1. No.

   2023Y011

2. Title

   Epidemiological Study of the Association Between Smoking and Obesity in Japanese Men

3. Period

   2023-2025

4. Summary

Over three years, we examined the association between smoking and weight gain among Japanese male workers. In year one, we assessed smoking and incident obesity, but concerns about cutoff-related information loss led us to use BMI increase (≥2 kg/m²) as the outcome from year two onward. Continued smokers had a significantly higher risk of BMI increase than non-smokers, though no clear dose–response relationship by daily cigarettes or pack-years was observed. Stratified analyses in year three showed no significant effect modification by other weight-gain factors. Overall, contrary to conventional beliefs, smoking was not protective for weight management and appeared to increase the risk of obesity and weight gain, providing epidemiological evidence supporting smoking prevention and cessation.