



**Supplementary Figure S2** The yearly variations in FBG, 2-h PG, TC, TG, HDL-c, LDL-c and BMI according to quartiles of their baseline values, adjusted for age, sex, drinking, smoking, labor intensity and total energy intake. The yearly variations in BMI according to quartiles of (A) FBG, (C) 2-h PG, (E) TC, (G) TG, (I) HDL-c and (K) LDL-c. The yearly variations in (B) FBG, (D) 2-h PG, (F) TC, (H) TG, (J) HDL-c and (L) LDL-c according to quartiles of BMI.