Supplemental Table 1. List and description of variables[1]

Domain	Variable	Category	Variable description
Sociodemographic factors	Sex	Male vs. female	-
	Age (y)	40-49 vs. 50-59 vs. 60-69	-
	Marital status	Married	Includes living with a partner
		Not married	Includes single, separated, divorced, or widowed
	Educational attainment	Less than high school diploma	-
		High school diploma to college	Includes those who completed a high school education and/or received a vocational certificate, associate's degree, or attended some years of college-level education without completion of a degree
		Bachelor's degree or higher	-
	Occupation type	Based on the Korean Standard Classification of Occupations, originally derived from the International Standard Classification of Occupations	
		Non-manual labor	Includes high ranking officer and executives, professionals, engineers, or office workers
		Manual labor	Includes service workers, salespersons, people in agriculture, forest and fishing industry, skilled operators, mechanics, or labor workers
		Not in work force	Includes housewives, students, or the unemployed
	Income (unit: 1000 won)	<2000 vs. 2000-4000 vs. ≥4000	Based on the monthly salary in Korean won
Lifestyle factors	Smoking status	Never	Refers to those who have smoked less than 20 packs of cigarettes
		Past	Refers to those who smoked a minimum of 20 packs of cigarettes (or 400 cigarettes) in their lifetime, but no longer smoke
		Current	Refers to those who smoked a minimum of 20 packs of cigarettes (or 400 cigarettes) in their lifetime, and continue to smoke
	Alcohol consumption	Never vs. past vs. current	Based on the questions "Are you unable to consume alcohol or refuse to do so (for religious reasons, etc.)? and "Do you still drink?"
	Physical activity	Regular vs. non-exercisers	"Regular" exercisers refer to those who answered "yes" to the question "Do you engage in regular exercise that induces sweating?"
Psychosocial conditions	Stress events	Not at all vs. sometimes vs. frequent	Based on the experience of mental and/or physical stress during the past month
	PWI (point)	Modified from the General Health Questionnaire score for Koreans, composed of 18 items with a score range of 0-54 points	
		Positive well-being	≤8
		Moderate distress	9-26
		Severe distress	≥27
	Sleep duration (h/d)	<6 vs. 6-8 vs. 8-10 vs. ≥10	Average number of hours per day spent sleeping (including naps) during the past year

Supplemental Table 1. Continued from the previous page

Domain	Variable	Category		Variable description
Anthropometry	BMI (kg/m²)	BMI as Quetelet's index using measured height and weight		
		Underweight	≤22.5	
		Normal weight	22.6-25.0	
		Overweight	25.1-27.5	
		Pre-obese	27.6-30.0	
		Obese	≥30.0	
	WC (cm)	Based on the cut-off values for high-risk internal fat store according to sex and ethnicity		
		No central obesity		-
		Central obesity		"Central obesity" defined as ≥90 cm in males and ≥80 cm in females
Physical condition: DM history and status	DM diagnosis age (y)	<50 vs. ≥50		-
	DM duration (y)	<5 vs. 5-10 vs. ≥10		-
	Current treatment status	No treatment necessary		-
		Currently under treatment		-
		Treatment neglected/never treated		-
	Treatment type	Refers to subjects categorized as "Currently under treatment" in Current treatment status		
		Lifestyle modification only		Includes diet and/or exercise regimens
		Oral medication		Oral medication alone or in addition to lifestyle modification
		Insulin therapy		Insulin therapy alone or in addition to oral medication and/or lifestyle modification
	FBS (mg/dL)	<126 vs. ≥126		-
	HbA1c (%)	<6.5 vs. ≥6.5		-
Physical condition: Comorbidity status	Comorbid diseases	Nine diseases and conditions:		According to self-reports on physician-diagnosed state and current treatment status
		Hypertension		-
		Hyperlipidemia		-
		Stroke		-
		Myocardial infarction		-
		Gastrointestinal diseases		Include ulcer diseases and chronic gastritis
		Liver diseases		Include acute, chronic, and fatty liver disease
		Diseases of the joints and bones		Include osteoporosis and arthritis
		Respiratory diseases		Include asthma and pulmonary tuberculosis
		Cancer		Any cancer

All variables and their data were acquired through Health Examinees questionnaires, 2004-2012.
PWI, psychosocial well-being; BMI, body mass index; WC, waist circumference; FBS, fasting blood sugar; HbA1c, hemoglobin A1c; DM, diabetes mellitus.