**Supplementary table 1.** Hazard ratios (HRs) and 95% confidence intervals (CI) for the incidence of metabolic syndrome in all study participants

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Characteristics** | **Unadjusted HR** | **Adjusted HR** | **Incidence cases** | **Incidence density** |
| - SBP (mmHg) |  |  |  |  |
|  <110 (n=2149) | 1.00 (Reference) | 1.00 (Reference) | 331 | 19.5 |
| 110 – 119 (n=1740) | 1.85 (1.61 – 2.13) | 1.62 (1.41 – 1.87) | 459 | 34.9 |
| 120 – 129 (n=1173) | 2.69 (2.33 – 3.11) | 2.33 (2.01 – 2.71) | 408 | 49.4 |
| 130 – 139 (n=596) | 2.62 (2.20 – 3.12) | 2.45 (2.04 – 2.94) | 200 | 48.1 |
| 140 – 149 (n=338) | 3.57 (2.93 – 4.35) | 3.64 (2.96 – 4.48) | 141 | 63.9 |
| ≥150 (n=313) | 3.89 (3.17 – 4.78) | 3.51 (2.83 – 4.36) | 128 | 66.7 |
| - DBP (mmHg) |  |  |  |  |
| <70 (n=1191) | 1.00 (Reference) | 1.00 (Reference) | 155 | 15.9 |
| 70 – 79 (n=2292) | 2.03 (1.70 – 2.42) | 1.63 (1.36 – 1.95) | 583 | 31.6 |
| 80 – 89 (n=1548) | 3.03 (2.54 – 3.62) | 2.37 (1.97 – 2.84) | 568 | 45.8 |
| 90 – 99 (n=579) | 3.69 (3.02 – 4.51) | 2.83 (2.30 – 3.49) | 252 | 54.3 |
| ≥100 (n=199) | 5.27 (4.12 – 6.74) | 4.51 (3.50 – 5.81) | 109 | 74.3 |

Adjusted for age, sex, area, regular exercise, waist circumference, smoking, HDL-cholesterol, diabetes mellitus, alcohol intake

Incidence density: incidence cases per 1,000 person-year

**Supplementary table 2.** Hazard ratios (HRs) and 95% confidence intervals (CI) for the incidence of metabolic syndrome in participants without hypertension

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Characteristics** | **Unadjusted HR** | **Adjusted HR** | **Incidence cases** | **Incidence density** |
| - SBP (mmHg) |  |  |  |  |
|  <110 (n=2130) | 1.00 (Reference) | 1.00 (Reference) | 327 | 19.4 |
| 110 – 119 (n=1676) | 1.87 (1.62 – 2.16) | 1.61 (1.39 – 1.87) | 444 | 35.1 |
| 120 – 129 (n=948) | 2.67 (2.29 – 3.11) | 2.30 (1.96 – 2.70) | 325 | 48.5 |
| - DBP (mmHg) |  |  |  |  |
| <70 (n=1210) | 1.00 (Reference) | 1.00 (Reference) | 154 | 15.9 |
| 70 – 74 (n=1204) | 1.80 (1.47 – 2.19) | 1.41 (1.15 – 1.73) | 260 | 28.0 |
| 75 – 79 (n=1143) | 2.23 (1.83 – 2.71) | 1.66 (1.36 – 2.04) | 296 | 34.6 |

Adjusted for age, sex, area, regular exercise, waist circumference, smoking, HDL-cholesterol, diabetes mellitus, alcohol intake

Incidence density: incidence cases per 1,000 person-year