Supplementary Table 1 - Association between 10-year overall mortality and olive oil use stratified on sex in the elderly 3C Study cohort (8937): crude and adjusted hazard ratios (HR) and 95% CI

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Olive oil use | N | Crude | (95% CI) | p | Model 1a | (95% CI) | p | Model 2b | (95% CI) | p |
| *All* | 8937 |  |  |  |  |  |  |  |  |  |
| Moderate / None |  | 0.79 | [0.71-0.88] | \*\*\* | 0.84 | [0.76-0.94] | \*\* | 0.89 | [0.80-0.99] | \* |
| Intensive / None |  | 0.76 | [0.68-0.84] | \*\*\* | 0.80 | [0.71-0.90] | \*\*\* | 0.83 | [0.74-0.63] | \*\* |
| *Women* | 5448 |  |  |  |  |  |  |  |  |  |
| Moderate / None |  | 0.75 | [0.64-0.87] | \*\*\* | 0.77 | [0.64-0.90] | \*\*\* | 0.80 | [0.68-0.94] | \*\* |
| Intensive / None |  | 0.67 | [0.57-0.79] | \*\*\* | 0.69 | [0.58-0.81] | \*\*\* | 0.72 | [0.60-0.85] | \*\*\* |
| *Men* | 3489 |  |  |  |  |  |  |  |  |  |
| Moderate / None |  | 0.87 | [0.75-1.01] | ns | 0.90 | [0.78-1.05] | ns | 0.97 | [0.83-1.13] | ns |
| Intensive / None |  | 0.87 | [0.75-1.01] | ns | 0.91 | [0.78-1.06] | ns | 0.94 | [0.80-1.10] | ns |

a Cox proportional model adjusted for sex, centre, education (no or primary/middle/ high school/university), income (<1500, >1500 euros/month), occupation (white collar/employee/blue collar/housewife)

b Cox proportional model adjusted for sex, centre, education, income, occupation, smoking, alcohol consumption, history of cardiovascular diseases, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence (IADL), self-rated health, self-rated diet quality, number of drugs, number of chronic diseases.

\*P<0.05; \*\*P<0.01; \*\*\*P<0.001; ns=not significant Supplementary Table 2 - Association between 10-year overall mortality (event N=1033) and dietary habits in the subgroup of the elderly cohort of the 3C Study with data on physical activity (only Dijon and Montpellier; N=5273): crude and adjusted hazard ratios (HR) and 95% CI

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dietary habits | N | Crude | (95% CI) | p | Model 1a | (95% CI) | p | Model 2b | (95% CI) | p |
| At least 1 fruit and 1 vegetable cooked or raw/day | 5273 | 0.83 | [0.73-0.94] | \*\* | 0.85 | [0.74-0.96] | \* | 0.90 | [0.79-1.03] | ns |
| Cooked fruits or vegetables: ≥ 4-6 servings/week | 5273 | 0.71 | [0.59-0.85] | \*\*\* | 0.76 | [0.63-0.91] | \*\* | 0.75 | [0.62-0.90] | \*\* |
| Meat: ≥1 serving/day | 5273 | 1.10 | [0.96-1.27] | ns | 1.03 | [0.89-1.19] | ns | 1.01 | [0.87-1.16] | ns |
| Fish: ≥2 servings/week | 5273 | 0.85 | [0.75-0.96] | \*\* | 0.88 | [0.78-1.00] | \* | 0.92 | [0.81-1.04] | ns |
| Olive oil use  Moderate / None§  Intensive / None§ | 5273 | 0.85  0.81 | [0.72-0.99]  [0.69-0.95] | \*  \*\* | 0.89  0.85 | [0.76-1.04]  [0.72-1.00] | ns  \* | 0.97  0.90 | [0.83-1.15]  [0.76-1.06] | ns  ns |

a Cox proportional model adjusted for sex, centre, education (no or primary/middle/high school/university), monthly income (<1500, >1500 euros), occupation (white collar/employee/blue collar/housewife)

b Cox proportional model adjusted for sex, centre, education, income, occupation, smoking, alcohol consumption, history of cardiovascular diseases, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence, self-rated health, self-rated diet quality, number of medication, number of chronic diseases and physical activity

§reference \*P<0.05; \*\*P<0.01; \*\*\*P<0.001; ns=not significant

Supplementary Table 3 - Association between 10-year overall mortality (event N=1033) and diet diversity in the subgroup of the elderly cohort of the 3C Study with data on physical activity (only Dijon and Montpellier; N=5273): crude and multivariate adjusted of hazard ratios (HR) and 95%

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | N | Crude | (95% CI) | p | Model 1a | (95% CI) | p | Model 2b | (95% CI) | p |
| Diversity diet score 4-5 / 0-3 | 5273 | 0.90 | [0.79-1.02] | ns | 0.89 | [0.78-1.02] | ns | 0.92 | [0.80-1.05] | ns |
| Various fats > 3/≤ 3 | 5273 | 0.86 | [0.74-1.01] | ns | 0.88 | [0.75-1.02] | ns | 0.90 | [0.77-1.05] | ns |

a Cox proportional model adjusted for sex, centre, education (no or primary/middle/high school/university), monthly income (<1500, >1500 euros), occupation (white collar/employee/blue collar/housewife)

b Cox proportional model adjusted for sex, centre, education, income, occupation, smoking, alcohol consumption, history of cardiovascular diseases, BMI, depression, diabetes, hypertension, hypercholesterolemia, dependence, self-rated health, self-rated diet quality, number of medication, number of chronic diseases and physical activity

\*P<0.05; \*\*P<0.01; \*\*\*P<0.001; ns=not significant