

Table S1. Comparison of total cholesterol values between study periods.

| Total cholesterol (mg/dl) | Lock | Restr-P | Rel-P |
|------------------------------|--------------------------------|---|--|
| | 1 march 2020 – 1 sept 2020 | 1 sept 2020 - 1 march 2021 | 1 march 2021 - 1 march 2022 |
| Pre-P | Pre-P: 183.05± 48.196 | Pre-P: 181.98± 47.965 | Pre-P: 187.06± 47.239 |
| | Lock: 216.72± 54.194 N=1703 | Restr-P: 218.98± 59.211 N=1849 | Rel-P: 180.04± 46.030 N=1332 |
| | P_value= 0.000001 | P_value= 0.000001 | P_value= 0.000001 |
| Lock | X | Lock: 221.93± 54.487 Restr-P: 226.79± 61.673 N=1327 | Lock: 223.35± 54.310 Rel-P: 180.23± 46.139 N=1254 |
| | | P_value= 0.000001 | P_value= 0.000001 |
| | | | Restr-P: 227.82± 61.458 Rel-P: 180.00± 46.167 N=1303 P_value= 0.000001 |

Pre-P- prepandemic; Restr-P- restrictive pandemic; Rel-P- relaxed pandemic; Lock- lockdown.

Table S2. Comparison of LDL-cholesterol values between study periods.

| LDL cholesterol mg/dl | Lock | Restr-P | Rel-P |
|--------------------------|--------------------------------|---|--|
| | 1 march 2020 – 1 sept 2020 | 1 sept 2020 - 1 march 2021 | 1 march 2021 - 1 march 2022 |
| Pre-P | Pre-P: 113.21± 41.046 | Pre-P: 112.18± 40.582 | Pre-P: 116.55± 40.145 |
| | Lock: 136.75± 43.602 N=1557 | Restr-P: 137.57± 45.620 N=1649 | Rel-P: 112.39± 40.470 N=1278 |
| | P_value= 0.000001 | P_value= 0.000001 | P_value= 0.000001 |
| Lock | X | Lock: 136.65± 45.289 Restr-P: 138.82± 47.991 N=1263 | Lock: 138.36± 44.411 Rel-P: 112.25± 40.969 N=1216 |
| | | P_value= 0.001519 | P_value= 0.000001 |
| | | | Restr-P: 140.17± 47.752 Rel-P: 111.50± 40.640 N=1244 P_value= 0.000001 |

LDL- low density lipoprotein; Pre-P- prepandemic; Restr-P- restrictive pandemic; Rel-P- relaxed pandemic; Lock- lockdown.

Table S3. Comparison of HDL-cholesterol values between study periods.

| HDL-cholesterol (mg/dl) | Lock 1 march 2020 – 1 sept 2020 | Restr-P 1 sept 2020 - 1 march 2021 | Rel-P 1 march 2021 - 1 march 2022 |
|------------------------------------|--|---|--|
| Pre-P | Pre-P: 52.58± 9.911 Lock: 47.90± 13.815 N=1567 P_value= 0.000001 | Pre-P: 52.89± 9.988 Restr-P: 45.23± 13.829 N=1675 P_value= 0.000001 | Pre-P: 50.97± 10.188 Rel-P: 57.81± 14.620 N=1347 P_value= 0.000001 |
| Lock | X | Lock: 47.63± 15.969 Restr-P: 43.31± 14.027 N=1243 P_value= 0.000001 | Lock: 47.38± 16.448 Rel-P: 57.28± 14.153 N=1219 P_value= 0.000001 |
| Restr-P | X | X | Restr-P: 42.56± 13.967 Rel-P: 58.11± 15.000 N=1295 P_value= 0.000001 |

HDL- high density lipoprotein; Pre-P- prepandemic; Restr-P- restrictive pandemic; Rel-P- relaxed pandemic; Lock- lockdown.

Table S4. Comparison of TGL values between study periods.

| TGL (mg/dl) | Lock 1 march 2020 – 1 sept 2020 | Restr-P 1 sept 2020 - 1 march 2021 | Rel-P 1 march 2021 - 1 march 2022 |
|------------------------|---|--|--|
| Pre-P | Pre-P: 121.83± 76.590 Lock: 158.29± 68.000 N=1666 P_value= 0.000001 | Pre-P: 120.10± 68.755 Restr-P: 174.72± 64.205 N=1795 P_value= 0.000001 | Pre-P: 124.70± 67.988 Rel-P: 126.46± 59.727 N=1321 P_value= 0.122975 |
| Lock | X | Lock: 159.22± 64.172 Restr-P: 177.37± 63.033 N=1300 P_value= 0.000001 | Lock: 160.12± 64.954 Rel-P: 125.75± 60.144 N=1243 P_value= 0.000001 |
| Restr-P | X | X | Restr-P: 177.96± 63.577 Rel-P: 126.38± 60.159 N=1284 P_value= 0.000001 |

TGL- triglycerides; Pre-P- prepandemic; Restr-P- restrictive pandemic; Rel-P- relaxed pandemic; Lock- lockdown.

