

**Supplementary Table 3. Baseline characteristics of participants among tertiles of changes in central fatness**

Characteristic	Loss (Tertile 1)	Stable (Tertile 2)	Gain (Tertile 3)	<i>p</i> value <sup>a</sup>
From changes in WC				
Age, yr	67.1 ± 6.0	66.4 ± 5.4	66.4 ± 5.6	0.02
BMI, kg/m <sup>2</sup>	22.7 ± 3.3	22.8 ± 3.2	22.4 ± 3.0	0.13
Blood pressure				
SBP, mmHg	134.2 ± 22.1	132.6 ± 21.5	132.1 ± 21.5	0.22
DBP, mmHg	74.4 ± 11.4	73.9 ± 11.4	74.3 ± 11.4	0.68
Biomarkers				
FPG, mg/dL <sup>b</sup>	101.0 ± 11.8	100.9 ± 10.2	100.4 ± 10.4	0.59
HbA1c, %	5.1 ± 0.40	5.1 ± 0.4	5.1 ± 0.4	0.93
TC, mg/dL	194.2 ± 40.0	193.9 ± 37.6	191.8 ± 35.7	0.50
TG, mg/dL	116.9 ± 68.2	121.1 ± 73.1	117.6 ± 68.2	0.52
HDL-C, mg/dL	53.6 ± 16.3	51.6 ± 14.4	52.2 ± 14.6	0.07
LDL-C, mg/dL	117.9 ± 36.9	118.6 ± 34.2	117.7 ± 32.0	0.87
UA, mg/dL	4.6 ± 1.3	4.6 ± 1.2	4.4 ± 1.2	0.01
WBC, 10 <sup>9</sup> /L	6.3 ± 2.0	6.2 ± 1.8	6.2 ± 1.9	0.68
lnCRP, mg/L	0.3 ± 1.1	0.2 ± 1.0	0.1 ± 1.0	0.06
From changes in WHtR				
Age, yr	66.9 ± 5.8	66.4 ± 5.4	66.5 ± 5.7	0.23
BMI, kg/m <sup>2</sup>	22.7 ± 3.3	22.8 ± 3.2	22.4 ± 2.9	0.05
Blood pressure				
SBP, mmHg	133.0 ± 21.3	133.6 ± 22.3	132.4 ± 21.4	0.65
DBP, mmHg	74.2 ± 11.2	74.2 ± 11.6	74.3 ± 11.2	0.99
Biomarkers				
FPG, mg/dL <sup>b</sup>	101.1 ± 11.8	100.5 ± 10.2	100.7 ± 10.3	0.62
HbA1c, %	5.1 ± 0.4	5.1 ± 0.4	5.1 ± 0.4	0.30
TC, mg/dL	194.3 ± 40.1	195.3 ± 37.9	190.5 ± 35.2	0.07
TG, mg/dL	117.8 ± 69.3	120.0 ± 72.9	118.1 ± 67.5	0.84
HDL-C, mg/dL	53.4 ± 16.1	52.2 ± 14.8	51.8 ± 14.5	0.17
LDL-C, mg/dL	117.8 ± 36.4	120.0 ± 35.5	116.4 ± 31.1	0.18
UA, mg/dL	4.6 ± 1.3	4.6 ± 1.2	4.4 ± 1.2	0.01
WBC, 10 <sup>9</sup> /L	6.3 ± 2.0	6.2 ± 1.8	6.2 ± 1.9	0.63
lnCRP, mg/L	0.2 ± 1.1	0.2 ± 1.0	0.1 ± 1.0	0.11
From changes in BRI				
Age, yr	67.0 ± 5.8	66.4 ± 5.4	66.5 ± 5.7	0.18
BMI, kg/m <sup>2</sup>	22.7 ± 3.3	22.5 ± 3.2	22.6 ± 3.0	0.49
Blood pressure				
SBP, mmHg	133.1 ± 21.2	133.2 ± 22.4	132.8 ± 21.4	0.94
DBP, mmHg	74.3 ± 11.2	74.0 ± 11.6	74.4 ± 11.3	0.88
Biomarkers				
FPG, mg/dL <sup>b</sup>	101.3 ± 11.8	100.4 ± 10.3	100.6 ± 10.3	0.39
HbA1c, %	5.1 ± 0.4	5.1 ± 0.4	5.1 ± 0.4	0.31
TC, mg/dL	194.4 ± 40.0	193.8 ± 38.1	191.7 ± 35.1	0.43

**Supplementary Table 3. Continued**

Characteristic	Loss (Tertile 1)	Stable (Tertile 2)	Gain (Tertile 3)	<i>p</i> value <sup>a</sup>
TG, mg/dL	118.5 ± 69.4	117.8 ± 72.5	119.6 ± 67.9	0.90
HDL-C, mg/dL	53.2 ± 16.1	52.5 ± 14.7	51.7 ± 14.6	0.19
LDL-C, mg/dL	117.9 ± 36.5	118.8 ± 35.5	117.5 ± 31.2	0.80
UA, mg/dL	4.6 ± 1.3	4.6 ± 1.2	4.4 ± 1.2	0.01
WBC, 10 <sup>9</sup> /L	6.3 ± 2.1	6.2 ± 1.8	6.2 ± 1.9	0.45
lnCRP, mg/L	0.2 ± 1.1	0.2 ± 1.0	0.1 ± 1.0	0.17

Values are presented as mean ± standard deviation.

WC, waist circumference; BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; FPG, fasting plasma glucose; HbA1c, hemoglobin A1c; TC, total cholesterol; TG, triglyceride; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; UA, uric acid; WBC, white blood cell; CRP, C-reactive protein; WHtR, waist-height ratio; BRI, body roundness index

<sup>a</sup>It was compared using one-way analysis of variance.

<sup>b</sup>A total of 1,630 participants provided fasting blood samples.