

Supplementary Table S1. Results of a generalized estimating equation analyzing the changes in smoking and drinking status during the 14 year follow-up period according to covariates.

Covariates	Healthy to Unhealthy Behavior	Never or Past to Current Smoking	Never or Social to Binge Drinking
	OR (95% CI)	OR (95% CI)	OR (95% CI)
Age (years)			
15~20	1.00	1.00	1.00
21~40	1.04 (0.22-4.82)	0.23 (0.02-2.15)	0.90 (0.19-4.19)
41~60	0.64 (0.14-2.96)	0.14 (0.02-1.37)	0.57 (0.12-2.65)
> 60	0.41 (0.09-1.93)	0.12 (0.01-1.12)	0.35 (0.08-1.64)
Sex			
Male	1.00	1.00	1.00
Female	0.65 (0.60-0.70)	0.07 (0.06-0.09)	0.95 (0.87-1.03)
Education level			
Middle school	1.00	1.00	1.00
High School	0.81 (0.74-0.90)	0.79 (0.67-0.95)	0.82 (0.73-0.92)
College or higher	0.72 (0.64-0.81)	0.67 (0.55-0.81)	0.76 (0.67-0.87)
Occupational classification			
White-collar	1.00	1.00	1.00
Pink-collar	0.99 (0.89-1.12)	1.09 (0.90-1.34)	0.97 (0.86-1.10)
Green-collar	0.94 (0.46-1.95)	1.14 (0.40-3.23)	0.68 (0.27-1.73)
Blue-collar	0.93 (0.86-1.02)	0.86 (0.75-0.99)	0.95 (0.87-1.05)
Monthly wage income (\$, USD)			
<1500	1.00	1.00	1.00
1500–2000	0.97 (0.88-1.07)	0.97 (0.80-1.19)	0.96 (0.87-1.07)
2000–2500	1.01 (0.91-1.13)	1.07 (0.87-1.30)	0.99 (0.88-1.12)
>2500	1.03 (0.93-1.15)	1.25 (1.04-1.52)	0.93 (0.83-1.05)
Self-rated health status			
Good	1.00	1.00	1.00
Moderate	0.99 (0.92-1.06)	0.96 (0.86-1.08)	0.99 (0.91-1.06)
Bad	1.03 (0.89-1.19)	1.22 (0.96-1.56)	1.02 (0.86-1.20)

Bold indicates statistical significance. Risk is represented as odds ratio (95% confidence interval). All results were adjusted for age in observation year, sex, education level, occupational classification, monthly wage income level, self-rated health status, and change of working schedule. 'Healthy to unhealthy behavior' indicates changes from 'Never or past to current smoking' or 'Never or social to binge drinking'.