Table S1. Characteristics of participants by quartile categories of three dietary patterns in this study\*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Western pattern | | | | |  | Vegetarian pattern | | | | |  | Modern pattern | | | | |
|  | Q1 (n=139) | | Q4 (n=139) | | *P* |  | Q1 (n=139) | | Q4 (n=139) | | *P* |  | Q1 (n=139) | | Q4 (n=139) | | *P* |
|  | Mean or *n* | SD or % | Mean or *n* | SD or % |  | Mean or *n* | SD or % | Mean or *n* | SD or % |  | Mean or *n* | SD or % | Mean or *n* | SD or % |
| Age (years) | 70.4 | 5.8 | 68.0 | 6.2 | <0.01 |  | 70.3 | 6.7 | 68.4 | 5.5 | 0.067 |  | 70.0 | 7.0 | 70.2 | 6.2 | 0.055 |
| BMI (kg/m2) | 25.5 | 4.2 | 25.2 | 3.5 | 0.245 |  | 25.6 | 4.2 | 25.6 | 3.9 | 0.829 |  | 25.8 | 4.0 | 25.5 | 3.7 | 0.479 |
| Physical activity (METs-h/w) | 63.5 | 53.2 | 85.7 | 75.4 | <0.05 |  | 64.6 | 59.7 | 71.8 | 63.5 | 0.168 |  | 69.6 | 66.0 | 58.1 | 52.0 | <0.01 |
| Energy intake (KJ) | 5075.6 | 2005.4 | 8677.6 | 2200.4 | <0.001 |  | 5036.3 | 1736.8 | 8463.4 | 2435.9 | <0.001 |  | 5933.3 | 2180.3 | 7348.4 | 2557.7 | <0.001 |
| Total number of diseases | 2.6 | 2.0 | 2.0 | 1.6 | <0.01 |  | 2.3 | 1.7 | 2.0 | 1.6 | 0.285 |  | 2.2 | 1.7 | 2.3 | 1.8 | 0.588 |
| Sex (%)  Male  Female | 18  121 | 12.9  87.1 | 95  44 | 68.3  31.7 | <0.001 |  | 40  99 | 28.8  71.2 | 51  88 | 36.7  63.3 | 0.193 |  | 59  80 | 42.4  57.6 | 49  90 | 35.3  64.7 | 0.188 |
| Residential area (%)  Urban area  Rural area | 42  97 | 30.2  69.8 | 39  100 | 28.1  23.9 | 0.446 |  | 36  103 | 25.9  74.1 | 48  91 | 34.5  65.5 | 0.412 |  | 34  105 | 24.5  75.5 | 55  84 | 39.6  60.4 | <0.05 |
| Occupation (%)  Vigorous intensity  Low or moderate intensity | 129  10 | 92.8  7.2 | 125  14 | 89.9  10.1 | 0.364 |  | 124  15 | 89.2  10.8 | 124  15 | 89.2  10.8 | 0.764 |  | 131  8 | 94.2  5.8 | 113  26 | 81.3  18.7 | <0.01 |
| Marital status (%)  Uncoupled  Coupled | 45  94 | 32.4  67.6 | 20  14.4 | 119  85.6 | <0.01 |  | 51  88 | 36.7  63.3 | 27  112 | 19.4  80.6 | <0.01 |  | 41  98 | 29.5  70.5 | 33  106 | 23.7  76.3 | 0.671 |
| Education level (%)  Uneducated  Primary or secondary  High school or college | 67  66  6 | 48.2  47.5  4.3 | 47  83  9 | 33.8  59.7  6.5 | 0.218 |  | 59  73  7 | 42.4  52.5  5.0 | 48  79  12 | 34.5  56.8  8.6 | 0.402 |  | 68  66  5 | 48.9  47.5  3.6 | 44  75  20 | 31.7  54.0  14.4 | <0.01 |
| Income (%)  <1000 RMB/month  ≥1000 RMB/month | 110  29 | 79.1  20.9 | 98  41 | 70.5  29.5 | 0.400 |  | 112  27 | 80.6  19.4 | 96  43 | 69.1  30.9 | 0.165 |  | 118  21 | 84.9  15.1 | 85  54 | 61.2  38.8 | <0.001 |
| 30-s Chair Stand (no. of stands) | 13.3 | 3.7 | 14.1 | 3.7 | 0.099 |  | 13.0 | 3.0 | 14.0 | 3.9 | 0.091 |  | 13.2 | 3.4 | 14.1 | 4.1 | 0.151 |
| 30-s Arm Curl (no. of bicep curls) | 14.7 | 3.7 | 14.7 | 3.6 | 0.683 |  | 14.0 | 3.4 | 15.1 | 3.4 | <0.01 |  | 14.1 | 3.0 | 15.1 | 3.7 | <0.01 |
| 8-foot Time Up-and-Go (s) | 7.0 | 1.8 | 6.5 | 1.4 | <0.05 |  | 6.9 | 1.9 | 6.5 | 1.5 | 0.122 |  | 7.0 | 1.9 | 6.7 | 1.7 | 0.280 |
| 6-min Walking test (m) | 412.1 | 96.3 | 459.9 | 85.6 | <0.001 |  | 417.3 | 95.6 | 449.7 | 84.5 | <0.05 |  | 423.7 | 94.8 | 438.4 | 96.4 | 0.519 |

