

**Supplementary Table S4 – Newcastle-Ottawa quality assessment scale (NOS) for the eligible cohort studies.**

| Author (Year)         | Selection | Comparability | Exposure/Outcome |
|-----------------------|-----------|---------------|------------------|
| Lee et al. 2012       | ***       | **            | **               |
| Huang et al. 2013     | ***       | **            | **               |
| Sun et al. 2015       | **        | **            | *                |
| Yang et al. 2017      | **        | **            | **               |
| Kim GA et al. 2017    | ***       | **            | ***              |
| Hamaguchi et al. 2019 | ***       | **            | **               |
| Allen et al. 2019     | **        | *             | ***              |
| Wang et al. 2020      | ***       | **            | **               |
| Yamamoto et al. 2020  | ***       | **            | **               |
| Kim NH et al. 2020    | ***       | *             | ***              |

Note: Comparability category: age, sex, smoking status, obesity (or adiposity measures) and diabetes.

NB: We judged studies that received a score of eight or nine stars to be at low risk of bias (highlighted in green), studies that scored six or seven stars to be at medium risk of bias (highlighted in yellow), and those that scored less than six stars to be at high risk of bias (highlighted in red).