Supplementary Table S1. Sample characteristics at waves 2 to 6 by gender.

Characteristics	Men					Women				
	Wave 2 (2008)	Wave 3 (2010)	Wave 4 (2012)	Wave 5 (2014)	Wave 6 (2016)	Wave 2 (2008)	Wave 3 (2010)	Wave 4 (2012)	Wave 5 (2014)	Wave 6 (2016)
Body mass index: Mean (SD) [a]	23.1 (2.6)	23.1 (2.6)	23.1 (2.6)	23.1 (2.6)	23.2 (2.5)	23.2 (2.9)	23.3 (2.9)	23.3 (2.9)	23.3 (2.9)	23.4 (2.9)
Age, years: Mean (SD) [a]	63.1 (10.3)	64.7 (10.0)	66.4 (9.6)	67.9 (9.4)	70.5 (9.1)	63.7 (11.2)	65.3 (10.9)	66.8 (10.4)	68.4 (10.1)	70.8 (9.8)
45-54	26.0%	19.2%	12.7%	6.5%	0.0%	26.7%	20.6%	14.2%	7.4%	0.0%
55-64	28.7%	29.8%	31.8%	32.6%	33.5%	26.6%	28.8%	31.1%	32.7%	31.7%
65-74	29.5%	31.2%	32.1%	33.2%	34.2%	28.1%	29.1%	29.9%	30.3%	31.4%
75-84	12.6%	15.1%	19.4%	22.5%	27.9%	14.8%	16.8%	19.8%	23.1%	27.4%
85 and above	2.1%	2.7%	3.3%	4.3%	7.3%	3.8%	4.7%	5.0%	6.5%	9.5%
Non-married [b]	8.6%	8.8%	9.1%	9.3%	9.5%	32.4%	33.2%	33.1%	34.5%	35.8%
Resides in rural area	24.5%	25.3%	25.9%	26.0%	26.0%	24.3%	25.5%	26.1%	26.8%	27.1%
Religion, yes	40.5%	38.9%	39.9%	33.3%	33.2%	58.8%	56.5%	59.0%	51.2%	48.9%
Education level										
Elementary school or less	31.8%	31.2%	30.4%	29.6%	28.2%	58.2%	57.9%	56.8%	56.6%	55.4%
Middle/high school	51.2%	52.0%	52.3%	52.9%	56.2%	37.4%	37.6%	38.7%	38.9%	40.7%
College or higher	17.0%	16.9%	17.4%	17.5%	15.6%	4.4%	4.5%	4.5%	4.5%	3.9%
Occupation										
No job	44.6%	43.8%	48.3%	51.3%	53.4%	71.8%	70.6%	72.9%	74.6%	75.9%
Blue collar job	41.6%	43.7%	40.4%	38.6%	37.8%	25.0%	26.0%	24.1%	22.9%	21.9%
White collar job	13.8%	12.5%	11.3%	10.1%	8.9%	3.2%	3.4%	3.0%	2.5%	2.2%
Household income [c]										
Lower half	46.6%	46.8%	46.3%	46.2%	48.4%	52.0%	52.0%	52.4%	52.1%	54.3%
Higher half	52.1%	52.7%	53.3%	53.1%	51.5%	46.0%	47.3%	47.0%	46.8%	45.4%
Unreported	1.4%	0.5%	0.4%	0.7%	0.1%	2.1%	0.7%	0.6%	1.2%	0.3%
House renter	17.9%	17.3%	16.7%	15.7%	15.1%	19.6%	19.0%	18.0%	17.1%	16.4%
Smoking, yes	37.6%	36.3%	33.8%	27.6%	22.0%	3.2%	2.8%	2.5%	1.9%	1.6%
Alcohol intake, yes	60.3%	58.0%	56.1%	55.1%	53.7%	18.4%	18.0%	17.6%	16.0%	15.4%
Routine physical exercise, active	39.5%	37.9%	41.3%	36.8%	39.4%	33.0%	30.5%	32.1%	29.2%	30.5%
Obese [d], yes	18.8%	19.8%	20.9%	20.2%	21.2%	23.8%	25.2%	25.2%	25.9%	26.6%
Depressive symptom [e], yes	40.4%	41.2%	40.4%	37.5%	34.6%	52.2%	49.8%	46.4%	44.6%	41.5%
Chronic disease [f], yes	44.9%	49.3%	53.5%	56.5%	59.3%	45.3%	51.2%	55.0%	58.7%	61.1%
Number of observations	3,711	3,281	2,983	2,777	2,556	4,791	4,289	3,882	3,688	3,442

