

Supplementary Table 2. Participants characteristics according to the presence of MAFLD and NAFLD in the cross-sectional analyses ($n=37,422$)

Characteristic	Overall	MAFLD	NAFLD	Only MAFLD	Only NAFLD	Both MAFLD and NAFLD
Number	37,422	11,367	10,508	1,591	732	9,776
Demographics						
Age, yr	41.9±12.1	45.1±11.7	44.5±11.8	47.4±10.1	41.3±10.8	44.8±11.9
Male sex, %	53.8	77.4	74.2	95.2	70.8	74.5
Education (≥college graduate), %	64.9	59.2	61.0	53.2	71.6	60.2
Household income (≥10,000 Yuan/mo), %	36.8	37.3	36.8	42.0	42.3	36.5
Employment status, %						
Managers	42.7	43.2	42.8	46.6	44.6	42.6
Professionals	16.1	16.2	16.8	13.1	19.0	16.7
Other	41.2	40.6	40.1	40.3	36.4	40.7
Healthy lifestyle factors, %						
No current smoking	80.3	69.7	73.5	47.9	76.9	73.2
No heavy drinking	86.2	79.0	91.1	6.0	94.0	90.1
Regular physical activity	36.7	37.2	37.4	35.1	35.9	37.5
Healthy diet	50.0	52.7	51.5	58.7	49.5	51.7
No. of healthy lifestyle factors						
0	2.1	3.4	1.4	15.9	1.0	1.4
1	9.3	14.4	10.8	35.2	8.5	11.0
2	36.1	35.2	35.3	35.3	37.0	35.2
3	38.4	34.3	38.0	12.6	40.4	37.8
4	14.2	12.8	14.5	1.1	13.1	14.7
Clinical and laboratory measures						
Body mass index, kg/m ²	24.6±3.8	28.0±3.2	27.7±3.3	28.0±3.1	23.8±2.0	27.9±3.2
Waist circumference, cm	83.0±11.4	93.0±8.8	92.0±9.1	95.1±8.2	82.4±6.8	92.7±8.9
FPG, mmol/L	5.2±1.1	5.7±1.5	5.6±1.5	5.8±1.4	5.0±0.4	5.6±1.5
HbA1c, %	5.5±0.7	5.8±0.9	5.8±0.9	5.8±0.8	5.4±0.3	5.8±0.9
2-hour post-load glucose, mmol/L	6.4±2.2	7.4±2.6	7.3±2.6	7.4±2.5	6.0±1.2	7.4±2.7
Type 2 diabetes mellitus, %	5.5	12.6	11.4	14.6	0	12.3
Prediabetes, %	20.5	34.4	31.7	41.2	9.6	33.3
Systolic pressure, mm Hg	121.8±16.6	131±16.0	129.8±16.1	132.8±16.4	117.1±12.1	130.7±15.9
Diastolic pressure, mm Hg	77.0±11.8	83.8±11.6	82.8±11.5	86.6±12.0	74.5±8.5	83.4±11.4
Triglycerides, mmol/L	1.4±1.2	2.1±1.6	2.0±1.4	2.5±2.4	1.3±0.7	2.1±1.5
HDL-cholesterol, mmol/L	1.4±0.4	1.1±0.3	1.2±0.3	1.2±0.3	1.3±0.3	1.1±0.3
High-sensitivity C-reactive protein, mg/L	1.5±3.2	2.0±3.4	2.0±3.4	1.9±3.0	1.2±1.9	2.0±3.4
ALT, U/L	22.1±20.5	33.7±27.2	33.1±27.2	34.5±24.4	26.5±18.3	33.6±27.7
AST, U/L	20.3±13.4	22.8±11.3	22.2±10.4	25.0±13.9	20.3±7.0	22.3±10.6
GGT, U/L	31.8±34.5	44.9±42.4	40.1±36.1	65.3±59.3	32.0±28.1	40.6±36.5
Family diseases history, %						
CVD	29.4	32.1	31.4	36.0	31.0	31.5
Hypertension	49.6	54.6	53.8	57.5	49.3	54.1
Diabetes	25.4	30.2	30.1	29.7	28.4	30.2

Values are presented as mean ± standard deviation.

MAFLD, metabolic dysfunction-associated fatty liver disease; NAFLD, non-alcoholic fatty liver disease; FPG, fasting plasma glucose; HbA1c, glycosylated hemoglobin; HDL, high density lipoprotein; ALT, alanine aminotransferase; AST, aspartate aminotransferase; GGT, gamma-glutamyltransferase; CVD, cardiovascular disease.