Coding book

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| Item | Variable | Code |
| case\_no | Case number |  |
| sex | sex | 0: women; 1: men |
| age | Age at baseline |  |
| BMI | Body mass index at baseline (kg/m2) |  |
| waist\_bl | Waist circumference at baseline (cm) |  |
| case\_p\_systolic1 | Systolic blood pressure at baseline (mmHg) |  |
| case\_p\_diastolic1 | diastolic blood pressure at baseline (mmHg) |  |
| HTNdrug | Medication use for hypertension at baseline | 0: no; 1: yes |
| GLU | Fasting glucose at baseline (mg/dL) |  |
| GLUdrug | Medication use for hyperglycemia at baseline | 0: no; 1: yes |
| CHO | Total cholesterol at baseline (mg/dL) |  |
| TG | Triglycerides at baseline (mg/dL) |  |
| TGdrug | Medication use for hypertriglycemia at baseline | 0: no; 1: yes |
| HDL | High Density Lipoprotein-Cholesterol at baseline (mg/dL) |  |
| LDL | Low Density Lipoprotein-Cholesterol at baseline (mg/dL) |  |
| phy\_act1 | Level of physical activity at baseline | 0: low; 1: moderate; 2: high. |
| Edu\_gp | Level of education | 1: Illiterate/elementary school  2: High school  3: University and above |
| Marital\_gp | Marital status | 1: Married;  2:single/Divorced/Separated/ Widowed/others |
| Smoke\_gp | Smoking status at baseline | 1: Never smoke  2: Current smoker  3: Ex-smoker |
| Alcohol\_gp | Alcohol consumption at baseline | 0: no; 1: yes |
| hyperself | History of hypertension | 0: no; 1: yes; 3: I don’t know. |
| case\_cr\_lip | History of hyperlipidemia | 0: no; 1: yes; 3: I don’t know. |
| diabeteself | History of diabetes | 0: no; 1: yes; 3: I don’t know. |
| case\_cr\_comor | History of cardiovascular disease | 1.left ventricular hypertrophy；2.coronary artery disease；3.myocardial infarction；4.congestive heart failure；5.peripheral vascular disease；6.stroke, transient ischemic attack)；7.no |
| case\_physical\_date | Date of follow-up | Year/month/day |
| BMI\_fu | Body mass index at follow-up (kg/m2) |  |
| case\_p\_waist2 | Waist circumference at follow-up (cm) |  |
| case\_p\_systolic | Systolic blood pressure at follow-up (mmHg) |  |
| case\_p\_diastolic | diastolic blood pressure at follow-up (mmHg) |  |
| case\_hyper\_drug | Medication use for hypertension at follow-up | 1.Diuretics；2.ACE-Inhibitor；3.Alpha Blocker；4.Calcuium channel blockers；5.AT1-Receptor Blockers (ARBs)；6.Beta Blocker；7.None |
| Glu\_lab09 | Fasting glucose at follow-up (mg/dL) |  |
| case\_diabetes\_drug | Medication use for hyperglycemia at follow-up | 1.Oral antidiabetic agents；2.Insulin；3.Both；4.None |
| TG\_lab05 | Triglycerides at follow-up (mg/dL) |  |
| HDL\_lab06 | High Density Lipoprotein-Cholesterol at follow-up (mg/dL) |  |
| case\_cr\_lower | Use of lipid-lowering agents | 1.Statins；2.Others；3.None |
| case\_p\_weight | Body weight at follow-up (kg) |  |
| case\_p\_height | Body height at follow-up (cm) |  |
| phy\_act2 | Level of physical activity at follow-up | 0: Low; 1: Moderate; 2: High. |
| Smoke\_gp2 | Smoking status at follow-up | 1: Never smoke  2: Current smoker  3: Ex-smoker |
| Alcohol\_gp2 | Alcohol consumption at follow-up | 0: no; 1: yes |