**Supplementary Tables**

**Table S1.** Age-distribution in the EpiFloripa Study in 2009 (N=1,702) and the target population (Florianópolis, Southern Brazil) in 2010\*, stratified by gender.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age (years)** | **Female** | |  | **Male** | |
| **% IBGE\*** | **% EpiFloripa** |  | **% IBGE\*** | **% EpiFloripa** |
| 60 - 64 | 32.3 | 27.1 |  | 37.2 | 29.9 |
| 65 - 69 | 22.0 | 21.6 |  | 24.0 | 24.1 |
| 70 - 74 | 16.6 | 20.0 |  | 17.4 | 18.7 |
| 75 - 79 | 12.5 | 16.5 |  | 10.9 | 15.3 |
| 80 - 84 | 8.9 | 8.3 |  | 6.6 | 7.2 |
| 85 - 89 | 4.9 | 4.0 |  | 2.8 | 3.4 |
| 90 - 94 | 2.0 | 2.1 |  | 0.9 | 0.7 |
| 95 - 99 | 0.6 | 0.3 |  | 0.2 | 0.6 |
| 100+ | 0.1 | 0.2 |  | 0.0 | 0.1 |

\* Source: Brazilian Institute of Geography and Statistics – IBGE. Available at

[http://www.ibge.gov.br/english/estatistica/populacao/ censo2010/](http://www.ibge.gov.br/english/estatistica/populacao/%20censo2010/).

**Table S2.** Cross-sectional analysis of the association between sociodemographic and lifestyle habits variables and nutritional status with the prevalence of depressive symptoms in the elderly from *EpiFloripa Idoso* study, Brazil, 2010.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | |  | | **Unadjusted** | |  | **Adjusted** | |  |
| **Characteristics** | | **N** | | **%** | | **OR** | **95% CI** |  | **OR\*** | **95% CI** | **p-value** |
| Gender | Female | | 1,023 | | 25.4 | 1.00 |  |  | 1.00 |  | 0.25 |
| Male | | 584 | | 19.9 | 0.74 | 0.58-0.93 |  | 0.85 | 0.64-1.12 |  |
| Skin colour | White | | 1,373 | | 22.0 | 1.00 |  |  | 1.00 |  | 0.26 |
| Other colour | | 231 | | 31.2 | 1.57 | 1.06-2.31 |  | 1.23 | 0.86-1.78 |
| Age (years) | 60-64 | | 455 | | 19.4 | 1.00 |  |  | 1.00 |  | 0.05 |
| 65-69 | | 362 | | 20.3 | 1.06 | 0.69-1.62 |  | 1.00 | 0.65-1.54 |
| 70-74 | | 326 | | 20.6 | 1.17 | 0.82-1.65 |  | 0.94 | 0.63-1.39 |
| ≥75 | | 464 | | 31.6 | 1.91 | 1.40-2.59 |  | 1.48 | 1.07-2.03 |
| Marital status | Married | | 949 | | 19.3 | 1.00 |  |  | 1.00 |  | 0.10 |
| Separated | | 566 | | 28.7 | 1.65 | 1.31-2.09 |  | 1.24 | 0.97-1.60 |
| Single | | 92 | | 32.6 | 1.87 | 1.02-3.42 |  | 1.91 | 0.96-3.81 |