BMI, body mass index; MET, metabolic equivalents.

\*Continuous variables are presented as mean and standard deviation, categorical variables are presented as sum and percentages.

†ANOVA for continuous variables and chi-square test for categorical variables.

Table S2. Association between three dietary patterns (according to quartiles of dietary pattern score) and physical fitness by sex groups

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Male | | | | | | | |  | Female | | | | | | | |
|  | Q1 | | Q2 | | Q3 | | Q4 | |  | Q1 | | Q2 | | Q3 | | Q4 | |
|  | OR | 95%CI | OR | 95%CI | OR | 95%CI | OR | 95%CI |  | OR | 95%CI | OR | 95%CI | OR | 95%CI | OR | 95%CI |
| WP | n=18 | | n=30 | | n=53 | | n=95 | |  | n=121 | | n=109 | | n=86 | | n=44 | |
| 30-s Chair Stand (no. of stands) | | | | | | | | | | | | | | | | | |
| Model 1†  Model 2‡ | 1.00  1.00 | Ref.  Ref. | 1.83  1.62 | 0.34,9.77  0.29,9.10 | 2.53  1.91 | 0.60,10.56  0.44,8.29 | 1.25  1.06 | 0.29,5.30  0.23,4.84 |  | 1.00  1.00 | Ref.  Ref. | 0.81  0.80 | 0.45,1.46  0.44,1.46 | 0.81  0.95 | 0.42,1.56  0.48,1.86 | 0.91  0.97 | 0.38,2.19  0.40,2.38 |
| 30-s Arm Curl (no. of bicep curls) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.24  0.20 | 0.05,1.07  0.04,0.94\* | 0.57  0.54 | 0.17,1.91  0.16,1.86 | 0.21  0.22 | 0.06,0.74\*  0.06,0.82\* |  | 1.00  1.00 | Ref.  Ref. | 0.91  0.91 | 0.49,1.67  0.49,1.70 | 0.58  0.66 | 0.29,1.17  0.32,1.35 | 0.78  0.78 | 0.31,1.94  0.31,1.99 |
| 8-foot Time Up-and-Go (s) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.49  0.41 | 0.10,2.31  0.08,1.95 | 0.69  0.58 | 0.20,2.37  0.16,2.03 | 0.61  0.58 | 0.18,2.13  0.16,2.09 |  | 1.00  1.00 | Ref.  Ref. | 0.95  0.89 | 0.50,1.81  0.45,1.73 | 0.74  0.82 | 0.36,1.51  0.38,1.75 | 0.65  0.74 | 0.25,1.71  0.28,1.97 |
| 6-min Walking (m) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.52  0.51 | 0.09,3.12  0.08,3.13 | 1.39  1.27 | 0.35,5.52  0.31,5.15 | 0.55  0.50 | 0.14,2.21  0.12,2.06 |  | 1.00  1.00 | Ref.  Ref. | 0.70  0.63 | 0.37,1.35  0.32,1.23 | 0.73  0.77 | 0.36,1.49  0.37,1.62 | 0.75  0.82 | 0.29,1.92  0.32,2.14 |
| VP | n=40 | | n=48 | | n=57 | | n=51 | |  | n=99 | | n=91 | | n=82 | | n=88 | |
| 30-s Chair Stand (no. of stands) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 3.86  3.19 | 1.20,12.40\*  0.95,10.73 | 2.60  2.36 | 0.81,8.40  0.71,7.92 | 2.36  2.21 | 0.67,8.40  0.61,8.05 |  | 1.00  1.00 | Ref.  Ref. | 1.14  1.16 | 0.60,2.19  0.60,2.23 | 0.91  0.89 | 0.45,1.84  0.43,1.84 | 0.84  0.86 | 0.38,1.89  0.38,1.95 |
