

Supplementary Table 5. Longitudinal changes of anthropometric index by age groups

	Change	45–54 years (n=143)	55–64 years (n=196)	65–74 years (n=235)	75–84 years (n=126)
WWI	Absolute change	0.15±0.04	0.13±0.04	0.16±0.03	0.11±0.04
	Percent change	1.47±0.33	1.25±0.33	1.53±0.23	1.07±0.38
BMI	Absolute change	0.33±0.11	0.12±0.11	-0.23±0.10	-0.53±0.99
	Percent change	1.19±0.38	0.45±0.37	-0.70±0.34	-1.85±0.48
WC	Absolute change	1.79±0.39	1.25±0.41	0.70±0.31	-0.36±0.49
	Percent change	1.95±0.40	1.30±0.41	0.86±0.23	-0.22±0.49

Values are presented as mean ± standard deviation.

WWI, weight-adjusted waist index; BMI, body mass index; WC, waist circumference.