**Supplemental Table S4. Baseline general participant characteristics according to quartiles of the PANDiet**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Baseline characteristics** | **n** | **Q1\*** | **Q2\*** | **Q3\*** | **Q4\*** | **p†** |
| **Age (y)** | 2329 | 64.03 (61.20, 68.53)ǂ | 64.65 (61.81, 69.05) | 65.16 (61.76, 69.14) | 65.61 (61.80, 69.77) | <0.001 |
| **Gender** | 2329 |  |  |  |  | 0.26 |
| Men |  | 321 (55.2) | 309 (53.1) | 318 (54.5) | 298 (51.2) |  |
| Women |  | 261 (44.8) | 273 (46.9) | 265 (45.5) | 284 (48.8) |  |
| **Educational level (%)** | 2329 |  |  |  |  | 0.59 |
| Primary education only |  | 125 (21.5) | 124 (21.3) | 131 (22.5) | 110 (18.9) |  |
| Secondary education  |  | 221 (38.0) | 240 (41.2) | 237 (40.7) | 233 (40.0) |  |
| University level |  | 236 (40.5) | 218 (37.5) | 215 (36.9) | 239 (41.1) |  |
| **Occupational status (%)** | 2303 |  |  |  |  | 0.01 |
| Homemaker |  | 37 (6.4) | 46 (8.0) | 42 (7.3) | 48 (8.3) |  |
| Manual worker |  | 26 (4.5) | 34 (5.9) | 46 (7.9) | 28 (4.9) |  |
| Employees |  | 289 (50.2) | 323 (56.5) | 322 (55.6) | 326 (56.6) |  |
| Managerial staff§ |  | 224 (38.9) | 169 (29.5) | 169 (29.2) | 174 (30.2) |  |
| **Living arrangement (%)** | 2296 |  |  |  |  | 0.71 |
| Living alone |  | 76 (13.3) | 68 (11.8) | 71 (12.5) | 80 (13.8) |  |
| Living in a couple |  | 495 (86.7) | 509 (88.2) | 499 (87.5) | 498 (86.2) |  |
| **Smoking habits (%)** | 2279 |  |  |  |  | <0.001 |
| Never smoker |  | 266 (46.7) | 281 (49.6) | 299 (52.1) | 309 (54.2) |  |
| Former smoker |  | 227 (39.9) | 224 (39.6) | 211 (36.8) | 226 (39.6) |  |
| Current smoker |  | 76 (13.4) | 61 (10.8) | 64 (11.1) | 35 (6.1) |  |
| **Physical activity level (%)** | 2329 |  |  |  |  | <0.001 |
| Irregular or none |  | 351 (60.3) | 319 (54.8) | 321 (55.1) | 278 (47.8) |  |
| < 1h/d |  | 124 (21.3) | 144 (24.7) | 117 (20.1) | 153 (26.3) |  |
| ≥ 1h/d |  | 107 (18.4) | 119 (20.4) | 145 (24.9) | 151 (25.9) |  |
| **Body mass index (kg/m²)** | 2329 | 24.80 (22.58, 26.84) | 24.01 (22.28, 26.33) | 23.78 (21.88, 25.46) | 23.43 (21.52, 25.82) | <0.001 |
| **Systolic blood pressure (mmHg)** | 1996 | 125.0 (120.0, 135.0) | 120.0 (115.0, 130.0) | 120.0 (115.0, 130.0) | 120.0 (115.0, 130.0) |  0.001 |
| **Diastolic blood pressure (mmHg)** | 1996 | 80.0 (75.0, 90.0) | 80.0 (75.0, 85.0) | 80.0 (75.0, 85.0) | 80.0 (70.0, 85.0) | <0.001 |
| **Fasting blood glucose (g/l)** | 2318 | 5.72 (5.33, 6.11) | 5.66 (5.27, 6.00) | 5.66 (5.27, 6.00) | 5.61 (5.27, 5.94) | <0.001 |

Abbreviations: Q, quartile.

\*Quartile cut-offs (maximal values per quartile): Q1, 59.19; Q2, 63.04; Q3: 67.49.

†Linear contrast tests (continuous variables) or Cochran-Mantel-Haenszel tests (categorical variables). Occupational status: Chi²-test, as the variable values were not ordinal.

ǂValues are medians (1st quartile, 3rd quartile) or n (percent), as appropriate.

§Or intellectual profession.