

Table S1. Average BA and BA–CA by independent variable.

Variable	Males						Females					
	BA			Difference (BA–CA)			BA			Difference (BA–CA)		
	Mean	SD	P-value	Mean	SD	P-value	Mean	SD	P-value	Mean	SD	P-value
Use of nutrition data												
Active use	44.34	20.81	<0.0001	3.15	13.82	0.0128	43.31	18.25	<0.0001	2.48	13.19	0.0371
Use	49.74	21.17		3.55	14.50		49.80	20.59		3.71	13.63	
Nonuse	64.66	18.26		3.12	14.87		70.11	18.52		5.86	14.74	
Age (years)												
<30	22.82	14.03	<0.0001	-1.33	13.07	<0.0001	25.90	11.21	<0.0001	1.62	10.61	<0.0001
30–39	39.57	14.83		4.60	14.56		36.87	12.86		1.96	12.49	
40–49	50.64	15.78		6.35	15.42		47.98	15.05		3.61	14.66	
50–59	61.12	15.64		6.50	15.55		60.15	15.00		5.83	14.63	
≥60	70.28	13.44		1.16	13.25		74.28	15.03		5.19	14.54	
Education level												
Less than high school	61.87	18.95	0.2873	3.53	15.00	0.5499	62.58	19.88	<0.0001	5.66	14.75	<0.0001
Bachelor's degree	44.26	21.34		2.95	14.04		37.69	16.39		1.00	11.58	
Master's degree or higher	52.60	18.61		4.28	13.73		39.62	15.87		0.11	11.19	
Economic status												
Unemployed	59.72	24.30	<0.0001	1.64	13.78	0.1040	57.09	22.81	<0.0001	4.38	13.90	0.0833
Employed	52.83	20.18		3.97	14.80		50.85	20.92		3.65	13.91	
Household income												
Low	65.35	20.05	<0.0001	1.78	14.63	0.9760	69.12	19.73	<0.0001	5.64	14.72	<0.0001
Medium to low	55.29	21.90		3.07	14.71		55.18	22.66		5.33	15.17	
Medium to high	50.94	20.82		3.76	14.31		49.11	20.46		3.74	12.97	
High	51.19	20.63		4.18	14.59		47.28	19.43		1.95	12.66	
BMI (kg/m²)												
<23	46.75	21.72	<0.0001	-5.20	11.72	<0.0001	43.34	19.25	<0.0001	-2.19	10.36	<0.0001
23–25	55.96	20.16		3.61	12.10		58.68	19.14		5.03	12.32	
>25	62.01	19.47		12.12	13.58		68.54	19.05		13.72	14.49	
Chronic disease												
Diagnosed	69.70	16.31	<0.0001	7.58	15.57	<0.0001	73.24	17.02	<0.0001	9.40	15.88	<0.0001
Not diagnosed	47.70	20.10		1.40	13.65		45.99	18.82		1.77	12.32	
Aerobic exercise status												
Yes	51.66	22.11	<0.0001	2.55	14.26	<0.0001	51.05	20.96	<0.0001	3.21	13.54	<0.0001
No	56.06	21.16		3.73	14.70		55.06	22.42		4.30	14.02	
Smoking status												
Smoker	52.09	21.31	<0.0001	4.75	15.60	<0.0001	50.19	23.01	<0.0001	6.48	16.02	<0.0001
Ex-smoker	60.37	19.53		3.16	14.02		47.82	22.73		4.18	13.69	
Nonsmoker	47.59	22.97		1.20	13.42		54.59	21.97		3.88	13.79	
Alcohol intake												
Less than twice a week	54.57	21.36	<0.0001	2.22	13.69	<0.0001	54.38	22.02	0.0288	3.95	13.74	0.0025
More than twice a week	55.07	22.46		8.49	17.14		45.18	22.90		5.93	17.72	
Family history of chronic disease												
No	54.77	21.82	0.1641	2.31	14.16	0.0014	54.27	22.68	0.0144	3.65	13.91	0.0002
Yes	54.43	21.04		5.46	15.15		53.63	21.12		4.66	13.89	
Survey year												
2010	55.09	21.94	<0.0001	4.29	14.91	<0.0001	53.33	21.68	0.0241	4.60	12.86	0.0204
2011	54.63	21.45		2.76	14.91		54.30	22.86		3.84	14.43	
2012	54.67	20.72		2.22	13.24		55.20	22.50		4.14	14.59	
2013	52.61	21.57		3.05	15.03		52.85	21.72		3.95	13.71	
2014	54.50	21.03		3.16	14.11		53.08	21.43		3.12	13.74	
2015	56.36	22.43		4.60	14.91		55.35	22.23		4.36	14.02	

Stress level													
Low	55.66	21.61	0.5851	2.95	14.32	0.5982	54.67	21.75	0.2352	3.94	13.57	0.9373	
High	51.03	21.01		4.81	15.38		52.33	23.02		4.24	14.79		
Subjective health status													
Good	50.36	21.95	<0.0001	1.53	13.09	<0.0001	48.63	21.10	<0.0001	2.46	12.61	0.0018	
Normal	55.37	20.80		4.17	14.81		53.18	21.49		3.97	13.85		
Bad	62.49	20.50		5.07	16.52		63.40	22.04		6.28	15.37		
Total	54.66	21.56		3.35	14.57		54.03	22.12		4.02	13.91		

Table S2. Results of linear regression analyses of the association between the use of nutrition data and BA or BA–CA.

