

Baseline Characteristics of the SWHS Participants

Age (mean \pm sd, years)	52.63 \pm 9.08
Age by decades (%)	
40-49	48.5
50-59	24.3
60-69	26.6
70-74	0.6
Education attainment (%)	
< Middle school	21.6
Middle school	36.9
High school	27.9
> high school	13.6
Body mass index (mean \pm sd)	24.02 \pm 3.44
Overweight (BMI \geq 25)(%)	30.3
Obese (BMI \geq 30) (%)	5.2
Ever smoking (%)	2.8
Regular alcohol drinking (%)	2.2
Regular tea drinking (%)	29.8
Regular exercise (%)	35.5