

## **Supplementary material**

### ***Supplementary Text S1: Categorization of lifestyle factors***

In the NHSP checkups, fasting blood cholesterol levels are measured. Individuals with total blood cholesterol below 200 mg/dL were categorized as 'normal', those between 200-239 'borderline' and those  $\geq 240$  were categorized as 'high'. The NHSP questionnaire contains details on cigarette smoking including smoking status, duration of smoking, start and stop year of smoking, and it also records the number of packs consumed per day. In this study, smoking was categorized according to pack-years: non-smoker (0 pack-years), smoker fewer than 10 pack-years, 10-19 pack-years, 20-29 pack-years, 30-39 pack-years and more than 40 pack-years. From the anthropometric measures taken at the NHSP health checkup, BMI was classified as underweight ( $<18.5$ ), normal ( $18.5-<23$ ), overweight ( $23-<25$ ) and obese ( $>25$ ). With regards to alcohol consumption, individuals were categorized according to standardized guidelines as either non-drinker, moderate drinker ( $<2$  times per week or  $<5$  drinks on any day (male); *or*  $<2$  times per week or  $<4$  drinks on any day (female)), or heavy drinker ( $\geq 2$  times per week and  $\geq 5$  drinks on any day (male); *or*  $\geq 2$  times per week and  $\geq 4$  drinks on any day (female)). Occasional or social alcohol consumption could not be included.