

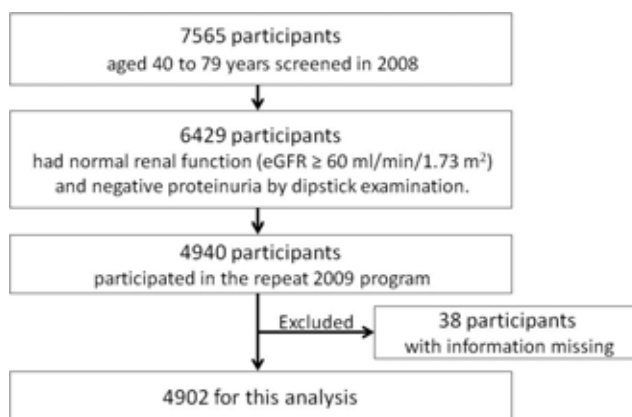
## **Supplementary information**

### **Supplementary Figure legend**

**Supplementary Figure 1.** Chart of subject selection for this study.

Of the 7,565 participants aged 40 to 79 years screened in 2008, 6,429 participants had normal renal function and negative proteinuria on dipstick examination. Of these participants, 4,940 were re-examined in 2009. A total of 37 participants with missing information was excluded, leaving 4,902 for this analysis.

**Supplementary Figure 1.** Chart of subject selection for this study.



**Supplementary Table.** Baseline characteristics of participants who did and did not repeat the program in 2009

Characteristics <sup>1</sup>	Repeated (N=4940)	Not repeated (N=1489)
Age, years	66.7 (8.4)	65.7 (9.7) <sup>***</sup>
Males, <i>n</i> (%)	2031 (41.1)	590 (39.6)
Current smoker, <i>n</i> (%)	621 (12.6)	222 (14.9) <sup>*</sup>
Body mass index, kg m <sup>-2</sup>	23.0 (3.1)	23 (3.4)
Alcohol > 20 g/day, <i>n</i> (%)	638 (13.0)	190 (12.8)
Regular exercise		
Exercise to sweat lightly, <i>n</i> (%)	1447 (29.3)	439 (29.5)
Walking > 1 hour/day, <i>n</i> (%)	3492 (70.7)	1033 (69.4)
Eating pattern		
Snacks after supper, <i>n</i> (%)	712 (14.4)	228 (15.3)
Skipping breakfast, <i>n</i> (%)	333 (6.8)	137 (9.2) <sup>**</sup>
Systolic blood pressure, mm Hg	127 (17)	129 (17) <sup>**</sup>
Diastolic blood pressure, mm Hg	74 (10)	75 (11) <sup>**</sup>
Antihypertensive medication, <i>n</i> (%)	1519 (30.7)	474 (31.8)
Hemoglobin A <sub>1c</sub> , %	5.4 (0.6)	5.5 (0.8) <sup>***</sup>
Antidiabetic medication, <i>n</i> (%)	221 (4.5)	94 (6.3) <sup>**</sup>
LDL cholesterol, mmol l <sup>-1</sup>	3.31 (0.80)	3.34 (0.85)
Cholesterol-lowering medication, <i>n</i> (%)	700 (14.2)	220 (14.8)
Triglycerides, mmol l <sup>-1</sup>	1.25 (0.88, 1.76)	1.23 (0.88, 1.85)
HDL cholesterol, mmol l <sup>-1</sup>	1.47 (0.36)	1.47 (0.39)
Creatinine, mmol l <sup>-1</sup>	59.2 (11.5)	58.3 (11.5)
eGFR, ml min <sup>-1</sup> per 1.73 m <sup>2</sup>	79 (13)	79 (14) <sup>*</sup>

Abbreviations: LDL, low-density lipoprotein; HDL, high-density lipoprotein. The definitions of the clinical characteristics are described in the text.

<sup>1</sup>Numbers in the table shown are means (standard deviation) for continuous variables except triglycerides (median and interquartile range) or numbers (percentages) for categorical variables.

\*  $P < 0.05$ , \*\*  $P < 0.01$ , \*\*\*  $P < 0.001$

There are no differences between participants who repeated the program in 2009 and those who did not with respect to baseline characteristics such as sex and BMI, but the latter group was younger and had a higher rate of smoking, a higher percentage of medication for diabetes, and a higher blood pressure.