[a] SD denotes standard deviation. [b] Nonmarried includes never married, separated, widowed, or divorced. [c] Household income was adjusted for household size for each wave. [d] Obese was defined as the body mass index of at least 25. [e] Depressive symptom was defined as a score of 4 or more on the 10-item short form of the Center for Epidemiologic Studies Depression Scale. [f] Chronic diseases include hypertension, diabetes, stroke, angina, myocardial infarction, chronic pulmonary diseases, and any type of cancer.

Supplementary Table S2. Changes in the obesity status between waves by gender (the number of participants and percentage).

	Men						**Women**			
			Wave 2					**Wave 2**		
			Not obese	Obese	Total			Not obese	Obese	Total
Wave 1	Not obese		2,704 (93.9%)	177 (6.1%)	2,881 (100.0%)	**Wave 1**	Not obese	3,225 (91.2%)	311 (8.8%)	3,536 (100.0%)
	Obese		275 (34.6%)	520 (65.4%)	795 (100.0%)		Obese	337 (29.5%)	805 (70.5%)	1,142 (100.0%)
	Total		2,979 (81.0%)	697 (19.0%)	3,676 (100.0%)		Total	3,562 (76.1%)	1,116 (23.9%)	4,678 (100.0%)

			Wave 3					**Wave 3**		
			Not obese	Obese	Total			Not obese	Obese	Total
Wave 2	Not obese		2,421 (91.8%)	216 (8.2%)	2,637 (100.0%)	**Wave 2**	Not obese	2,869 (89.8%)	327 (10.2%)	3,196 (100.0%)
	Obese		188 (30.3%)	432 (69.7%)	620 (100.0%)		Obese	285 (27.7%)	744 (72.3%)	1,029 (100.0%)
	Total		2,609 (80.1%)	648 (19.9%)	3,257 (100.0%)		Total	3,154 (74.7%)	1,071 (25.4%)	4,225 (100.0%)

			Wave 4					**Wave 4**		
			Not obese	Obese	Total			Not obese	Obese	Total
Wave 3	Not obese		2,226 (94.7%)	125 (5.3%)	2,351 (100.0%)	**Wave 3**	Not obese	2,679 (94.5%)	155 (5.5%)	2,834 (100.0%)
	Obese		109 (18.2%)	490 (81.8%)	599 (100.0%)		Obese	173 (17.6%)	808 (82.4%)	981 (100.0%)
	Total		2,335 (79.2%)	615 (20.9%)	2,950 (100.0%)		Total	2,852 (74.8%)	963 (25.2%)	3,815 (100.0%)

			Wave 5					**Wave 5**		
			Not obese	Obese	Total			Not obese	Obese	Total
Wave 4	Not obese		2,105 (97.1%)	64 (3.0%)	2,169 (100.0%)	**Wave 4**	Not obese	2,578 (95.3%)	126 (4.7%)	2,704 (100.0%)
	Obese		87 (15.0%)	495 (85.1%)	582 (100.0%)		Obese	107 (11.5%)	820 (88.5%)	927 (100.0%)
	Total		2,192 (79.7%)	559 (20.3%)	2,751 (100.0%)		Total	2,685 (74.0%)	946 (26.1%)	3,631 (100.0%)

			Wave 6					**Wave 6**		
			Not obese	Obese	Total			Not obese	Obese	Total
Wave 5	Not obese		1,918 (94.9%)	104 (5.1%)	2,022 (100.0%)	**Wave 5**	Not obese	2,367 (93.7%)	159 (6.3%)	2,526 (100.0%)
	Obese		90 (17.1%)	435 (82.9%)	525 (100.0%)		Obese	149 (16.5%)	752 (83.5%)	901 (100.0%)
	Total		2,008 (78.8%)	539 (21.2%)	2,547 (100.0%)		Total	2,516 (73.4%)	911 (26.6%)	3,427 (100.0%)