

Supplementary Table 3. The prevalence of drinkers categorized by sex and ages.

Male	The study cohort	Japan National nutrition survey	The study cohort	Japan National nutrition survey
	1994-1997	1995	2014-2017	2015
20s	10.2%(14/137)	34.9%	8.2%(8/98)	9.4%
30s	16.7%(183/1096)	59.2%	10.1%(262/2582)	29.5%
40s	21.6%(341/1576)	64.6%	15%(535/3563)	36.2%
50s	25.3%(401/1584)	62.5%	20.2%(724/3585)	46.4%
60s	19.4%(69/355)	53.9%	22.3%(351/1571)	43.2%
≥70s	19.6%(11/56)	41%	20.9%(58/278)	25.5%
<b>Female</b>				
20s	10.2%(14/137)	6.1%	8.2%(8/98)	5.1%
30s	16.7%(183/1096)	8.9%	10.1%(262/2582)	8.6%
40s	21.6%(341/1576)	10%	15%(535/3563)	13.5%
50s	25.3%(401/1584)	7.6%	20.2%(724/3585)	13.5%
60s	19.4%(69/355)	6%	22.3%(351/1571)	7.1%
≥70s	19.6%(11/56)	4.4%	20.9%(58/278)	1.5%

The chi-squared test was applied to categorical variables. Categorical variables are expressed as percentage

(n). The prevalence of drinker in Japan National Nutrition Survey 1995 or 2015 was expressed

([https://www.mhlw.go.jp/bunya/kenkou/kenkou\\_eiyou\\_chousa.html](https://www.mhlw.go.jp/bunya/kenkou/kenkou_eiyou_chousa.html))