**Supplementary Material 1.** Association of late eating with cardiometabolic risk factors in hypertensive adults who reported that their intake on the recall day was similar to the amount of food they usually ate.

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| **Variables** | **Cardiometabolic risk** **factors (mean±SD)** |  | **Parameter estimate for** **cardiometabolic risk factors** **(p-value)** |
| **Early eaters** | **Late eaters** | **Crude model** | **Adjusted model** |
| Systolic blood pressure, mmHg | 134.3±16.9 | 133.8±16.8 |  | -0.55 (0.101) | -0.38 (0.229) |
| Diastolic blood pressure, mmHg | 78.4±11.8 | 81.5±12.2 |  | 3.10 (<0.001) | 0.24 (0.204) |
| Body mass index, kg/m2 | 24.8±3.2 | 25.2±3.5 |  | 0.39 (<0.001) | 0.12 (0.073) |
| Waist circumference, cm | 86.0±9.1 | 86.3±9.5 |  | 0.36 (0.049) | -0.06 (0.520) |
| Fasting glucose, mg/dL | 107.8±26.8 | 107.8±27.4 |  | 0.10 (0.918) | 0.16 (0.746) |
| Hemoglobin A1c, % | 6.1±1.0 | 6.1±1.0 |  | -0.02 (0.434) | 0.01 (0.422) |
| Triglycerides, mg/dL | 149.7±99.8 | 161.4±128.2 |  | 11.72 (<0.001) | 12.06 (0.013) |
| Total cholesterol, mg/dL | 187.9±38.9 | 191.2±38.7 |  | 3.33 (<0.001) | 1.08 (0.430) |
| HDL cholesterol, mg/dL | 48.2±11.9 | 48.1±11.7 |  | -0.03 (0.900) | -0.30 (0.501) |

Data are presented as mean ± SD and parameter estimate (p-value). 1Adjusted models included sex, age, shift work, smoking, drinking, walking, body mass index, comorbid status, and antihypertensive medication. For body mass index, body mass index was excluded in the adjusted model; for fasting glucose or hemoglobin A1c, antidiabetic treatment (drug use or insulin injection) was additionally added in the adjusted model; for blood lipid levels, lipid-lowering medication was additionally added in the adjusted model