| 30-s Arm Curl (no. of bicep curls) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 3.05  3.30 | 0.93,9.04  0.98,10.12 | 2.08  2.36 | 0.70,6.20  0.77,7.29 | 3.53  4.30 | 1.10,11.19\*  1.28,14.42\* |  | 1.00  1.00 | Ref.  Ref. | 0.67  0.66 | 0.34,1.34  0.32,1.33 | 0.78  0.78 | 0.39,1.59  0.37,1.62 | 0.60  0.63 | 0.26,1.36  0.27,1.46 |
| 8-foot Time Up-and-Go (s) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.53  1.46 | 0.55,4.27  0.51,4.19 | 0.10  1.12 | 0.40,3.09  0.40,3.18 | 0.50  0.51 | 0.15,1.64  0.15,1.74 |  | 1.00  1.00 | Ref.  Ref. | 1.07  1.17 | 0.53,2.17  0.55,2.45 | 0.70  0.76 | 0.32,1.53  0.33,1.74 | 1.17  1.39 | 0.49,2.78  0.56,3.41 |
| 6-min Walking (m) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.08  0.94 | 0.34,3.43  0.28,3.08 | 1.53  1.56 | 0.52,4.50  0.52,4.69 | 1.27  1.36 | 0.40,4.10  0.41,4.52 |  | 1.00  1.00 | Ref.  Ref. | 0.77  0.83 | 0.37,1.60  0.39,1.76 | 1.25  1.36 | 0.60,2.62  0.63,2.94 | 0.55  0.56 | 0.23,1.36  0.22,1.43 |
| MP | n=59 | | n=45 | | n=43 | | n=49 | |  | n=80 | | n=94 | | n=96 | | n=90 | |
| 30-s Chair Stand (no. of stands) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.67  0.63 | 0.24,1.90  0.21,1.84 | 1.09  1.00 | 0.43,2.76  0.38,2.63 | 0.94  0.76 | 0.37,2.42  0.28,2.12 |  | 1.00  1.00 | Ref.  Ref. | 1.22  1.17 | 0.62,2.40  0.59,2.32 | 1.05  0.92 | 0.53,2.08  0.46,1.86 | 1.25  0.95 | 0.61,2.54  0.45,2.03 |
| 30-s Arm Curl (no. of bicep curls) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.10  1.10 | 0.42,2.85  0.41,2.94 | 2.15  2.35 | 0.88,5.27  0.92,5.98 | 1.18  1.03 | 0.48,2.95  0.40,2.67 |  | 1.00  1.00 | Ref.  Ref. | 0.92  0.87 | 0.43,1.97  0.40,1.88 | 1.68  1.49 | 0.81,3.47  0.71,2.13 | 2.33  1.76 | 1.10,4.93\*  0.81,3.84 |
| 8-foot Time Up-and-Go (s) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.38  1.37 | 0.50,3.82  0.48,3.91 | 2.51  2.58 | 0.97,6.45  0.99,6.77 | 1.22  1.04 | 0.45,3.33  0.37,2.95 |  | 1.00  1.00 | Ref.  Ref. | 0.95  0.89 | 0.45,2.01  0.41,1.93 | 1.07  0.92 | 0.51,2.27  0.42,2.02 | 1.99  1.40 | 0.91,4.34  0.60,3.28 |
| 6-min Walking (m) | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 2.56  2.93 | 0.87,7.56  0.96,8.88 | 1.42  1.51 | 0.48,4.18  0.50,4.57 | 3.02  3.17 | 1.09,8.37\*  1.10,9.13\* |  | 1.00  1.00 | Ref.  Ref. | 1.76  1.83 | 0.84,3.66  0.86,3.90 | 1.14  1.11 | 0.53,2.43  0.50,2.45 | 1.14  1.06 | 0.51,2.55  0.45,2.53 |

OR, odds ratio; CI, confidence interval; WP, western pattern; VP, vegetarian pattern; MP, modern pattern.

