Table S1: The six possible blood pressure state transitions with the corresponding probabilities in the 3rd year, stratified by gender and age group

| Gender | Group | States transition | Transition probability |
|--------|-------|-------------------|------------------------|
| Female | <65   | N2N               | 0.2387 (0.1874, 0.2879) |
| Female | >=65  | N2N               | 0.1909 (0.1358, 0.2486) |
| Male   | <65   | N2N               | 0.2481 (0.1888, 0.2966) |
| Male   | >=65  | N2N               | 0.1793 (0.1205, 0.2238) |
| Female | <65   | N2E               | 0.3207 (0.2599, 0.3631) |
| Female | >=65  | N2E               | 0.2769 (0.1964, 0.3303) |
| Male   | <65   | N2E               | 0.2584 (0.1962, 0.3136) |
| Male   | >=65  | N2E               | 0.2013 (0.1143, 0.2550) |
| Female | <65   | N2H               | 0.4405 (0.3909, 0.5232) |
| Female | >=65  | N2H               | 0.5322 (0.4640, 0.6438) |
| Male   | <65   | N2H               | 0.4935 (0.4251, 0.5965) |
| Male   | >=65  | N2H               | 0.6195 (0.5516, 0.7572) |
| Female | <65   | E2N               | 0.1192 (0.0935, 0.1460) |
| Female | >=65  | E2N               | 0.1040 (0.0778, 0.1338) |
| Male   | <65   | E2N               | 0.1647 (0.1283, 0.2004) |
| Male   | >=65  | E2N               | 0.1983 (0.1236, 0.2291) |
| Female | <65   | E2E               | 0.3208 (0.2858, 0.3562) |
| Female | >=65  | E2E               | 0.3159 (0.2739, 0.3539) |
| Male   | <65   | E2E               | 0.3422 (0.3004, 0.3819) |
| Male   | >=65  | E2E               | 0.2809 (0.1910, 0.3133) |
| Female | <65   | E2H               | 0.5600 (0.5193, 0.6032) |
| Female | >=65  | E2H               | 0.5801 (0.5395, 0.6308) |
| Male   | <65   | E2H               | 0.4931 (0.4491, 0.5497) |
| Male   | >=65  | E2H               | 0.5208 (0.4863, 0.6653) |

N2N: normal state to normal state; N2E: normal state to elevated state; N2H: normal state to hypertensive state; E2N: normal state to normal state; E2E: elevated state to elevated state; E2H: elevated state to hypertensive state;