

Supplemental Table S3. Baseline Characteristics of the Study Population According to Sex

Characteristic	Male (n=445)	Female (n=253)	P value
Age, yr	58.7±9.3	60.8±9.9	0.005 ^a
BMI, kg/m ²	25.1 (23.3–27.1)	24.0 (22.0–26.3)	<0.001 ^a
Waist circumference, cm	88 (83–93)	80 (75–87)	<0.001 ^a
SBP, mm Hg	126 (116–135)	128 (117–139)	0.055
DBP, mm Hg	80.7±10.4	78.0±9.9	0.001 ^a
Hypertension	230 (51.7)	133 (52.6)	0.631
Dyslipidemia	215 (48.3)	143 (56.5)	0.007 ^a
Regular exercise	323 (72.6)	173 (68.4)	0.188
Current smoker	110 (24.7)	3 (1.2)	<0.001 ^a
Current drinker ^b	275 (61.8)	31 (12.3)	<0.001 ^a
Fasting glucose, mg/dL	137.3±40.5	127.3±36.1	0.001 ^a
HbA1c, %	7.1±1.4	7.1±1.4	0.935
Uric acid, mg/dL	5.5±1.4	4.6±1.1	<0.001 ^a
Total cholesterol, mg/dL	168.2±38.6	185.9±40.6	<0.001 ^a
Triglyceride, mg/dL	114.5 (76.3–161.0)	103.5 (75.3–140.8)	0.018 ^a
HDL-C, mg/dL	44 (38–52)	50 (42.9–59)	<0.001 ^a
LDL-C, mg/dL	101.0±34.4	113.6±37.4	<0.001 ^a
AST, IU/L	29 (23–36)	29 (22.5–38)	0.670
ALT, IU/L	38.0±23.9	33.7±22.7	0.019 ^a
GGT, IU/L	30 (22–49)	22 (16–35.3)	<0.001 ^a
CAP, dB/m	257.7±45.0	260.6±50.1	0.420
LSM, kPa	4.3 (3.6–4.9)	4.1 (3.3–5.0)	0.050

Values are expressed as mean±standard deviation, median (interquartile range), or number (%).

BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; HbA1c, glycated hemoglobin A1c; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; AST, aspartate aminotransferase; ALT, alanine aminotransferase; GGT, gamma-glutamyl transferase; CAP, controlled attenuation parameter; LSM, liver stiffness measurement.

^aStatistically significant values ($P<0.05$); ^bCurrent drinker is defined as a person who drinks at least once a week. However, we excluded patients with excessive alcohol intake with following criteria; ≥ 210 g/week for males and ≥ 140 g/week for females.