

Table 1. Incident gastric cancer by baseline characteristics of participants in the CKB cohort

Variable	Incident gastric cancer (n=692)		No gastric cancer (n=99,528)		Incidence rate (per 100,000 person years)
	No.	%	No.	%	
Sex					
Male	434	62.72	42,428	42.63	105.99
Female	258	37.28	57,100	57.37	44.62
Age at baseline, mean (SD), years	60.82±9.33		53.64±11.00		
-40	19	2.75	12,760	12.82	14.11
40-50	68	9.83	26,322	26.45	24.93
50-60	220	31.79	30,416	30.56	71.55
60-70	258	37.28	21,354	21.46	128.87
70-	127	18.35	8,676	8.72	174.93
Residential area					
Rural	355	51.30	56,150	56.42	64.36
Urban	337	48.70	43,378	43.58	77.29
Current smoking ^a					
No	338	48.84	66,326	66.64	50.50
Yes	354	51.16	33,202	33.36	111.21
Alcohol drinking ^b					
Never	448	64.74	76,577	76.94	58.70
Ever	244	35.26	22,951	23.06	108.68
Consumption of preserved foods ^c					
Low	468	67.63	76,676	77.04	61.73
High	224	32.37	22,852	22.96	97.61
Intake of fresh fruits and vegetables ^d					
Frequent	145	20.95	27,477	27.61	51.78
Less frequent	547	79.05	72,051	72.39	77.30
Number of healthy lifestyle factors ^e					
0	60	8.67	3,638	3.66	166.51
1	172	24.86	14,504	14.57	123.24
2	205	29.62	25,130	25.25	83.83
3	203	29.34	42,732	42.93	47.43
4	52	7.51	13,524	13.59	37.28

^aNo current smoking was defined as never smoker or former smokers who had quit smoking at least 15 years, otherwise was current smoker;

^bNever alcohol drinking was defined as no alcohol use in the past year and never drinking in most weeks, otherwise was ever alcohol drinking;

^cLow consumption of preserved foods was defined as eating preserved vegetables <4 days per week, otherwise was high;

^dFrequent intake of fresh fruits and vegetables was defined as eating vegetables very day and fruits ≥4 days per week or eating fruits very day and vegetables ≥4 days per week, otherwise was less frequent;

^eHealthy lifestyle factors were defined as no current smoking, no alcohol drinking, low consumption of preserved foods and frequent intake of fresh fruits and vegetables.

Table 2. Risk of incident gastric cancer according to lifestyle categories within each genetic risk level ^a

Lifestyle category	Low genetic risk			High genetic risk					
	Unfavorable	Intermediate	Favorable	Unfavorable	Intermediate	Favorable	Unfavorable	Intermediate	Favorable
No. of cases/Person years	33/34,206	50/135,331	5/28,465	138/105,718	243/403,912	32/82,545	61/35,662	115/133,277	15/28,468
Hazards ratio (95% CI)	Ref.	0.52 (0.31-0.88)	0.11 (0.04-0.28)	Ref.	0.64 (0.51-0.83)	0.51 (0.33-0.78)	Ref.	0.73 (0.52-1.03)	0.53 (0.29-0.99)
<i>P</i> value		0.014	0.002		0.00027	0.0019		0.076	0.048
<i>P</i> value for trend		0.0051						0.027	
Absolute risk (%)-10 years (95% CI)	9.97 (6.53-13.41)	3.78 (2.72-4.86)	1.79 (0.72-2.36)	13.31 (11.06-15.57)	6.10 (5.31-6.89)	3.91 (2.55-5.27)	16.17 (12.01-20.33)	8.12 (6.56-9.67)	4.93 (2.42-7.44)
Absolute	Ref.	6.19 (2.57-	8.1	Ref.	7.21 (5.02-	9.40	Ref.	8.05 (3.59-	11.24

risk reduction (%) -10 years (95% CI)	9·65)	18 (4 ·5 0- 11 ·9 4)	9·72)	(6·85- 12·17)	11·85)	(6·24- 15·61)
Numbers needed -10 years ^b	162	12 2	139	106	124	89

^a Cox proportional hazards regression adjusted for age, sex, residential area, and the first 10 principal components of ancestry.

^b The number needed to adhere to a healthy lifestyle to prevent one gastric cancer case in 10 years.