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Baseline Characteristics of the SWHS Participants

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|------------------------------|------------|
| Age (mean±sd, years)         | 52.63±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±sd)    | 24.02±3.44 |
| Overweight (BMI≥25)(%)       | 30.3       |
| Obese (BMI≥30) (%)           | 5.2        |
| Ever smoking (%)             | 2.8        |
| Regular alcohol drinking (%) | 2.2        |
| Regular tea drinking (%)     | 29.8       |
| Regular exercise (%)         | 35.5       |

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