

## Supplementary Information

## Appendix A

Improvements in body weight during military service with respect to military characteristics according to participants who were underweight before military service

	N	Maintenance		Improvement		Deterioration		<i>p</i>
		N	%	N	%	N	%	
Military								
Army	100	2	2.0	69	69.0	29	29.0	0.1647 *
Navy	45	0	0.0	38	84.4	7	15.6	
Marine corps	22	1	4.6	19	86.4	2	9.1	
Air force	63	1	1.6	45	71.4	17	27.0	
Branches								
Combat	139	0	0.0	103	74.1	36	25.9	0.0997 *
Technical	76	4	5.3	56	73.7	16	21.1	
Administrative/special	15	0	0.0	12	80.0	3	20.0	
Service period (months)								
<6	52	0	0.0	43	82.7	9	17.3	0.1856 *
6–11	62	3	4.8	39	62.9	20	32.3	
12–17	78	1	1.3	59	75.6	18	23.1	
≥18	38	0	0.0	30	79.0	8	21.1	
Types of workplace								
Large, middle, and small cities	137	2	1.5	108	78.8	27	19.7	0.1794 *
Country, town, township	75	1	1.3	51	68.0	23	30.7	
Remote areas	18	1	5.6	12	66.7	5	27.8	
Working hours (hours/day)								
<40	52	1	1.9	41	78.9	10	19.2	0.9174 *
40–55	115	2	1.7	85	73.9	28	24.4	
≥56	63	1	1.6	45	71.4	17	27.0	
Total	230	4	1.7	171	74.4	55	23.9	

\* Analyses were performed using Fisher's exact test.

**Appendix B**

Improvements in body weight during military service with respect to military characteristics according to participants who were normal weight before military service

	N	Maintenance		Deterioration		<i>p</i>
		N	%	N	%	
Military						
Army	500	384	76.8	116	23.2	0.0034
Navy	243	198	81.5	45	18.5	
Marine corps	134	121	90.3	13	9.7	
Air force	392	323	82.4	69	17.6	
Branches						
Combat	726	582	80.2	144	19.8	0.2673
Technical	413	332	80.4	81	19.6	
Administrative/special	130	112	86.2	18	13.9	
Service period (months)						
<6	221	175	79.2	46	20.8	0.6193
6–11	366	296	80.9	70	19.1	
12–17	443	355	80.1	88	19.9	
≥18	239	200	83.7	39	16.3	
Type of workplace						
Large, middle, and small cities	786	650	82.7	136	17.3	0.0540
Country, town, township	392	309	78.8	83	21.2	
Remote areas	91	67	73.6	24	26.4	
Working hours (hours/day)						
<40	214	168	78.5	46	21.5	0.5833
40–55	683	553	81.0	130	19.0	
≥56	372	305	82.0	67	18.0	
Total	1269	1026	80.9	243	19.2	

## Appendix C

Improvements in body weight during military service with respect to military characteristics according to participants who were overweight before military service

	N	Maintenance		Improvement		Deterioration		<i>p</i>
		N	%	N	%	N	%	
Military								
Army	203	43	21.2	160	78.8	0	0.0	0.0004 *
Navy	89	14	15.7	75	84.3	0	0.0	
Marine corps	47	4	8.5	43	91.5	0	0.0	
Air force	134	15	11.2	111	82.8	8	6.0	
Branches								
Combat	277	49	17.7	227	82.0	1	0.4	0.0542 *
Technical	146	20	13.7	121	82.9	5	3.4	
Administrative/special	50	7	14.0	41	82.0	2	4.0	
Service period (months)								
<6	91	15	16.5	76	83.5	0	0.0	0.0132 *
6–11	132	21	15.9	110	83.3	1	0.8	
12–17	171	32	18.7	138	80.7	1	0.6	
≥18	79	8	10.1	65	82.3	6	7.6	
Type of workplace								
Large, middle, and small cities	283	41	14.5	234	82.7	8	2.8	0.1365 *
Country, town, township	155	27	17.4	128	82.6	0	0.0	
Remote areas	35	8	22.9	27	77.1	0	0.0	
Working hours (hours/day)								
<40	81	15	18.5	66	81.5	0	0.0	0.6908 *
40–55	238	37	15.6	195	81.9	6	2.5	
≥56	154	24	15.6	128	83.1	2	1.3	
Total	473	76	16.1	389	82.2	8	1.7	

\* Analyses were performed using Fisher's exact test.