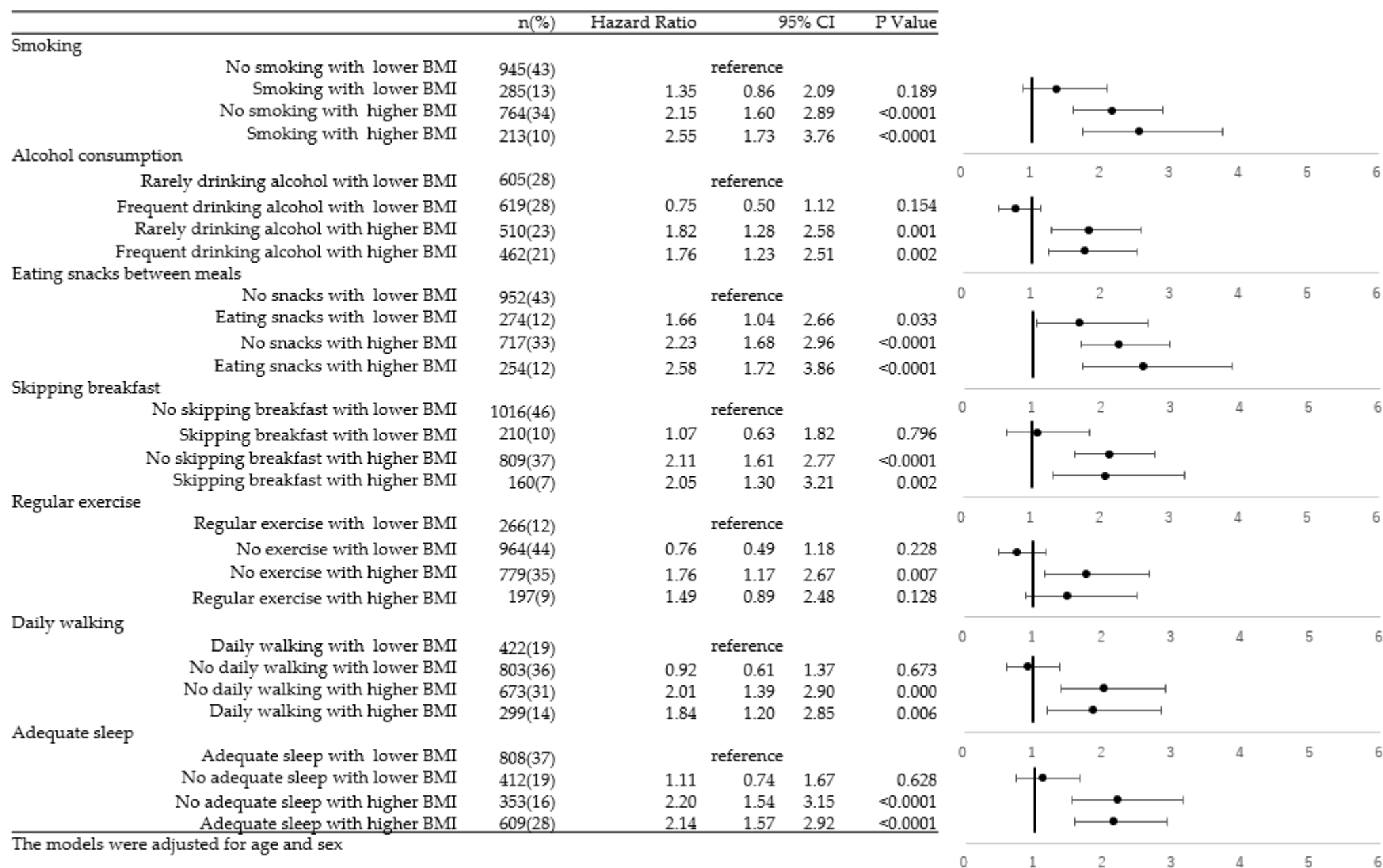


Supplemental File-S1. Lifestyle questionnaire.

1. Q: Are you currently using an anti-hypertensive drug?
A: Yes/ No
2. Q: Are you currently using insulin injection or an antidiabetic (hypoglycemic) drug?
A: Yes/ No
3. Q: Are you currently using an anti-cholesteremic agent?
A: Yes/ No
4. Q: Have you ever been diagnosed as having a stroke (cerebral hemorrhage or infarction) by a physician, or had medical treatment?
A: Yes/ No
5. Q: Have you ever been diagnosed as having heart disease (angina pectoris or myocardial infarction) by a physician, or had medical treatment?
A: Yes/ No
6. Q: Have you ever been diagnosed as having chronic renal failure by a physician, or got artificial dialysis?
A: Yes/ No
7. Q: Have you ever been diagnosed as having anaemia?
A: Yes/ No
8. Q: Have you smoked in the last month?
A: Yes/ No
9. Q: Have you put on weight by 10kg since your 20s?
A: Yes/ No
10. Q: Have you exercised more than 30 minutes per 1 time, more than 2 times per week, more than 1 year?
A: Yes/ No
11. Q: Do you walk daily or do other physical activity equal to walking more than 1 hour per day?
A: Yes/ No
12. Q: Do you walk faster than those in same age with you?
A: Yes/ No
13. Q: Which of the following applies when chewing meals?
A: Chew well/ Sometimes difficult/Always difficult
14. Q: Do you eat faster than others?
A: Fast/ Normal/ Slow
15. Q: Do you have dinner within 2 hours before going to bed more than 3 times a week?
A: Yes/ No

16. Q: Do you take snacks or sweet drinks in addition to the three meals regularly?
A: Yes/ No
17. Q: Do you skip breakfast more than 3 times a week?
A: Yes/ No
18. Q: How often do you drink alcohol (such as sake, shochu, beer, whisky etc.)?
A: Everyday / Sometimes/ None
19. Q: The day you drink, how much alcohol do you consume?
A: Less than 180ml / 180-360ml/ 360-540ml/ More than 540ml
20. Q: Do you sleep enough?
A: Yes/ No
21. Q: Do you want to improve your lifestyle (life habit) such as exercise or eating?
A: I am not planning on improving/ I would like to try/ I am improving (less than 6 months)/ I am improving (more than 6 months)
22. Q: If you have any chance to get a health guidance on improving your life style(life habit), will you use it?
A: Yes/ No

Supplemental Figure-S1. Cox Proportional Hazard Model of the combination of BMI and lifestyles and the progression in kidney damage among overall subjects.



Supplemental Figure-S2. Cox Proportional Hazard Model of the combination of BMI and lifestyles and the progression in kidney damage with a definition of overweight/obese as BMI \geq 25 among females.