Table S5. Comparison of mean glucose levels between study periods.

| Glucose (mg/dl) | Lock | Restr-P | Rel-P |
|-----------------|----------------------------|----------------------------|-----------------------------|
| | 1 march 2020 – 1 sept 2020 | 1 sept 2020 - 1 march 2021 | 1 march 2021 - 1 march 2022 |
| Pre-P | Pre-P: 104.23± 28.326 | Pre-P: 103.26± 28.161 | Pre-P: 105.10± 25.720 |
| | Lock: 117.11± 28.738 | Restr-P: 119.68± 31.487 | Rel-P: 137.18± 32.819 |
| | N=1641 | N=1760 | N=1273 |
| | P_value= 0.000001 | P_value= 0.000001 | P_value= 0.000001 |
| Lock | X | Lock: 118.78± 27.255 | Lock: 119.32± 26.630 |
| | | Restr-P: 123.76± 30.192 | Rel-P: 138.40± 32.212 |
| | | N=1294 | N=1203 |
| | | P_value= 0.000001 | P_value= 0.000001 |
| Restr-P | X | X | Restr-P: 123.99± 29.271 |
| | | | Rel-P: 137.16± 32.864 |
| | | | N=1268 |
| | | | P_value= 0.000001 |

Pre-P- prepandemic; Restr-P- restrictive pandemic; Rel-P- relaxed pandemic; Lock- lockdown.

Table S6. Comparison of uric acid values between study periods.

| Uric Acid (mg/dl) | Lock | Restr-P | Rel-P |
|-------------------|----------------------------|----------------------------|-----------------------------|
| | 1 march 2020 – 1 sept 2020 | 1 sept 2020 - 1 march 2021 | 1 march 2021 - 1 march 2022 |
| Pre-P | Pre-P: 5.26± 1.554 | Pre-P: 5.29± 4.139 | Pre-P: 5.39± 1.526 |
| | Lock: 6.12± 2.716 | Restr-P: 6.18± 1.797 | Rel-P: 5.80± 2.919 |
| | N=1430 | N=1513 | N=1142 |
| | P_value= 0.000001 | P_value= 0.000001 | P_value= 0.000001 |
| Lock | X | Lock: 6.26± 2.947 | Lock: 6.25± 2.975 |
| | | Restr-P: 6.41± 1.818 | Rel-P: 5.79± 2.957 |
| | | N=1120 | N=1093 |
| | | P_value= 0.072092 | P_value= 0.000001 |
| Restr-P | X | X | Restr-P: 6.44± 1.809 |
| | | | Rel-P: 5.82± 2.975 |
| | | | N=1085 |
| | | | P_value= 0.000001 |

Pre-P- prepandemic; Restr-P- restrictive pandemic; Rel-P- relaxed pandemic; Lock- lockdown.

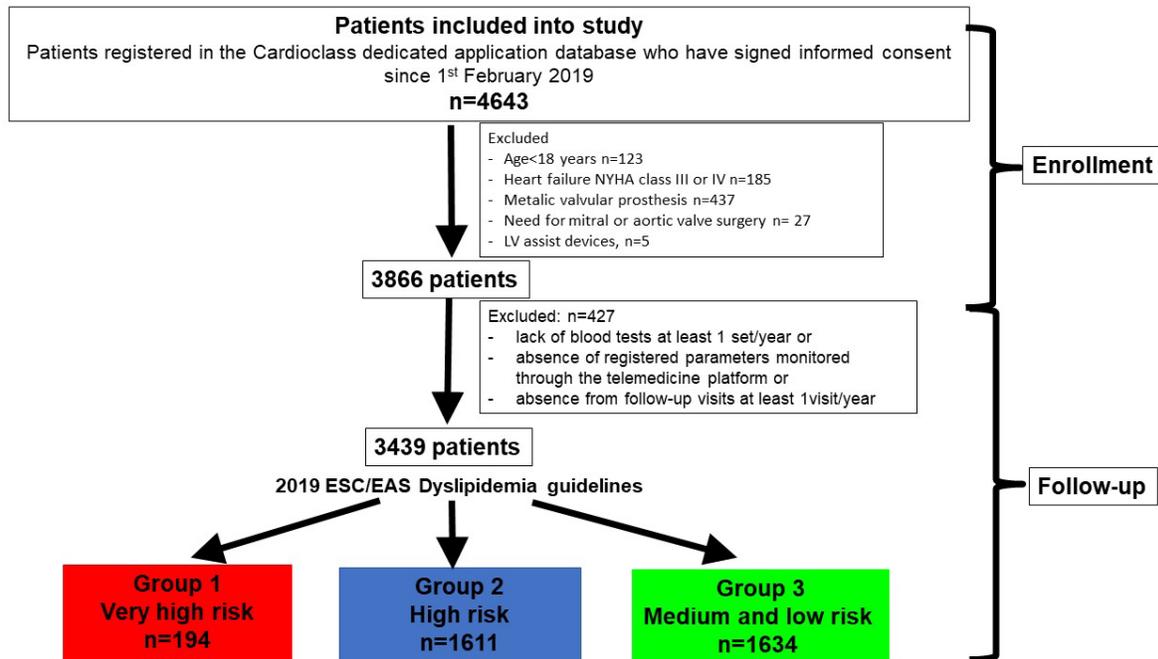


Figure S1. Study flow-chart.