

Supplementary Table 1. Subgroup and meta-regression analyses for bodyweight, SBP and DBP values

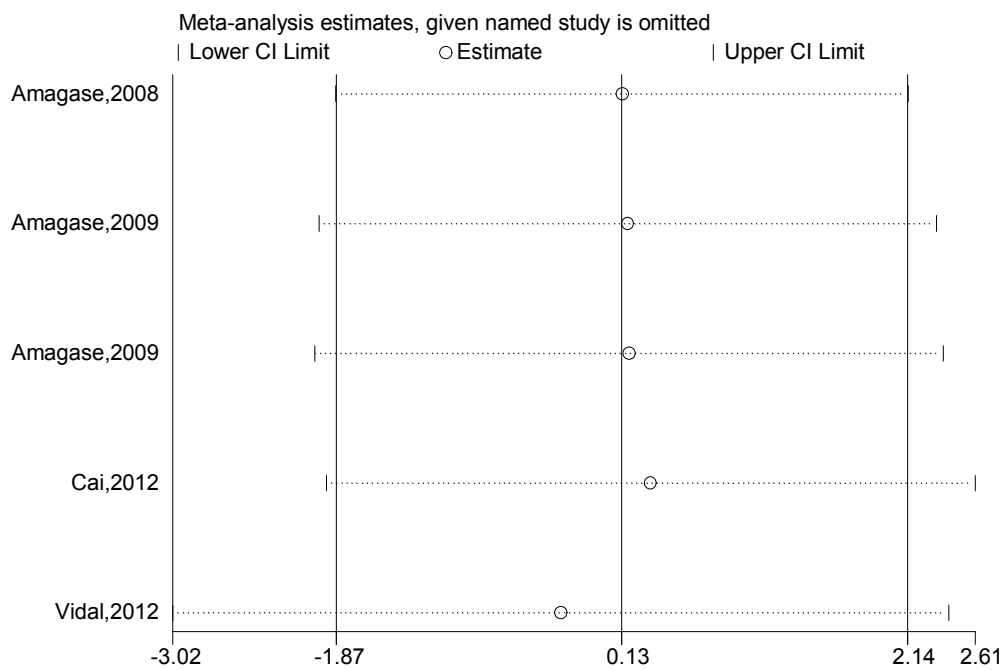
Factors stratified	Bodyweight kg					SBP mmHg					DBP mmHg				
	No.	Pooled effect (95% CI)	Heterogeneity		<i>P^b</i>	No.	Pooled effect (95% CI)	Heterogeneity		<i>P^b</i>	No.	Pooled effect (95% CI)	Heterogeneity		<i>P^b</i>
			I ² (%)	<i>P^a</i>				I ² (%)	<i>P^a</i>				I ² (%)	<i>P^a</i>	
Mean age, year					0.995					0.819					0.148
< 60	4	-0.30 (-3.02, 2.42)	-	-		4	-0.92 (-4.53, 2.70)	0.0%	0.831		4	0.86 (-1.45, 3.16)	0.0%	0.668	
≥ 60	1	0.64 (-2.32, 3.60)	0.0%	0.99		3	0.69 (-9.89, 11.28)	82.9%	0.003		3	-5.06 (-11.93, 1.80)	80.7%	0.006	
Health status					0.737					0.607					0.279
Healthy	4	0.33 (-1.94, 2.61)	0.0%	0.992		6	0.71 (-4.47, 5.90)	57.3%	0.039		6	-2.53 (-5.71, 0.66)	58.5%	0.034	
T2DM	1	-0.57 (-4.80, 3.66)	-	-		1	-2.86 (-8.33, 2.61)	-	-		1	2.78 (-1.06, 6.62)	-	-	
Duration					0.883					0.861					0.540
< 3 mon	3	-0.11 (-3.67, 3.45)	0.0%	1.000		3	0.59 (-4.22, 5.41)	0.0%	0.992		3	-0.22 (-3.10, 2.65)	0.0%	0.973	
≥ 3 mon	2	0.24 (-2.19, 2.67)	0.0%	0.646		4	-0.28 (-7.44, 6.89)	76.5%	0.005		4	-2.81 (-7.92, 2.30)	81.3%	0.001	

Abbreviations: CI, confidential interval; SBP, systolic blood pressure; DBP, diastolic blood pressure; No., number of included studies; P^a , value for heterogeneity within subgroup; P^b , value for heterogeneity between subgroups with meta-regression analysis.

