**Supplementary material**

**Table S1. A summary of socio-demographic characteristics from the three study sites**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | KCL (N=269) | | CIBER (N=138) | | VUmc (N=103) | Statistics | |
| Age at baseline median (IQR) |  | 45 (26) | 54 (12.75) | | 39 (32) | | | χ²(2) = 34.275, p< 0.0001 | |
| Female sex, n (%) |  | 206 (76.58) | 99 (71.74) | | 81 (78.64) | | | χ²=1.774; p = 0.412 | |
| Education years median, (IQR) |  | 16 (5) | 10 (7) | | 15 (6) | | | χ²(2) = 98.43, p< 0.0001 | |
| Marital status |  |  |  | |  | | |  | |
| Without partner (Single/ Separated Divorced/Widowed) n (%) |  | 137 (50.93) | 63 (45.652) | | 68 (66.02) | | | χ²=10.411, p = 0.005 | |
| (Partner/Married)  n (%) |  | 132 (49.07) | 75 (54.348) | | 35 (33.981) | | |  | |
| BMI median (IQR) |  | 26.12 (7.75) | 27.29 (7.6) | | 24.93 (6.15) | | | χ²(2) = 12.189, p=0.002 | |
| Smoking Habit (yes)  n (%) |  | 36 (13.48) | 57 (41.30) | | 14 (13.59) | | | χ²= 46.690; p = 0.000 | |
| Comorbidites Illness (yes)  n (%) |  | 162 (60.902) | 87 (63.04) | | 35 (33.98) | | | χ²= 21.613; p = 0.000 | |

Statistic: Kruskal-Wallis test for continuous variables. Chi-squared test for categorical variables.

**Table S2. Co-morbidities in participants**

|  |  |
| --- | --- |
| **Illness type** | **N (%)** |
| Pulmonary Disease | |  | | --- | | 238 (46.7) | |
| Metabolic and digestive disease | 91 (17.8) |
| Cardiovascular disease | 56 (11) |
| Rheumatic diseases | 80 (16) |
| Neurological disease | 81 (16) |
| Kidney disease | 11 (2.16) |
| Cancer | 10 (1.96) |
| Others | 139 (27.3) |