| Education (years) | 0 - 8 | | 991 | | 30.0 | 1.00 |  |  | 1.00 |  | 0.03 |
| ≥ 9 | | 607 | | 13.8 | 0.36 | 0.25-0.54 |  | 0.61 | 0.39-0.96 |
| Per capita household income | 1o tertile | | 534 | | 29.4 | 1.00 |  |  | 1.00 |  | 0.39 |
| 2o tertile | | 533 | | 25.9 | 0.80 | 0.60-1.08 |  | 0.93 | 0.68-1.27 |
| 3o tertile | | 540 | | 15.6 | 0.43 | 0.28-0.66 |  | 0.71 | 0.44-1.16 |
| Smoking | Never | | 980 | | 22.5 | 1.00 |  |  | 1.00 |  | 0.36 |
| Former | | 501 | | 24.9 | 1.10 | 0.78-1.53 |  | 1.31 | 0.90-1.91 |
| Current | | 126 | | 22.9 | 0.89 | 0.45-1.77 |  | 0.89 | 0.45-1.74 |  |
| Alcohol consumption | None | | 1,031 | | 27.4 | 1.00 |  |  | 1.00 |  | 0.03 |
| Moderate/excessive | | 575 | | 16.2 | 0.49 | 0.35-0.69 |  | 0.69 | 0.50-0.97 |
| Physical activity | ≥ 150 min. per week | | 479 | | 12.9 | 1.00 |  |  | 1.00 |  | < 0.01 |
| < 150 min. per week | | 1,128 | | 28.2 | 2.66 | 1.98-3.57 |  | 1.98 | 1.42-2.75 |
| Fat intake of meats | Not consumed | | 1,319 | | 22.1 | 1.00 |  |  | 1.00 |  | 0.12 |
| Consumed 1-7 times a week | | 287 | | 28.4 | 1.42 | 0.98-2.05 |  | 1.32 | 0.93-1.88 |
| Regular consumption of vegetables | ≤ 6 times a week | | 714 | | 28.4 | 1.00 |  |  | 1.00 |  | 0.08 |
| 7 times a week | | 888 | | 18.9 | 0.56 | 0.41-0.77 |  | 0.74 | 0.53-1.04 |
| Regular consumption of fruits | ≤ 6 times a week | | 430 | | 29.4 | 1.00 |  |  | 1.00 |  | 0.30 |
| 7 times a week | | 1,177 | | 21.0 | 0.65 | 0.51-0.84 |  | 0.86 | 0.65-1.15 |
| BMI (kg/m2) | Normal weight | | 435 | | 25.3 | 1.00 |  |  | 1.00 |  | < 0.01 |
| Overweight | | 710 | | 18.8 | 0.68 | 0.46-1.01 |  | 0.75 | 0.50-1.12 |
| Obesity class I | | 334 | | 21.9 | 0.83 | 0.47-1.46 |  | 0.92 | 0.51-1.64 |
| Obesity class II-III | | 128 | | 45.3 | 2.45 | 1.45-4.12 |  | 2.34 | 1.42-3.87 |
| WC (cm) | 1o quartile  (F: ≤84.0; M: ≤88.1) | | 386 | | 23.6 | 1.00 |  |  | 1.00 |  | < 0.01 |
|  | 2o quartile  (F: 84.1-91.8; M: 88.2-96.4) | | 399 | | 14.0 | 0.55 | 0.35-0.85 |  | 0.59 | 0.38-0.90 |
|  | 3o quartile  (F: 91.9-100.0; M: 96.5-103.6) | | 407 | | 23.4 | 1.00 | 0.68-1.46 |  | 1.03 | 0.70-1.52 |
|  | 4o quartile  (F: >100.0; M: >103.6) | | 404 | | 31.8 | 1.52 | 1.00-2.32 |  | 1.73 | 1.13-2.65 |