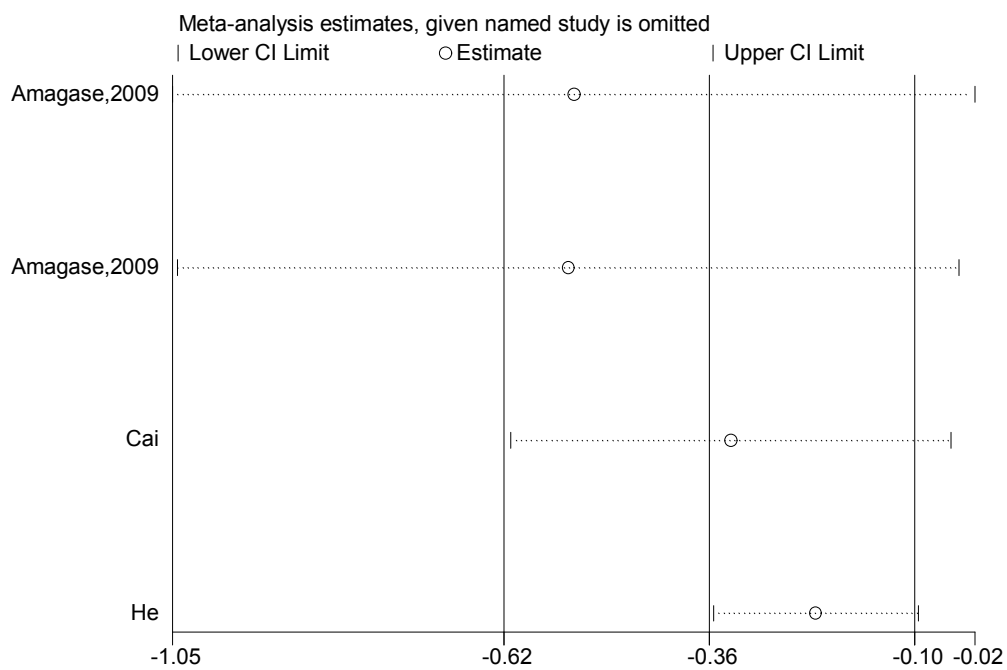
Supplementary Table 2. Subgroup and meta-regression analyses for TC, TG and fasting glucose concentrations

Factors stratified	TC mmol/L					TG mmol/L					Fasting glucose mmol/L				
	No.	Pooled effect (95% CI)	Heterogeneity		<i>P^b</i>	No.	Pooled effect (95% CI)	Heterogeneity		<i>P^b</i>	No.	Pooled effect (95% CI)	Heterogeneity		<i>P^b</i>
			I ² (%)	<i>P^a</i>				I ² (%)	<i>P^a</i>				I ² (%)	<i>P^a</i>	
Mean age, year					0.023					0.112					
< 60	2	0.03 (-0.07, 0.13)	0.0%	1.000		2	-0.02 (-0.13, 0.09)	0.0%	1.000						
≥ 60	2	-0.64 (-0.81, -0.46)	0.0%	0.938		2	-0.41 (-0.67, -0.15)	0.0%	0.591						
Duration					0.023					0.112					0.124
< 3 mon	2	0.03 (-0.07, 0.13)	0.0%	1.000		2	-0.02 (-0.13, 0.09)	0.0%	1.000		2	-0.21 (-0.34, -0.08)	0.0%	1.000	
≥ 3 mon	2	-0.64 (-0.81, -0.46)	0.0%	0.938		2	-0.41 (-0.67, -0.15)	0.0%	0.591		2	-0.84 (-1.30, -0.38)	0.0%	0.633	
Healthy status															0.124
Healthy											2	-0.21 (-0.34, -0.08)	0.0%	1.000	
Unhealthy											2	-0.84 (-1.30, -0.38)	0.0%	0.633	

