

Supplementary Table 1. Group-based trajectory model results of the fitting process

Variable	No. of groups	Log-Lik	BIC	Participants per group, %	Mean posterior probabilities
MetS index	1	-21,731.40	21,749.32	100	1.00
	2	-18,482.33	18,522.65	60.4/39.6	0.93/0.91
	3	-16,954.10	17,007.92	33.1/54.5/12.4	0.90/0.90/0.90
	4	-16,258.59	16,334.74	18.3/49.5/28.0/4.2	0.88/0.86/0.87/0.90
HDL-C	1	-16,802.35	16,820.27	100	1.00
	2	-13,139.25	13,184.04	86.4/13.6	0.97/0.90
	3	-11,483.95	11,546.66	71.8/23.8/4.4	0.94/0.88/0.96
	4	-10,871.50	10,956.61	54.3/34.2/7.7/3.8	0.89/0.81/0.86/0.95
SBP	1	-101,901.43	101,914.87	100	1.00
	2	-98,983.78	99,010.66	60.9/39.1	0.93/0.90
	3	-98,045.89	98,090.68	37.5/50.0/12.5	0.89/0.87/0.87
	4	-97,795.25	97,853.48	24.5/45.8/25.1/4.6	0.85/0.80/0.82/0.86
WC	1	-84,103.41	84,125.81	100	1.00
	2	-80,195.86	80,240.65	55.2/44.8	0.93/0.93
	3	-78,486.73	78,553.92	52.8/32.8/14.4	0.90/0.92/0.90
	4	-77,673.27	77,758.38	41.9/36.3/13.4/8.4	0.87/0.89/0.88/0.91
FPG	1	-40,876.87	40,899.27	100	1.00
	2	-35,258.09	35,302.89	94.9/5.1	0.99/0.97
TG	1	-35,657.00	35,674.92	100	1.00
	2	-31,685.77	31,726.08	95.2/4.8	0.99/0.94

Log-Lik, the maximum log-likelihood; BIC, Bayesian information criterion; MetS, metabolic syndrome; HDL-C, high-density lipoprotein cholesterol; SBP, systolic blood pressure; WC, waist circumference; FPG, fasting plasma glucose; TG, triglyceride.