

**Supplemental Table 8. Changes in the answers to the questionnaires at the first visit before 2012, visit in 2012, and the last health check visit after 2012 in the participants with CKD Stage G1 in 2012**

Question number	Questionnaire	n	First Visit	2012	Last Visit	P for among 3 visits
1-3	Are you taking the following medicines at present?					
1	Antihypertensive medicines	36	22.2 <b>1.78</b> ± 0.42 (Mean point of answer number ± SD)	30.6 <b>1.69</b> ± 0.47	36.1 <b>1.64</b> ± 0.49	0.042
2	Insulin injection or antihyperglycemic medicines	36	2.8 <b>1.97</b> ± 0.17 (Mean point of answer number ± SD)	2.8 <b>1.97</b> ± 0.17	13.9 <b>1.86</b> ± 0.35	0.018
3	Cholesterol reducing medicines	36	11.1 <b>1.89</b> ± 0.32 (Mean point of answer number ± SD)	19.4 <b>1.81</b> ± 0.40	19.4 <b>1.81</b> ± 0.40	0.105
4	Have you been told by a physician that you have suffered a stroke* or have you ever received treatment for stroke?	35	0.0 <b>2.00</b> ± 0.00 (Mean point of answer number ± SD)	2.9 <b>1.97</b> ± 0.17	2.9 <b>1.97</b> ± 0.17	0.368
5	Have you been told by a physician that you suffer from heart diseases**or have you ever received treatment for heart diseases?	35	5.7 <b>1.94</b> ± 0.24 (Mean point of answer number ± SD)	8.6 <b>1.91</b> ± 0.28	8.6 <b>1.91</b> ± 0.28	0.368
6	Have you been told by a physician that you suffer from chronic kidney disease or kidney failure or have you ever received treatment for chronic renal failure (dialysis)?	35	0.0 <b>2.00</b> ± 0.00 (Mean point of answer number ± SD)	2.9 <b>1.97</b> ± 0.17	0.0 <b>2.00</b> ± 0.00	0.368
7	Have you been told by a physician that you suffer from anemia?	32	12.5 <b>1.88</b> ± 0.34 (Mean point of answer number ± SD)	6.3 <b>1.94</b> ± 0.25	18.8 <b>1.81</b> ± 0.40	0.180
8	Are you currently a habitual smoker? ***	36	19.4 <b>1.81</b> ± 0.40 (Mean point of answer number ± SD)	22.2 <b>1.78</b> ± 0.42	16.7 <b>1.83</b> ± 0.38	0.472
9	Has your body weight increased by 10 kg or more since the age of 20 years?	24	45.8 <b>1.54</b> ± 0.51 (Mean point of answer number ± SD)	45.8 <b>1.54</b> ± 0.51	45.8 <b>1.54</b> ± 0.51	1.000
10	Have you performed exercise with slight sweating for 30 minutes or more , at least twice a week, for more than one year?	25	36.0 <b>1.64</b> ± 0.49 (Mean point of answer number ± SD)	44.0 <b>1.56</b> ± 0.51	44.0 <b>1.56</b> ± 0.51	0.513