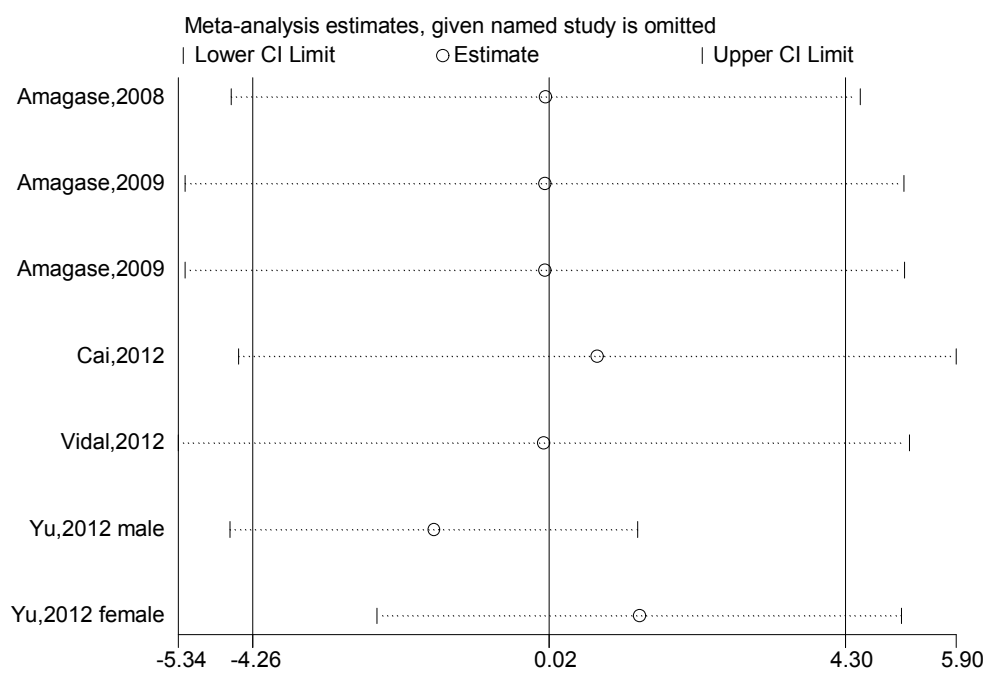
Abbreviations: CI, confidential interval; TC, total cholesterol; TG, triglyceride; No., number of included studies; P^a , value for heterogeneity within subgroup; P^b , value for heterogeneity between subgroups with meta-regression analysis.



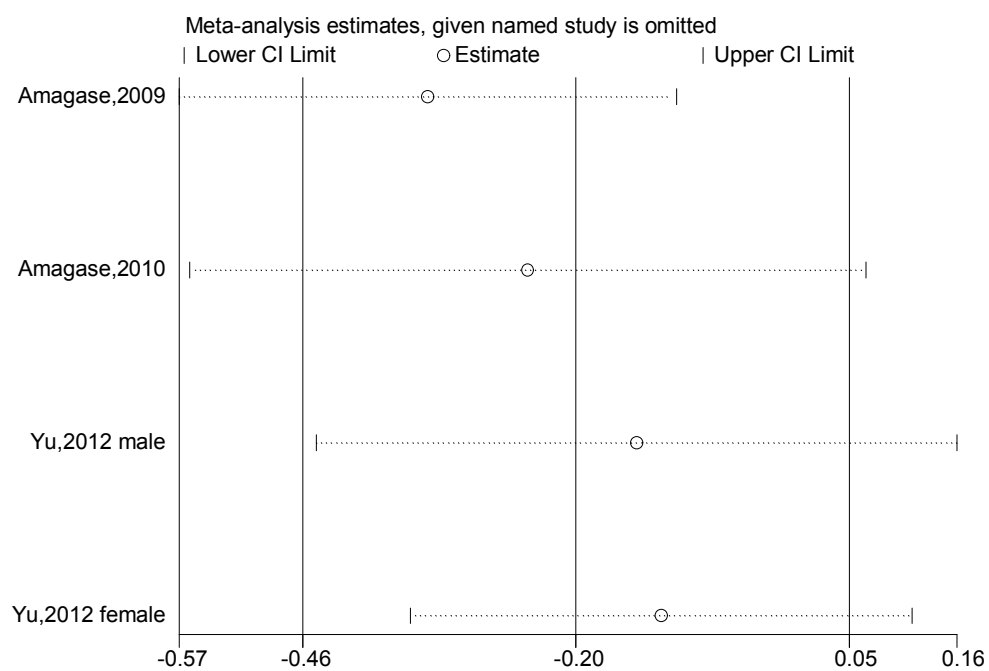
Supplementary Fig.1 Sensitivity analysis for bodyweight