Variable	Males						Females					
	BA			Difference (BA–CA)			BA			Difference (BA–CA)		
	β	SE	P-value	β	SE	P-value	β	SE	P-value	β	SE	P-value
Use of nutrition data												
Active use	-2.646	0.573	<0.0001	-1.695	0.559	0.0025	-2.787	0.374	<0.0001	-0.817	0.365	0.0256
Use	-1.181	0.397	0.003	-0.360	0.386	0.3519	-2.161	0.338	<0.0001	-0.201	0.326	0.5385
Nonuse	Ref	-	-				Ref	-	-			
Age (years)												
<30	Ref	-	-				Ref	-	-			
30–39	13.160	0.522	<0.0001	2.548	0.489	<0.0001	9.348	0.362	<0.0001	-1.043	0.336	0.002
40–49	24.095	0.536	<0.0001	3.835	0.508	<0.0001	17.950	0.439	<0.0001	-1.801	0.418	<0.0001
50–59	32.679	0.541	<0.0001	3.171	0.521	<0.0001	25.165	0.463	<0.0001	-3.441	0.446	<0.0001
≥60	40.918	0.563	<0.0001	-1.670	0.551	0.0025	34.221	0.533	<0.0001	-7.582	0.511	<0.0001
Education level												
Less than high school	-0.205	0.650	0.7526	-0.029	0.616	0.9627	2.602	0.589	<0.0001	2.320	0.563	<0.0001
Bachelor's degree	-0.799	0.610	0.1906	-0.336	0.575	0.5594	0.264	0.557	0.6353	0.772	0.522	0.1395
Master's degree or higher	Ref	-	-				Ref	-	-			
Economic status												
Unemployed	Ref	-	-				Ref	-	-			
Employed	-1.335	0.386	0.0006	-0.970	0.360	0.0072	-0.843	0.231	0.0003	-0.483	0.229	0.0352
Household income												
Low	1.156	0.511	0.0239	-0.426	0.485	0.3800	1.565	0.426	0.0002	0.663	0.412	0.1080
Medium to low	-0.022	0.417	0.9581	-0.059	0.406	0.8844	0.728	0.350	0.0374	1.130	0.338	0.0008
Medium to high	-0.012	0.384	0.9756	-0.002	0.369	0.9961	0.275	0.277	0.3215	0.502	0.267	0.0606
High	Ref	-	-				Ref	-	-			
BMI (kg/m²)												
<23	Ref	-	-				Ref	-	-			
23–25	7.924	0.330	<0.0001	8.100	0.317	<0.0001	7.135	0.288	<0.0001	7.085	0.275	<0.0001
>25	16.225	0.350	<0.0001	16.593	0.334	<0.0001	15.777	0.357	<0.0001	15.971	0.349	<0.0001
Chronic disease												
Diagnosed	6.303	0.437	<0.0001	5.802	0.420	<0.0001	7.856	0.400	<0.0001	6.594	0.396	<0.0001
Not diagnosed	Ref	-	-				Ref	-	-			
Aerobic exercise status												
Yes	-1.577	0.324	<0.0001	-1.365	0.307	<0.0001	-1.430	0.258	<0.0001	-1.046	0.253	<0.0001
No	Ref	-	-				Ref	-	-			
Smoking status												
Smoker	Ref	-	-				Ref	-	-			
Ex-smoker	-1.207	0.353	0.0007	-1.770	0.343	<0.0001	-1.836	0.769	0.0171	-2.103	0.717	0.0034
Nonsmoker	-1.863	0.371	<0.0001	-1.742	0.356	<0.0001	-1.817	0.670	0.0068	-1.832	0.629	0.0037
Alcohol intake												
Less than twice a week	Ref	-	-				Ref	-	-			
More than twice a week	2.968	0.430	<0.0001	3.205	0.420	<0.0001	2.087	1.237	0.0918	2.509	1.216	0.0392
Family history of chronic disease												
No	Ref	-	-				Ref	-	-			
Yes	0.702	0.380	0.0647	0.979	0.361	0.0068	0.757	0.274	0.0058	0.881	0.271	0.0012
Survey year												
2010	-1.097	0.554	0.0481	-0.733	0.524	0.1619	0.361	0.391	0.3564	0.901	0.372	0.0157
2011	-1.398	0.579	0.0159	-1.124	0.558	0.044	-0.443	0.436	0.3101	-0.004	0.427	0.9934
2012	-2.256	0.550	<0.0001	-1.912	0.537	0.0004	0.726	0.537	0.1771	1.197	0.526	0.023
2013	-2.135	0.527	<0.0001	-1.840	0.505	0.0003	-0.805	0.401	0.0449	-0.250	0.398	0.5306
2014	-0.962	0.516	0.0624	-0.879	0.500	0.0794	-0.325	0.399	0.4152	-0.113	0.391	0.7721
2015	Ref	-	-				Ref	-	-			

Stress level												
Low	Ref	-	-				Ref	-	-			
High	0.107	0.375	0.7755	0.466	0.357	0.1926	-0.078	0.312	0.8039	0.103	0.306	0.7357
Subjective health status												
Good	-2.977	0.508	<0.0001	-2.733	0.500	<0.0001	-1.444	0.354	<0.0001	-1.136	0.339	0.0008
Normal	-1.263	0.490	0.0101	-1.050	0.480	0.0288	-0.838	0.329	0.011	-0.506	0.317	0.1103
Bad	Ref	-	-				Ref	-	-			
Average daily energy intake	-0.011	0.014	0.4596	0.003	0.014	0.8378	-0.039	0.020	0.0490	-0.006	0.019	0.7480