>
<td>159 946</td>
</tr>
<tr>
<td>Age, %</td>
<td></td>
<td></td>
</tr>
<tr>
<td>40-45</td>
<td>23.9</td>
<td>15.1</td>
</tr>
<tr>
<td>45-50</td>
<td>21.5</td>
<td>17.9</td>
</tr>
<tr>
<td>50-55</td>
<td>18.1</td>
<td>19.8</td>
</tr>
<tr>
<td>55-60</td>
<td>12.6</td>
<td>15.6</td>
</tr>
<tr>
<td>60-65</td>
<td>10.2</td>
<td>12.0</td>
</tr>
<tr>
<td>65-70</td>
<td>10.6</td>
<td>14.5</td>
</tr>
<tr>
<td></td>
<td>&gt;70</td>
<td>3.1</td>
</tr>
<tr>
<td>---------------</td>
<td>------</td>
<td>-----</td>
</tr>
<tr>
<td>Smoking</td>
<td>9.4</td>
<td>9.5</td>
</tr>
<tr>
<td>WC, cm</td>
<td>76.5 (7.6)</td>
<td>91.9 (7.0)</td>
</tr>
<tr>
<td>BMI, kg/m²</td>
<td>21.1 (2.4)</td>
<td>27.1 (2.8)</td>
</tr>
<tr>
<td>SBP, mm Hg</td>
<td>116.4 (16.2)</td>
<td>133.3 (16.9)</td>
</tr>
<tr>
<td>DBP, mm Hg</td>
<td>70.8 (10.6)</td>
<td>80.7 (11.0)</td>
</tr>
<tr>
<td>TG, mg/dl</td>
<td>72 (54 - 99)</td>
<td>114 (81 - 164)</td>
</tr>
<tr>
<td>HDL, mg/dl</td>
<td>71.2 (15.6)</td>
<td>60.3 (13.8)</td>
</tr>
<tr>
<td>FBG, mg/dl</td>
<td>90.0 (8.1)</td>
<td>97.0 (9.7)</td>
</tr>
<tr>
<td>HbA1c, %</td>
<td>5.4 (0.3)</td>
<td>5.6 (0.3)</td>
</tr>
</tbody>
</table>

WC, waist circumference; BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; TG, triglyceride; HDL, high-density lipoprotein cholesterol; HbA1c, haemoglobin A1c; and FBG, fasting blood glucose.