Supplementary Table 2. Multivariate cox regression analysis for the risk of hypertension

Variable	Model 1		Model 2		Model 3	
	HR (95% CI)	*P*	HR (95% CI)	*P*	HR (95% CI)	*P*
BMI group						
Normal-to-normal	1 (ref.)		1 (ref.)		1 (ref.)	
Normal-to-obese	1.83 (1.69-1.97)	<0.01	1.78 (1.65-1.92)	<0.01	1.19 (1.09-1.29)	<0.01
Obese-to-normal	1.32 (1.20-1.46)	<0.01	1.25 (1.14-1.38)	<0.01	1.10 (1.00-1.22)	0.04
Obese-to-obese	2.09 (1.99-2.19)	<0.01	2.01 (1.92-2.11)	<0.01	1.19 (1.11-1.29)	<0.01
Sex						
Female			1 (ref.)		1 (ref.)	
Male			1.27 (1.22-1.33)	<0.01	1.03 (0.98-1.09)	0.23
Age			1.13 (1.11-1.15)	<0.01	1.03 (1.01-1.04)	<0.01
BMI					1.02 (1.01-1.03)	<0.01
SBP					1.04 (1.04-1.04)	<0.01
DBP					1.10 (1.09-1.10)	<0.01
Proteinuria					1.30 (1.14-1.47)	<0.01
FHx of hypertension						
No					1 (ref.)	
Yes					1.12 (1.05-1.19)	<0.01
Smoking						
No					1 (ref.)	
Yes					1.02 (0.96-1.08)	0.61
Regular exercise						
No					1 (ref.)	
Yes					0.92 (0.88-0.97)	<0.01

Model 1: unadjusted; model 2: adjusted for age and sex; model 3: adjusted for age, sex, BMI, SBP, DBP, fasting blood glucose, proteinuria, FHx of hypertension, smoking habit, and regular exercise.
Proteinuria was defined as urine dipstick ≥1+; regular exercise was defined as weekly physical activity ≥600 metabolic equivalent of task.
Abbreviations: BMI, body mass index; CI, confidence interval; DBP, diastolic blood pressure; FHx, family history; HR, hazard ratio; ref., reference; SBP, systolic blood pressure.