

Supplement table 1. Characteristics at enrollment according to participation in the cohort study

	Non-participants in Cohort study (n=64)	Participants in Cohort study (n=171)	p-value
Characteristics			
Age (years)	50.3 ± 14.0	49.9 ± 12.8	0.854
Gender (Male)	33 (51.6 %)	84 (49.1 %)	0.739
Weight (kg)	67.8 ± 15.4	68.2 ± 12.6	0.831
Height (cm)	163.1 ± 9.3	163.5 ± 8.8	0.709
Systolic blood pressure (mmHg)	119.5 ± 14.8	122.2 ± 12.9	0.169
Diastolic blood pressure (mmHg)	72.5 ± 10.6	74.6 ± 9.8	0.152
Life style			
Smoker never/ex/current	44/10/10	121/34/16	0.344
Drinker never/ex/current	32/11/21	90/13/68	0.089
Blood measurement			
WBC (/mm ³)	6079 ± 1513	6483 ± 1694	0.096
hemoglobin (g/dL)	13.4 ± 1.8	13.2 ± 1.6	0.436
Hematocrit	39.7 ± 4.8	39.2 ± 4.4	0.409
Platelet (/mm ³)	234 ± 59	238 ± 56	0.583
Creatinine (mg/dL)	1.22 ± 0.51	1.23 ± 0.46	0.895
eGFR (ml/min/1.73 m ²)	64.7 ± 24.4	63.8 ± 25.9	0.803
Urine measurement			
24h-h urine creatinine (mg/day)	1130 ± 434	1186 ± 411	0.362
e24-h urine creatinine (mg/day)	1294 ± 363	1306 ± 304	0.799
24-h urine Na (mEq/day)	137 ± 69	134 ± 63	0.779
e24-h urine Na (mEq/day)	161 ± 82	153 ± 80	0.491
24-h urine albumin (mg/day)	522 ± 841	410 ± 554	0.327
e24-h urine albumin (mg/day)	599 ± 900	480 ± 694	0.348
Creatinine clearance (ml/min)	72.1 ± 34.0	75.2 ± 33.9	0.534
Protein intake (g/kg/day)	0.80 ± 0.32	0.87 ± 0.40	0.229
eProtein intake (g/kg/day)	0.92 ± 0.40	0.97 ± 0.44	0.491
Comorbidities			
Hypertension	64 (100 %)	171 (100 %)	uc
Dyslipidemia	36 (58.1 %)	96 (58.9 %)	0.910
Coronary artery disease	1 (1.6 %)	1 (0.6 %)	0.470
Stroke	2 (3.1 %)	4 (2.3 %)	0.734
Medications			
Angiotensin converting enzyme blocker	0 (0 %)	0 (0 %)	uc
Angiotensin II receptor blocker	64 (100 %)	171 (100 %)	uc
beta-Blocker	9 (14.1 %)	43 (25.1 %)	0.068
Calcium channel blocker	14 (95.3 %)	56 (93.6 %)	0.212
Diuretics	0 (0 %)	1 (0 %)	0.540
Other hypertension medications	5 (7.8 %)	20 (11.7 %)	0.390
anti-lipid medications	29 (45.3 %)	89 (52.0 %)	0.358
anti-platelet medications	26 (40.6 %)	78 (45.6 %)	0.493

Steroids	0 (0 %)	0 (0 %)	uc
Immunosuppressive agents	0 (0 %)	1 (0.6 %)	0.540
Nonsteroidal anti-inflammatory drugs	1 (1.6 %)	14 (8.2%)	0.064
Compliance to ARB medication (%)	92.7 ± 9.0	95.6 ± 7.5	0.023
Allocation to intensive education group	22 (34.4 %)	93 (54.4 %)	0.006

WBC: white blood cell, eGFR: estimated glomerular filtration rate calculated by MDRD equation using IDMS-traceable serum creatinine, e24-h urine Na: Estimated 24-hour urine sodium excretion by adjustment of measured 24-hour urine sodium based on the estimated daily creatinine amount by Tanaka's equation. e24-h urine albumin: Estimated 24-hour urine albumin excretion by adjustment of measured 24-hour urine albumin based on the estimated daily creatinine amount by Tanaka's equation. eProtein intake: Estimated daily protein intake calculated from adjusted 24-hour urine urea nitrogen based on the estimated daily creatinine amount by Tanaka's equation, ARB: Angiotensin II receptor blocker, uc: unable to calculate.

