**S7 Table: Effect of weight status on disease incidence**

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| **Source** | **Chronic disease**  | **Incident Rate Ratio(95% CI)** |
| **Guh et al., 2009 [**[**25**](#_ENREF_25)**]*****Meta-Analysis*** |  | **Overweight** | **Obese** |
| **Cancers** |  |  |
| Breast - *Female* | 1.08(1.03 - 1.14) | 1.13(1.05 - 1.22) |
| Endometrial - *Female* | 1.53(1.45 - 1.61) | 3.22(2.91 - 3.56) |
| Ovarian - *Female* | 1.18(1.12 - 1.23) | 1.28(1.20 - 1.36) |
| Colorectal  |  |  |
| *Female*  | 1.45(1.30 - 1.62) | 1.66(1.52 - 1.81) |
| *Male*  | 1.51(1.37 - 1.67) | 1.95(1.59 - 2.39) |
| Kidney  |  |  |
| *Female*  | 1.82(1.68 - 1.98) | 2.64(2.39 - 2.90) |
| *Male*  | 1.40(1.31 - 1.49) | 1.82(1.61 - 2.05) |
| Pancreatic  |  |  |
| *Female*  | 1.24(0.98 - 1.56) | 1.60(1.17 - 2.20) |
| *Male*  | 1.28(0.94 - 1.75) | 2.29(1.65 - 3.19) |
| ***Gallbladder Disease***  |  |  |
| *Female*  | 1.44(1.05 - 1.98) | 2.32(1.17 - 4.57) |
| *Male*  | 1.09(0.87 - 1.37) | 1.43(1.04 - 1.96) |
| **Type II Diabetes**  |  |  |
| Female  | 3.92(3.10 - 4.97) | 12.41(9.03 - 17.06) |
| Male  | 2.40(2.12 - 2.72) | 6.74(5.55 - 8.19) |
| **Hypertension** |  |  |
| *Female*  | 1.65(1.24 - 2.19) | 2.42(1.59 - 3.67) |
| *Male*  | 1.28(1.10 - 1.50) | 1.84(1.51 - 2.24) |
| **Stroke**  |  |  |
| *Female*  | 1.15(1.00 - 1.32) | 1.49(1.27 - 1.74) |
| *Male*  | 1.23(1.13 - 1.34) | 1.51(1.33 - 1.72) |
| **Coronary Artery Disease (CHD)** |  |  |
| *Female*  | 1.80(1.64 - 1.98) | 3.10(2.81 - 3.43) |
| *Male*  | 1.29(1.18 - 1.41) | 1.72(1.51 - 1.96) |
| **Asthma**  |  |  |
| *Female*  | 1.25(1.05 - 1.49) | 1.78(1.36 - 2.32) |
| *Male*  | 1.20(1.08 - 1.33) | 1.43(1.14 - 1.79) |
| **Osteoarthritis**  |  |  |
| *Female*  | 1.80(1.75 - 1.85) | 1.96(1.88 - 2.04) |
| *Male*  | 2.76(2.05 - 3.70) | 4.20(2.76 - 6.41) |