\* Statistically significant difference, *P*<0.05

†Model 1 was adjusted for age, BMI, physical activity, energy intake and total number of diseases.

‡Model 2 was adjusted for age, BMI, physical activity, energy intake, total number of diseases, residential area, occupation, marital status, education level and income.

Table S3. Association between three dietary patterns (according to quartiles of dietary pattern score) and physical fitness by age groups.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | age<70 | | | | | | | |  | | Age≥70 | | | | | | | |
|  | Q1 | | Q2 | | Q3 | | Q4 | | |  | Q1 | | Q2 | | Q3 | | Q4 | |
|  | OR | 95%CI | OR | 95%CI | OR | 95%CI | OR | 95%CI | |  | OR | 95%CI | OR | 95%CI | OR | (95%CI) | OR | (95%CI) |
| WP | n=63 | | n=77 | | n=84 | | n=91 | | |  | n=76 | | n=62 | | n=55 | | n=48 | |
| 30-s Chair Stand (no. of stands) | | | | | | | | | | | | | | | | | | |
| Model 1†  Model 2‡ | 1.00  1.00 | Ref.  Ref. | 0.61  0.54 | 0.28,1.32  0.24,1.21 | 0.83  0.81 | 0.39,1.77  0.37,1.75 | 0.58  0.54 | 0.24,1.39  0.22,1.34 | |  | 1.00  1.00 | Ref.  Ref. | 0.92  0.93 | 0.39,2.15  0.39,2.22 | 0.75  0.78 | 0.31,1.85  0.31,1.99 | 0.69  0.74 | 0.23,2.09  0.23,2.35 |
| 30-s Arm Curl (no. of bicep curls) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.66  0.63 | 0.32,1.39  0.29,1.35 | 0.54  0.52 | 0.26,1.15  0.24,1.13 | 0.41  0.42 | 0.17,0.99\*  0.17,1.04 | |  | 1.00  1.00 | Ref.  Ref. | 0.91  0.93 | 0.41,2.02  0.42,2.10 | 0.84  1.00 | 0.36,1.94  0.42,2.39 | 0.62  0.78 | 0.21,1.80  0.26,2.37 |
| 8-foot Time Up-and-Go (s) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.31  1.07 | 0.57,3.01  0.45,2.55 | 1.12  1.00 | 0.49,2.60  0.42,2.39 | 1.09  1.15 | 0.43,2.77  0.43,3.05 | |  | 1.00  1.00 | Ref.  Ref. | 0.75  0.77 | 0.32,1.78  0.32,1.86 | 0.61  0.66 | 0.25,1.50  0.26,1.69 | 0.29  0.36 | 0.09,0.93\*  0.11,1.20 |
| 6-min Walking (m) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.17  1.00 | 0.47,2.92  0.39,2.56 | 1.23  1.12 | 0.51,2.96  0.45,2.79 | 1.17  1.18 | 0.45,3.03  0.44,3.16 | |  | 1.00  1.00 | Ref.  Ref. | 0.46  0.48 | 0.18,1.19  0.18.1.25 | 0.55  0.57 | 0.22,1.41  0.21,1.52 | 0.34  0.38 | 0.10,1.11  0.11,1.36 |
| VP | n=75 | | n=74 | | n=81 | | n=85 | | |  | n=64 | | n=65 | | n=58 | | n=54 | |
| 30-s Chair Stand (no. of stands) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.37  1.33 | 0.64,2.97  0.61,2.92 | 1.61  1.56 | 0.75,3.47  0.72,3.42 | 1.02  1.06 | 0.43,2.44  0.44,2.60 | |  | 1.00  1.00 | Ref.  Ref. | 1.39  1.40 | 0.59,3.28  0.58,3.39 | 0.93  0.91 | 0.36,2.38  0.35,2.37 | 1.04  1.04 | 0.36,2.95  0.35,3.05 |