Supplement table 2. Percent of changes in clinical parameters during each observational period

	Intensive group	Conventional group	p-value
Percent change of e24-h urine Na (%)			
16-week-Randomization	-12.8 ± 45.6	11.3 ± 66.3	0.011
1 st cohort examination-16-week	50.4 ± 102.0	28.3 ± 81.2	0.149
2 nd cohort examination-1 st cohort examination	4.2 ± 58.8	-10.5 ± 41.6	0.083
<i>p for trend</i>		0.369	
Percent change of e24-h albumin (%)			
16-week-Randomization	-24.9 ± 43.6	4.0 ± 58.9	0.001
1 st cohort examination-16-week	355.4 ± 1759.8	169.9 ± 531.8	0.403
2 nd cohort examination-1 st cohort examination	184.0 ± 1363.4	96.4 ± 496.0	0.616
<i>p for trend</i>		0.374	
Percent change of eGFR (%)			
16-week-Randomization	2.1 ± 10.3	0.6 ± 12.7	0.409
1 st cohort examination-16-week	3.9 ± 17.0	-2.2 ± 15.2	0.019
2 nd cohort examination-1 st cohort examination	-2.0 ± 16.1	-4.4 ± 16.1	0.359
<i>p for trend</i>		0.013	
Percent change of eProtein intake (%)			
16-week-Randomization	20.8 ± 78.2	7.7 ± 50.8	0.236
1 st cohort examination-16-week	60.2 ± 138.7	65.5 ± 164.5	0.833
2 nd cohort examination-1 st cohort examination	-5.3 ± 28.3	-3.2 ± 36.8	0.701
<i>p for trend</i>		0.818	
Percent change of SBP (%)			
16-week-Randomization	-0.8 ± 11.4	-0.8 ± 13.1	0.963
1 st cohort examination-16-week	5.6 ± 13.0	4.6 ± 13.1	0.622
2 nd cohort examination-1 st cohort examination	-0.2 ± 11.5	1.3 ± 12.8	0.447
<i>p for trend</i>		0.873	
Percent change of DBP (%)			

16-week-Randomization	0.3 ± 13.1	1.2 ± 13.4	0.675
1 st cohort examination-16-week	4.8 ± 13.6	3.4 ± 14.0	0.532
2 nd cohort examination-1 st cohort examination	-0.4 ± 14.2	0.1 ± 12.9	0.794
	<i>p for trend</i>	0.974	

16-week-Randomization: changes of parameters during 8 weeks between randomization period and 16-week follow-up period. 1st cohort examination-16-week: changes of parameters during 23.2 ± 4.0 months between 16-week follow-up period and the first cohort examination period. 2nd cohort examination-1st cohort examination: changes of parameters during 12 months after starting cohort study. e24-h urine Na: Estimated 24-hour urine sodium excretion by adjustment of measured 24-hour urine sodium based on the estimated daily creatinine amount by Tanaka's equation. e24-h urine albumin: Estimated 24-hour urine albumin excretion by adjustment of measured 24-hour urine albumin based on the estimated daily creatinine amount by Tanaka's equation. eProtein intake: Estimated daily protein intake calculated from adjusted 24-hour urine urea nitrogen based on the estimated daily creatinine amount by Tanaka's equation. eGFR: Glomerular filtration rate calculated by the MDRD equation using IDMS-traceable creatinine. SBP: systolic blood pressure, DBP: diastolic blood pressure. P-value was estimated by multiple measured ANOVA test. Data were analyzed among participants who had been followed at each two visits.

Supplement table 3. Factors related to eGFR change rate during whole study period in each education group

Group*	Parameters	B	95% CI of B		VIF*	p-value
Intensive	Average of 24-h urine albumin (mg/day)*	-5.142	-9.168	-1.116	1.000	0.013
	Group of 24-h urine albumin at randomization *	-1.078	-2.107	-0.050	1.062	0.040
Conventional	Group of 24-h urine sodium at randomization*	-1.898	-3.390	-0.406	1.106	0.013
	Group of 24-h urine sodium change*	-1.058	-1.957	-0.158	1.049	0.022

Intensive: Intensive education group, Conventional: conventional education group, Average of 24-h urine albumin: average amount of 24-hour urine albumin excretion during whole study period, Group of 24-h urine albumin at randomization: Group 1- 24-hour urine albumin excretion at randomization < 1000 mg/day, Group 2- 24-hour urine albumin excretion at randomization > 1000 mg/day, Group of 24-h urine sodium at randomization : Group 1 <200 mEq/day and Group 2 \geq 200 mEq/day, Group of 24-h urine sodium change: Group 1- percent change of 24-hour urine sodium excretion from the randomization examination to 16-week examination, decrease \geq 25 %, Group 2- percent change of 24-hour urine sodium excretion from the randomization examination to 16-week examination , decrease < 25% and increase < 25%, and Group 3- percent change of 24-hour urine sodium excretion from the randomization examination to 16-week examination, increase \geq 25 %. Linear regression model for intensive group was adjusted by age, gender, and related factors to the eGFR change rate, such as, average amount of estimated protein intake and average amount of 24-hour urine sodium excretion during whole study group. Linear regression model for conventional group was adjusted by age, gender, and related factors to the eGFR change rate, such as, group of 24-h urine albumin and sodium at randomization, and group of 24-h urine sodium change. VIF: variance inflation factor.