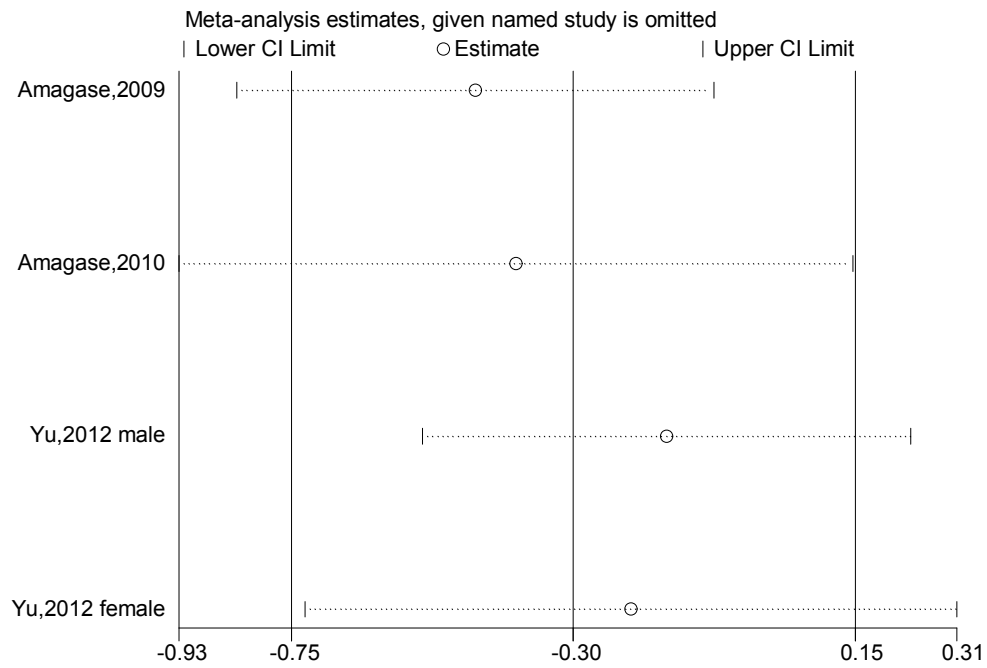
Supplementary Fig.2 Sensitivity analysis for fasting glucose



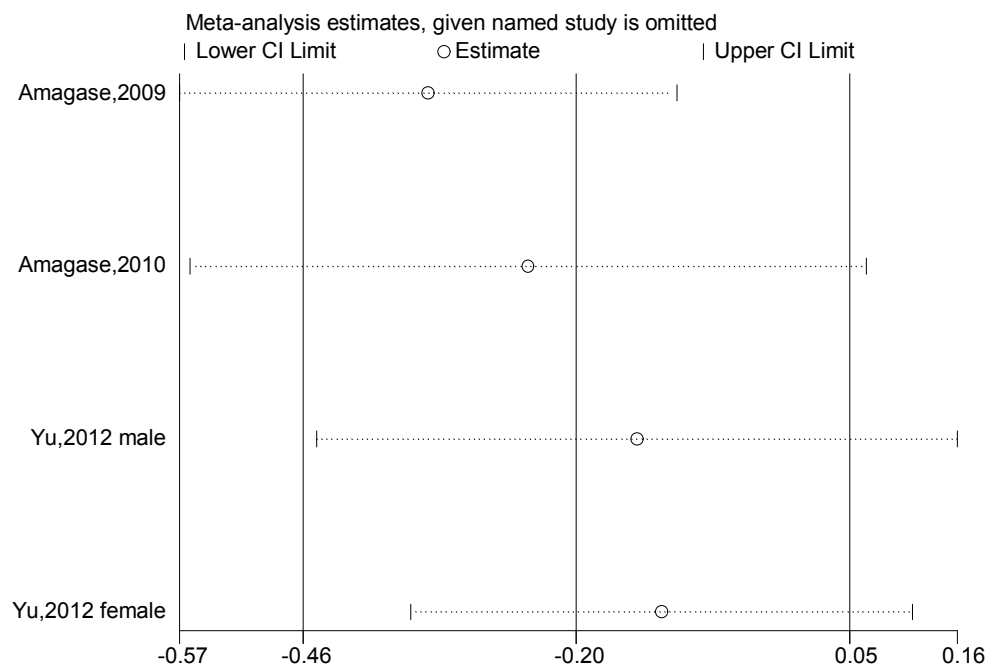
Supplementary Fig.3 Sensitivity analysis for SBP



Supplementary Fig.4 Sensitivity analysis for DBP



Supplementary Fig.5 Sensitivity analysis for TC



Supplementary Fig.6 Sensitivity analysis for TAG