Supplementary Table 1. Baseline characteristics of participants

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| --- | --- | --- | --- |
|  | Men (n=885) | Women (n=1261) | p value |
| Plasma Renin Activity (ng/㎖/hr) | 2.8±2.3 | 1.9±1.8 | <0.001 |
| **Anthropometric features** |  |  |  |
| Age (yr) | 51.3±8.5 | 50.1±8.3 | 0.001 |
| Blood pressure (mmHg) |  |  |  |
| Systolic | 116.1±10.2 | 114.1±11.6 | <0.001 |
| Diastolic | 77.3±6.7 | 74.7±7.4 | <0.001 |
| Body Mass Index (kg/m2) | 23.9±2.8 | 24.4±3.1 | <0.001 |
| Waist Circumference (cm) | 82.6±7.3 | 78.6±9.0 | <0.001 |
| Diabetes (%) | 64(53.8) | 55(46.2) | 0.003 |
| Family History of hypertension (%) | 121(34.9) | 226(65.1) | 0.005 |
| Current smoker (%) | 422(25.8) | 1215(74.2) | <0.001 |
| Alcohol intake (drinks/week) | 16.2±25.9 | 1.0±4.1 | <0.001 |
| **Biochemical features** |  |  |  |
| Total cholesterol (mg/dl) | 182.9±31.2 | 182.2±32.8 | 0.58 |
| HDL Cholesterol (mg/dl) | 42.1±9.8 | 45.0±9.1 | <0.001 |
| Triglyceride (mg/dl) | 180.2±121.6 | 139.1±75.4 | <0.001 |
| Fasting glucose (mg/dl) | 85.4±18.4 | 82.3±15.5 | <0.001 |
| Postprandial glucose (mg/dl) | 116.1±46.9 | 121.9±40.5 | 0.003 |
| Fasting insulin (µIU/ml) | 7.3±6.2 | 8.0±6.0 | 0.004 |
| HOMA-IR | 27.8±24.6 | 29.7±23.4 | 0.075 |
| HbA1C (%) | 5.8±0.8 | 5.7±0.8 | 0.21 |
| C Reactive Protein (mg/dl) | 0.2±0.28 | 0.18±0.31 | 0.12 |
| Serum Creatine (mg/dl) | 1.0±0.0 | 1.0±0.0 | 0.087 |
| Serum Sodium (mmol/L) | 142.5±2.2 | 142.0±2.3 | <0.001 |
| Serum Potassium (mmol/L) | 4.6±0.41 | 4.4±0.41 | <0.001 |
| Urine sodium index (mmol/g of creatinine) | 133±188 | 98±129 | <0.001 |

Data are presented as mean ±SD, median (interquartile range) and number (percentage) where appropriate.

Abbreviations: HDL, high-density lipoprotein; HOMA-IR, homeostasis model assessment of insulin resistance

Supplementary Table 2. Correlations of plasma renin activity and urine sodium index with the other characteristics of participants at baseline

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Age | BMI | Log-transformed PRA | Urine sodium index | Systolic BP | Diastolic BP |
| **Log-transformed PRA** | | | | | | |
| Unadjusted | -0.13 (<0.001) | -0.08 (<0.001) | - | -0.12 (<0.001) | -0.10 (<0.001) | 0.01 (0.80) |
| Sex adjusted | -0.15 (<0.001) | -0.1 (0.02) | - | -0.07 (0.002) | -0.13 (<0.001) | -0.04 (0.11) |
|  | | | | | | |
| **Urine sodium index** | | | | | | |
| Unadjusted | .16 (<0.001) | 0.03 (0.12) | -0.12 (<0.001) | - | 0.06 (0.007) | -0.04 (0.08) |
| Sex adjusted | 0.18 (<0.001) | 0.01 (0.57) | -0.07 (0.002) | - | 0.08 (<0.001) | 0.001 (0.98) |