11	Do you walk, or engage in some physical exercise equivalent to walking, for one hour or more a day?	1. Yes (%) (Mean point of answer number ± SD)	25	48.0 <b>1.52</b> ± 0.51	48.0 <b>1.52</b> ± 0.51	48.0 <b>1.52</b> ± 0.51	1.000
12	Do you walk faster than people who are of nearly the same age and the same sex as you?	1. Yes (%) (Mean point of answer number ± SD)	25	40.0 <b>1.60</b> ± 0.50	44.0 <b>1.56</b> ± 0.51	48.0 <b>1.52</b> ± 0.51	0.651
13	Did you experience a weight gain/loss of 3 kg or more in the past year?	1. Yes (%) (Mean point of answer number ± SD)	25	20.0 <b>1.80</b> ± 0.41	20.0 <b>1.80</b> ± 0.41	32.0 <b>1.68</b> ± 0.48	0.441
14	Do you eat faster than others?	1. Fast (%) 2. Normal (%) 3. Slow (%) (Mean point of answer number ± SD)	25	32.0 56.0 12.0 <b>1.80</b> ± 0.65	28.0 64.0 8.0 <b>1.80</b> ± 0.58	28.0 60.0 12.0 <b>1.84</b> ± 0.62	0.882
15	Do you eat dinner within 2 hours before sleep at least three times a week?	1. Yes (%) (Mean point of answer number ± SD)	25	12.0 <b>1.88</b> ± 0.33	12.0 <b>1.88</b> ± 0.33	28.0 <b>1.72</b> ± 0.46	0.102
16	Do you eat any snacks after dinner (a bedtime snack, other than three regular meals) three times or more a week?	1. Yes (%) (Mean point of answer number ± SD)	24	0.0 <b>2.00</b> ± 0.00	0.0 <b>2.00</b> ± 0.00	0.0 <b>2.00</b> ± 0.00	
17	Do you miss breakfast three times or more a week?	1. Yes (%) (Mean point of answer number ± SD)	25	8.0 <b>1.92</b> ± 0.28	12.0 <b>1.88</b> ± 0.33	20.0 <b>1.80</b> ± 0.41	0.174
18	How often do you drink alcoholic beverages***** ?	1. Everyday (%) 2. Sometimes (%) 3. Rarely drink (cannot drink) (%) (Mean point of answer number ± SD)	33	33.3 12.0 54.5 <b>2.21</b> ± 0.93	27.3 27.3 45.5 <b>2.18</b> ± 0.85	33.3 21.2 45.5 <b>2.12</b> ± 0.89	0.311
19	How much sake do you drink a day?*****	1. Less than 180ml (%) 2. 180-360ml (%) 3. 360-540ml (%) 4. More than 540ml (%) (Mean point of answer number ± SD)	16	37.5 25.0 18.8 18.8 <b>2.19</b> ± 1.17	31.3 25.0 37.5 6.3 <b>2.19</b> ± 0.98	43.8 37.5 12.5 6.3 <b>1.81</b> ± 0.91	0.113

20	Do you sleep well and get a sufficient amount of rest?	1. Yes (%)	25	64.0	56.0	64.0			
		(Mean point of answer number $\pm$ SD)		<b>1.36</b> $\pm$ 0.49	<b>1.44</b> $\pm$ 0.51	<b>1.36</b> $\pm$ 0.49	0.695		
21	Do you intend to improve your lifestyle, including fitness and dietary habits?	1. I do not intend to improve them. (%)	24	25.0	20.8	33.3			
		2. I intend to improve them (within about 6 months). (%)		54.2	41.7	41.7			
		3. I intend to improve them soon (within about one month). I have already started doing so. (%)		4.2	12.5	8.3			
		4. I have already attempted to improve them (for less than 6 months). (%)		4.2	4.2	4.2			
		5. I have already attempted to improve them (for more than 6 months). (%)		12.5	20.8	12.5			
		(Mean point of answer number $\pm$ SD)		<b>2.25</b> $\pm$ 1.26	<b>2.63</b> $\pm$ 1.44	<b>2.21</b> $\pm$ 1.32	0.195		
22	Do you utilize health guidance services to improve your lifestyle, if available?	1. Yes (%)	33	63.6	57.6	45.5			
		(Mean point of answer number $\pm$ SD)		<b>1.36</b> $\pm$ 0.49	<b>1.42</b> $\pm$ 0.50	<b>1.55</b> $\pm$ 0.51	0.155		

n: number of respondents to corresponding questionnaire

The answer number of questionnaire is converted to the point.

\*: cerebral hemorrhage, cerebral infarction, etc.

\*\* : angina pectoris, myocardial infarction, etc.

\*\*\* : "A current habitual smoker" is defined as a person who has smoked a total of 100 cigarettes or more, or has a history of smoking for more than 6 months, and has been smoking for the past one month.

\*\*\*\*: sake, distilled spirit, beer, whiskey, wine, etc.

\*\*\*\*\*: Alcohol content equivalent to a small bottle of sake (180 ml): an average sized bottle of beer (about 500 ml), a glass of distilled spirit (35 proof liquor, 80 ml), a glass of whiskey (60 ml), two glasses of wine (240 ml)

Abbreviation: SD; standard deviation

<sup>a</sup> Significantly differ compared to the first visit ;  $p < 0.0167$

<sup>b</sup> Significantly differ compared to visit in 2012 ;  $p < 0.0167$

<sup>c</sup> Significantly differ compared to the last visit ;  $p < 0.0167$