**Table S1.** Linear regression model to evaluate demographic and lifestyle variables associated with DDS (DDS measure as continuous variable)

|  |  |  |
| --- | --- | --- |
|  | **Total DDS** | |
| **Mean Differences**  **(95% CI)** | **P**  **value** |
| **Sex** | | |
| Men | 0 (ref) |  |
| Women | 0.26 (0.18, 0.33) | <0.001 |
| **Age** | | |
| ≤70 years | 0 (ref) |  |
| More 70 years | 0.06 (-0.15, 0.14) | 0.12 |
| **Smoking Habits** | | |
| Current smoker | 0 (ref) |  |
| Former smoker | 0.14 (0.06, 0.23) | 0.001 |
| Never smoker | 0.18 (0.09, 0.27) | <0.001 |
| **Physical activity status** | | |
| Less active | 0 (ref) |  |
| Moderate active | 0.06 (-0.01, 0.13) | 0.11 |
| Active | 0.03 (-0.04, 0.10) | 0.34 |
| **Educational Status** | | |
| More secondary school | 0 (ref) |  |
| Secondary School | 0.02 (-0.05, 0.09) | 0.59 |
| Primary School | 0.07 (0.03, 0.14) | 0.041 |
| **MedDiet adherence** |  |  |
| Low Adherence | 0 (ref) |  |
| Medium Adherence | 0.34 (0.28, 0.40) | <0.001 |
| High Adherence | 0.65 (0.58, 0.73) | <0.001 |
| **Civil Status** |  |  |
| Married | 0 (ref) |  |
| Widowed | -0.15 (-0.26, -0.05) | 0.004 |
| Divorced/Separated | -0.12 (-0.23, -0.02) | 0.026 |
| Othersa | -0.21 (-0.34, -0.08) | 0.002 |
| **Living alone** | -0.31 (-0.14, 0.07) | 0.57 |
| **WC (cm)b** | -0.01 (-0.01, 0.01) | 0.57 |
| **BMI (kg/m2)b** | -0.01 (-0.01, 0.01) | 0.75 |
| **Alcohol intake (g)b** | -0.01 (-0.02, -0.01) | <0.001 |

Linear regression model (95% CI) for the DDS as a dependant variable according to baseline characteristics of participants. aOthers: includes religious and single status. b1-unit increase