

Table S1 Distribution of cohort participants by starting and ending year of the survey

Starting	Ending				Total
	2006	2009	2011	2015	
2004	862	699	1864	1881	5306
2006	0	242	590	578	1410
2009	0	0	642	666	1308
2011	0	0	0	1622	1622
Total	862	941	3096	4747	9646

Table S2 Prevalence (% , 95% CI) of overweight and obesity (BMI \geq 24.0) by marital status and other demographic characteristics among participants of CHNS in a pooled dataset of the five consecutive longitudinal surveys (N=36,310)

Characteristics	Never-married (n=1729)	Married (n=32014)	Divorced/Widowed (n=2567)
Sex			
Men	28.0(25.3-30.7)	45.3(44.5-46.0)	37.9(34.6-41.1)
Women	13.8(11.2-16.4)	42.5(41.7-43.3)	42.2(39.8-44.5)
<i>P</i> value	<0.0001	<0.0001	0.0377
Age groups			
18-29	19.8(17.6-21.9)	27.3(25.0-29.5)	24.0(9.36-45.1)
30-39	30.4(24.3-36.4)	36.6(35.4-37.9)	27.7(20.7-34.8)
40-49	28.7(19.6-37.9)	46.2(45.2-47.3)	42.9(37.1-48.7)
50-59	23.2(13.2-33.2)	47.8(46.8-48.9)	47.6(43.3-51.9)
60-69	37.0(23.0-50.9)	47.2(45.9-48.5)	41.8(38.1-45.5)
70-79	23.5(6.8-49.9)	43.1(41.0-45.2)	41.3(37.5-45.0)
\geq 80	66.6(13.3-1.00)	30.8(25.9-35.8)	28.7(22.9-34.5)
<i>P</i> value/ <i>P</i> trend	<0.0001/<0.0001	<0.0001/<0.0001	<0.0001/<0.0001
Residence			
Urban	27.6(24.6-30.6)	49.9(49.0-50.7)	48.2(45.6-50.9)
Rural	17.0(14.5-19.5)	38.8(38.1-39.6)	32.2(29.6-34.9)
<i>P</i> value	<0.0001	<0.0001	<0.0001
Education			
Primary school and below	18.6(13.6-23.5)	41.2(40.3-42.1)	37.4(34.9-39.9)
Middle/high school	22.4(19.8-24.9)	45.2(44.5-46.0)	45.6(42.4-48.8)
University/higher	24.1(20.2-28.0)	46.0(44.3-47.7)	42.9(35.4-50.5)
<i>P</i> value/ <i>P</i> trend	0.2470/0.2470	<0.0001/<0.0001	0.0003/0.0003
Employment status			
Unemployed	21.9(16.0-27.9)	50.0(49.0-50.9)	44.8(42.3-47.3)
Employed	22.4(20.3-24.5)	41.2(40.6-41.9)	35.3(32.5-38.2)
<i>P</i> value	0.8894	<0.0001	<0.0001
Income levels (yuan)^a			
Low income	17.7(13.8-21.6)	40.7(39.4-41.9)	34.0(30.4-37.6)
Middle income	23.4(20.8-26.0)	44.2(43.5-44.9)	42.5(40.1-44.9)
High income	24.1(19.4-28.7)	46.4(45.1-47.7)	45.9(40.2-51.6)
<i>P</i> value/ <i>P</i> trend	0.0561/0.0561	<0.0001/<0.0001	0.0002/<0.0001
Sleep time(hours)			
\leq 5 hours	20.0(4.3-48.1)	44.7(40.8-48.6)	39.7(31.0-48.4)
6-8 hours	23.1(20.8-25.5)	44.9(44.3-45.6)	41.8(39.5-44.1)
\geq 9 hours	20.0(16.2-23.8)	40.0(38.8-41.2)	38.1(34.4-41.8)
<i>P</i> value/ <i>P</i> trend	0.3877/0.3877	<0.0001/<0.0001	0.2529/0.2529
Smoking			
No	20.5(18.3-22.8)	44.8(44.1-45.5)	42.3(40.1-44.5)
Yes	26.4(22.7-30.2)	42.1(41.2-43.0)	36.1(32.4-39.8)
<i>P</i> value	0.0068	<0.0001	0.0057
Alcohol consumption			
No	19.5(17.2-21.8)	43.2(42.5-43.8)	41.1(39.0-43.3)
Yes	27.7(24.1-31.3)	45.3(44.4-46.2)	39.5(35.7-43.4)
<i>P</i> value	0.0001	0.0002	0.4746

CHNS: China Health and Nutrition Surveys.

Table S3 Risk of underweight, overweight and obesity in participants who remained married compared with participants who became married, in a pooled cohort of CNHS participants across five consecutive longitudinal surveys (n=8,580) Data are risk ratio (RR) and 95% CIs (versus normal weight)

Total(Marital status change)	Model 1	Model 2	Model 3
Underweight (ref: Normal weight)			
Become married	1.00	1.00	1.00
Remain married	0.57(0.35-0.94)	0.56(0.34-0.94)	0.56(0.34-0.93)
Overweight(ref: Normal weight)			
Become married	1.00	1.00	1.00
Remain married	1.10(0.85-1.42)	1.14(0.88-1.47)	1.12(0.87-1.45)
Obesity (ref: Normal weight)			
Become married	1.00	1.00	1.00
Remain married	1.15(0.79-1.67)	1.21(0.83-1.76)	1.17(0.81-1.70)

Model 1 adjusted for variables in model 1 as well as gender and age, the duration in the cohort at baseline;Model 2 adjusted for variables in model 2 as well as education level, income level, residence, employment status at baseline;Model 3 adjusted for variables in model 3 as well as sleep time, smoking, alcohol consumption at baseline.Variables assignment: gender: male=1, female=2; age: a continuous variable; the duration in the cohort: a continuous variable; education: primary school and below=1, middle/high school=2, university/higher=3; income levels: low income=1, middle income=2, high income=3; residence: urban=1,rural=2; employment status: unemployed=0, employed=1; sleep time: a continuous variable; smoking: no=0, yes=1; alcohol consumption: no=0, yes=1.CHNS: China Health and Nutrition Survey; CI: confidence interval.