

Supplementary Table S6. Sociodemographic and lifestyle characteristics of Epirus Health Study participants by binary categories of Logical Memory-delayed recall scores.

Variables	Logical Memory-delayed recall score		p value
	Normal performance (n= 1.168)	Abnormal performance (n=28)	
Age	47.71 ± 10.95	52.71 ± 12.56	0.017 ^a
Female	697 (59.67)	14 (50.00)	0.303 ^b
Education			4.029 ⁻⁰⁴ ^b
Primary and secondary school*	79 (6.77)	7 (25.00)	
High school**	297 (25.45)	9 (32.14)	
Higher education***	791 (67.78)	12 (42.86)	
MEDAS score	7.26 ± 1.75	7.00 ± 1.59	0.445 ^a
BMI	26.38 ± 4.66	27.84 ± 5.76	0.109 ^a
Smoking status			0.220 ^c
Non-smokers	517 (44.26)	14 (50.00)	
Former smokers	276 (23.63)	9 (32.14)	
Current smokers	375 (32.11)	5 (17.86)	
Alcohol consumption			0.122 ^c
Never	141 (12.07)	6 (21.43)	
Less than once/month	345 (29.54)	7 (25.00)	
1-3 times/month	203 (17.38)	2 (7.14)	
1-2 times/week	330 (28.25)	6 (21.43)	
Almost every day	149 (12.76)	7 (25.00)	
Physical activity (METs)	15.53 ± 20.26	16.71 ± 22.31	0.761 ^a

Abbreviations: BMI; Body mass index, METs; Metabolic Equivalents of Energy Expenditure

*Elementary school or junior high school, up to 9 years of education. **High school, up to 12 years of education. ***University degree/MSc/PhD/Postdoc, more than 13 years of education.

^a Comparisons using t-test. ^b Comparisons using χ^2 test. ^c Comparison's using Fisher's exact test.

Mean ± standard deviation and frequency (percentage) are presented for continuous and categorical variables, respectively.