Supplementary Material

Frequency of Egg Intake Associated with Mortality in Chinese Adults: An 8-Year Nationwide Cohort Study

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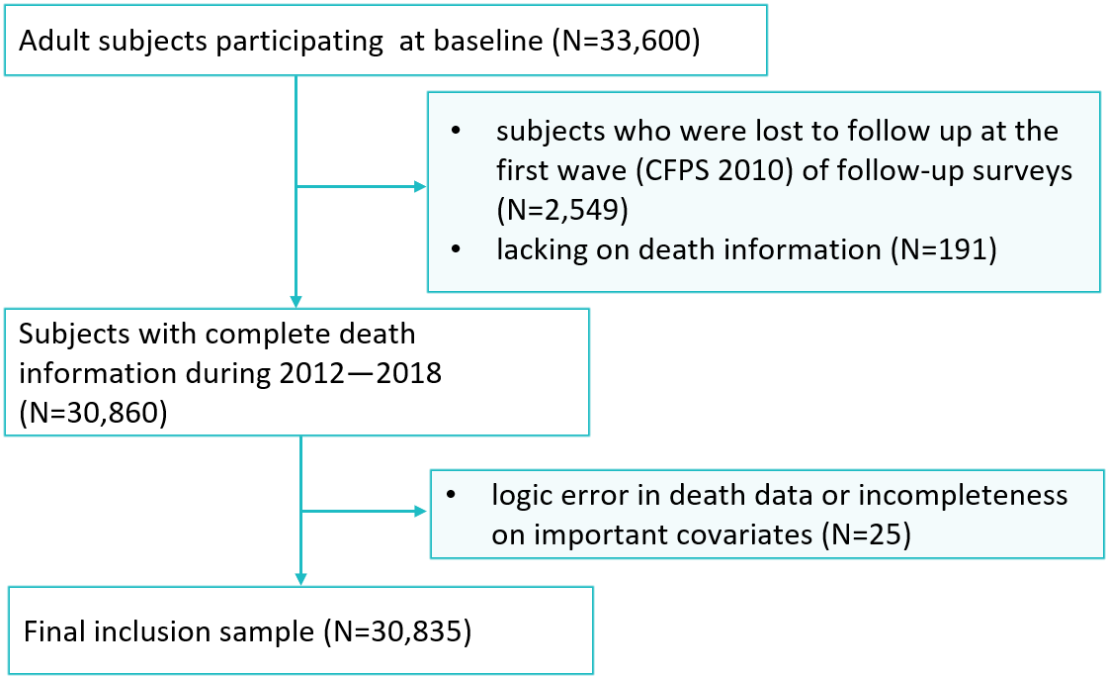

Figure S1. Inclusion and exclusion flow chart of study sample.

Tables

Table S1. Association between egg consumption and mortality.

	Hazard ratio [95% CI]				
Model	**0 times/week**	**1–2 times/week**	**3–6 times/week**	**≥7 times/week**	**P for trend**
Model 1	1(Ref)	0.77 [0.68 to 0.88] ***	0.64 [0.56 to 0.73] ***	0.66 [0.57 to 0.77] ***	<0.001
Model 2	1(Ref)	0.85 [0.74 to 0.96] **	0.72 [0.63 to 0.82] ***	0.69 [0.59 to 0.81] ***	<0.001
Model 3	1(Ref)	0.95 [0.82 to 1.10]	0.84 [0.72 to 0.97] *	0.82 [0.69 to 0.98] *	0.007

Model 1: Unadjusted.

Model 2: Model 1 + age +gender.

Model 3: Model 2 + BMI, ethnicity, residential region, annual house-hold income, physical activity, smoking status, alcohol drinking, chronic disease, meat intake, vegetable intake, fish, dairy products.

Notes: *p < 0.05; **p < 0.01; ***p < 0.001.

Table S2. Association between egg consumption and mortality in the CFPS after excluding cases of death that occurred within the first year of follow-up.

	Hazard ratio [95% CI]				
Model	**0 times/week**	**1–2 times/week**	**3–6 times/week**	**≥7 times/week**	**P for trend**
Model 1	1(Ref)	0.77 [0.68 to 0.88] ***	0.64 [0.56 to 0.73] ***	0.66 [0.57 to 0.77] ***	<0.001
Model 2	1(Ref)	0.85 [0.74 to 0.96] **	0.72 [0.63 to 0.82] ***	0.69 [0.59 to 0.81] ***	<0.001
Model 3	1(Ref)	0.96 [0.83 to 1.11]	0.84 [0.72 to 0.97] *	0.83 [0.70 to 0.99] *	0.007

Model 1: Unadjusted.

Model 2: Model 1 + age +gender.

Model 3: Model 2 + BMI, ethnicity, residential region, annual house-hold income, physical activity, smoking status, alcohol drinking, chronic disease, meat intake, vegetable intake, fish, dairy products.

Notes: *p < 0.05; **p < 0.01; ***p < 0.001.

Table S3. Association between egg consumption and mortality in the CFPS after excluding cases aged less than 30 years.

	Hazard ratio [95% CI]				
Model	**0 times/week**	**1–2 times/week**	**3–6 times/week**	**≥7 times/week**	**P for trend**
Model 1	1(Ref)	0.78 [0.69 to 0.89] ***	0.67 [0.58 to 0.76] ***	0.69 [0.59 to 0.80] ***	<0.001
Model 2	1(Ref)	0.86 [0.77 to 0.97] *	0.82 [0.73 to 0.92] **	0.89 [0.78 to 1.01]	<0.001
Model 3	1(Ref)	0.83 [0.73 to 0.94] **	0.79 [0.69 to 0.89] ***	0.82 [0.71 to 0.95] **	0.005

Model 1: Unadjusted.

Model 2: Model 1 + age +gender.

Model 3: Model 2 + BMI, ethnicity, residential region, annual house-hold income, physical activity, smoking status, alcohol drinking, chronic disease, meat intake, vegetable intake, fish, dairy products.

Notes: *p < 0.05; **p < 0.01; ***p < 0.001.

Table S4. Association between egg consumption and mortality in the CFPS after excluding cases diagnosed with chronic disease at baseline.

	Hazard ratio [95% CI]				
Model	**0 times/week**	**1–2 times/week**	**3–6 times/week**	**≥7 times/week**	**P for trend**
Model 1	1(Ref)	0.75 [0.65 to 0.87] ***	0.62 [0.53 to 0.72] ***	0.58 [0.48 to 0.69] ***	<0.001
Model 2	1(Ref)	0.84 [0.72 to 0.97] *	0.71 [0.61 to 0.83] ***	0.62 [0.52 to 0.75] ***	<0.001
Model 3	1(Ref)	0.95 [0.81 to 1.12]	0.84 [0.71 to 0.99] *	0.76 [0.62 to 0.93] **	0.003

Model 1: Unadjusted.

Model 2: Model 1 + age +gender.

Model 3: Model 2 + BMI, ethnicity, residential region, annual house-hold income, physical activity, smoking status, alcohol drinking, chronic disease, meat intake, vegetable intake, fish, dairy products.

Notes: *p < 0.05; **p < 0.01; ***p < 0.001.