| 30-s Arm Curl (no. of bicep curls) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.70  0.65 | 0.33,1.48  0.30,1.40 | 0.96  0.94 | 0.47,1.97  0.45,1.97 | 0.58  0.56 | 0.25,1.33  0.24,1.33 | |  | 1.00  1.00 | Ref.  Ref. | 0.83  0.91 | 0.36,1.91  0.38,2.14 | 1.17  1.29 | 0.49,2.78  0.53,3.16 | 1.43  1.50 | 0.53,3.86  0.54,4.13 |
| 8-foot Time Up-and-Go (s) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.69  0.69 | 0.32,1.50  0.32,1.54 | 0.66  0.66 | 0.30,1.44  0.30,1.48 | 0.45  0.48 | 0.18,1.11  0.19,1.21 | |  | 1.00  1.00 | Ref.  Ref. | 1.32  1.48 | 0.54,3.22  0.59,3.71 | 1.18  1.25 | 0.45,3.07  0.47,3.34 | 1.99  2.21 | 0.69,5.72  0.75,6.53 |
| 6-min Walking (m) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.42  0.40 | 0.17,1.02  0.16,1.01 | 1.00  0.97 | 0.45,2.21  0.43,2.19 | 0.45  0.45 | 0.18,1.13  0.17,1.20 | |  | 1.00  1.00 | Ref.  Ref. | 1.07  1.20 | 0.44,2.63  0.47,3.04 | 0.65  0.75 | 0.24,1.78  0.27,2.10 | 1.51  1.78 | 0.51,4.43  0.58,5.44 |
| MP | n=74 | | n=93 | | n=83 | | n=65 | | |  | n=65 | | n=46 | | n=56 | | n=74 | |
| 30-s Chair Stand (no. of stands) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.09  1.12 | 0.54,2.22  0.54,2.32 | 0.85  0.84 | 0.41,1.76  0.39,1.79 | 0.97  0.86 | 0.45,2.12  0.38,1.98 | |  | 1.00  1.00 | Ref.  Ref. | 1.32  1.39 | 0.51,3.44  0.53,3.67 | 1.73  1.67 | 0.71,4.22  0.66,4.20 | 1.60  1.49 | 0.68,3.79  0.61,3.68 |
| 30-s Arm Curl (no. of bicep curls) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.11  1.02 | 0.52,2.38  0.47,2.23 | 2.33  2.10 | 1.12,4.84\*  1.00,4.44\* | 2.02  1.46 | 0.91,4.46  0.63,3.38 | |  | 1.00  1.00 | Ref.  Ref. | 0.84  0.81 | 0.33,2.16  0.31,2.10 | 1.59  1.43 | 0.69,3.64  0.61,3.37 | 1.52  1.32 | 0.68,3.41  0.57,3.06 |
| 8-foot Time Up-and-Go (s) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 0.92  0.86 | 0.43,1.97  0.39,1.89 | 1.00  0.95 | 0.47,2.14  0.43,2.11 | 1.24  0.89 | 0.56,2.78  0.37,2.13 | |  | 1.00  1.00 | Ref.  Ref. | 0.62  0.63 | 0.23,1.63  0.24,1.67 | 0.99  0.93 | 0.41,2.38  0.37,2.32 | 1.49  1.32 | 0.65,3.41  0.55,3.14 |
| 6-min Walking (m) | | | | | | | | | | | | | | | | | | |
| Model 1  Model 2 | 1.00  1.00 | Ref.  Ref. | 1.04  1.16 | 0.46,2.34  0.50,2.69 | 1.13  1.28 | 0.50,2.53  0.55,2.97 | 1.71  1.75 | 0.75,3.91  0.72,4.26 | |  | 1.00  1.00 | Ref.  Ref. | 0.93  0.98 | 0.37,2.32  0.38,2.50 | 0.77  0.81 | 0.30,1.93  0.31,2.15 | 0.91  0.89 | 0.38,2.17  0.35,2.24 |

OR, odds ratio; CI, confidence interval; WP, western pattern; VP, vegetarian pattern; MP, modern pattern.

\* Statistically significant difference, *P*<0.05

†Model 1 was adjusted for age, sex, BMI, physical activity, energy intake and total number of diseases.

‡Model 2 was adjusted for age, sex, BMI, physical activity, energy intake, total number of diseases, residential area, occupation, marital status, education level and income.