OR: odds ratio; BMI: body mass index; WC: Waist circumference; F: female; M: male.

\*Adjusted for variables that presented p-value < 0.20 in the association with the outcome: age, skin colour, marital status, education, per capita household income, alcohol consumption, physical activity, fat intake of meats and regular consumption of vegetables. BMI and WC were not adjusted between them. All confounding factors are from the baseline study (2009/10).

**Table S3.** Longitudinal analysis of the association between sociodemographic and lifestyle habits variables and nutritional status with the incidence of depressive symptoms in the elderly from *EpiFloripa Idoso* study, Brazil, 2009-2014.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  |  | **Unadjusted** | |  | **Adjusted** | |  | |
| **Characteristics** | | **N** | **%** | **OR** | **95% CI** |  | **OR\*** | **95% CI** | **p-value** | |
| Gender | Female | 550 | 13.0 | 1.00 |  |  | 1.00 |  | 0.06 |
| Male | 335 | 7.7 | 0.58 | 0.35-0.97 |  | 0.61 | 0.36-1.03 |
| Skin colour | White | 783 | 10.5 | 1.00 |  |  | 1.00 |  | 0.33 |
|  | Other colour | 100 | 15.2 | 1.47 | 0.69-3.10 |  | 1.46 | 0.68-3.13 |
| Age (years) | 60-64 | 278 | 5.0 | 1.00 |  |  | 1.00 |  | < 0.01 |
| 65-69 | 217 | 13.1 | 2.74 | 1.39-5.38 |  | 3.27 | 1.58-6.77 |
| 70-74 | 183 | 10.7 | 2.22 | 1.02-4.83 |  | 2.38 | 1.08-5.24 |
| ≥75 | 207 | 16.7 | 3.59 | 1.76-7.31 |  | 3.48 | 1.65-7.34 |
| Marital status | Married | 549 | 10.4 | 1.00 |  |  | 1.00 |  | 0.35 |
| Separated | 284 | 12.8 | 1.23 | 0.64-2.38 |  | 0.82 | 0.39-1.74 |
| Single | 52 | 5.4 | 0.48 | 0.14-1.65 |  | 0.40 | 0.12-1.39 |
| Education (years) | 0 - 8 | 483 | 12.3 | 1.00 |  |  | 1.00 |  | 0.91 |
| ≥ 9 | 400 | 9.3 | 0.72 | 0.43-1.21 |  | 0.97 | 0.56-1.68 |
| Per capita household income | 1o tertile | 268 | 11.1 | 1.00 |  |  | 1.00 |  | 0.40 |
| 2o tertile | 275 | 13.5 | 1.19 | 0.60-2.36 |  | 1.36 | 0.65-2.84 |
| 3o tertile | 342 | 8.8 | 0.75 | 0.42-1.33 |  | 0.85 | 0.49-1.46 |
| Smoking | Never | 543 | 11.0 | 1.00 |  |  | 1.00 |  | 0.24 |
| Former | 266 | 10.4 | 0.94 | 0.48-1.83 |  | 1.44 | 0.72-2.88 |
| Current | 76 | 12.3 | 1.19 | 0.54-2.64 |  | 2.09 | 0.89-4.92 |
| Alcohol consumption | None | 528 | 13.0 | 1.00 |  |  | 1.00 |  | 0.40 |
| Moderate/excessive | 357 | 7.9 | 0.59 | 0.36-0.97 |  | 0.79 | 0.45-1.37 |
| Physical activity | ≥ 150 min. per week | 305 | 8.7 | 1.00 |  |  | 1.00 |  | 0.56 |
| < 150 min. per week | 580 | 12.2 | 1.40 | 0.82-2.37 |  | 1.15 | 0.71-1.87 |
| Fat intake of meats | Not consumed | 790 | 11.8 | 1.00 |  |  | 1.00 |  | 0.02 |
| Consumed 1-7 times a week | 72 | 2.3 | 0.18 | 0.10-0.86 |  | 0.23 | 0.07-0.76 |  |
| Regular consumption of vegetables | ≤ 6 times a week | 358 | 12.6 | 1.00 |  |  | 1.00 |  | 0.33 |
| 7 times a week | 526 | 9.7 | 0.72 | 0.41-1.28 |  | 0.73 | 0.39-1.37 |
| Regular consumption of fruits | ≤ 6 times a week | 212 | 14.7 | 1.00 |  |  | 1.00 |  | 0.04 |
| 7 times a week | 673 | 9.7 | 0.62 | 0.32-1.18 |  | 0.49 | 0.25-0.96 |
| BMI (kg/m2) | Normal weight | 239 | 15.4 | 1.00 |  |  | 1.00 |  | < 0.01 |
| Overweight | 399 | 8.0 | 0.48 | 0.28-0.81 |  | 0.42 | 0.25-0.71 |
| Obesity class I | 189 | 9.8 | 0.60 | 0.26-1.37 |  | 0.47 | 0.22-1.00 |
| Obesity class II-III | 58 | 17.4 | 1.16 | 0.50-2.67 |  | 0.90 | 0.40-2.02 |
| WC (cm) | 1o quartile  (F: ≤84.0; M: ≤88.1) | 198 | 14.3 | 1.00 |  |  | 1.00 |  | 0.03 |
|  | 2o quartile  (F: 84.1-91.8; M: 88.2-96.4) | 249 | 7.0 | 0.47 | 0.25-0.88 |  | 0.43 | 0.24-0.75 |
|  | 3o quartile  (F: 91.9-100.0; M: 96.5-103.6) | 230 | 9.9 | 0.68 | 0.34-1.37 |  | 0.59 | 0.30-1.16 |
|  | 4o quartile  (F: >100.0; M: >103.6) | 203 | 12.9 | 0.92 | 0.43-1.98 |  | 0.87 | 0.42-1.82 |

OR: odds ratio; BMI: body mass index; WC: Waist circumference; F: female; M: male.

\*Adjusted for variables that presented p-value < 0.20 in the association with the outcome: gender, age, per capita household income, fat intake of meats and regular consumption of fruits. BMI and WC were not adjusted between them. All confounding factors are from the baseline study (2009/10).