

Supplementary Table 3. Comparisons of SBP between baseline and follow-up by each mean SBP category

	Mean SBP category (mm Hg)			
	Low-normal (<120)	Normal to high-normal (120 to 139)	High (140 to 159)	Very-high (\geq 160)
SBP (mm Hg)				
At baseline	121.5 \pm 14.0	133.1 \pm 15.8	154.7 \pm 22.8	175.4 \pm 27.0
At follow-up	112.8 \pm 11.0	126.6 \pm 12.6	143.9 \pm 15.6	167.8 \pm 26.1
<i>P</i> *	0.470	0.215	0.002	0.806

Values are presented as mean \pm standard deviation.

SBP, systolic blood pressure.

*By paired *t*-test.