

Baseline Characteristics of the SMHS Participants

Age (mean \pm sd, years)	55.37 \pm 9.74
Age by decades (%)	
40-49	37.3
50-59	31.2
60-69	19.9
70-74	11.6
Education attainment (%)	
< Middle school	6.7
Middle school	33.3
High school	36.3
> high school	23.7
Body mass index (mean \pm sd)	23.72 \pm 3.08
Overweight (BMI \geq 25)(%)	30.5
Obese (BMI \geq 30) (%)	2.6
Ever smoking (%)	69.6
Regular alcohol drinking (%)	33.7
Regular tea drinking (%)	67.1
Regular exercise (%)	35.5