

Table S1. Construct and convergent validity, internal consistency, floor and ceiling effects the healthy eating score ($n=951$).

| Factor loading value* | DASH-Q | | |
|---|------------------|------------------|------------------|
| | Component 1 | Component 2 | Component 3 |
| 1. Nuts or peanut butter | 0.67 | | |
| 2. Beans, peas, or lentils | 0.72 | | |
| 3. Eggs | 0.71 | | |
| 4. Pickles, olives, or other vegetables in brine | 0.78 | | |
| 5. Fruits and vegetables (≥ 5 servings) | | 0.75 | |
| 6. Fruits (>1 serving) | | 0.86 | |
| 7. Vegetables (>1 serving) | | 0.81 | |
| 8. Broccoli, collard greens, spinach, potatoes, squash, or sweet potatoes | | | 0.82 |
| 9. Apples, bananas, oranges, melon, or raisins | | | 0.70 |
| 10. Whole-grain breads, cereals, grits, oatmeal, or brown rice | | | 0.75 |
| Percentage of variance, % | | 62.76 | |
| Item-subscale convergent validity, mean of Rho (range) | 0.74 (0.70-0.80) | 0.83 (0.74-0.89) | 0.76 (0.70-0.80) |
| Item-overall scale convergent validity, mean of Rho (range) | | 0.56 (0.40-0.73) | |
| Internal consistency, Cronbach's alpha | | 0.74 | |
| Floor effects, % | | 0.70 | |
| Ceiling effect, % | | 0.00 | |

Abbreviation: DASH-Q, dietary approaches to stop hypertension quality; Rho, Spearman's correlation coefficient.

*Principal component analysis using Promax rotation method. The item removed is "drink milk (in a glass, with cereal, or in coffee, tea, or cocoa)" with factor loading of -0.45 on component 2, and 0.41 on component 3 in the initial analysis.

Table S2. Associated factors of disability via bivariate linear regression analysis ($n=951$).

| | | WHODAS II | |
|-----------------------------------|--|----------------------|--------|
| | | B (95%CI)* | p |
| Age, year | | | |
| 19-59 | | | |
| 60-69 | | 0.83 (-1.36, 3.02) | 0.455 |
| 70-79 | | 2.91 (0.57, 5.25) | 0.015 |
| 80-99 | | 6.16 (3.56, 8.75) | <0.001 |
| Gender | | | |
| Women | | | |
| Men | | -1.87 (-3.62, -0.13) | 0.035 |
| Marital status | | | |
| Married | | | |
| Single or Widow/Divorce/Separate | | 2.76 (0.13, 5.40) | 0.04 |
| Education attainment | | | |
| Illiterate or elementary | | | |
| Junior high | | -0.73 (-3.16, 1.69) | 0.553 |
| Senior high | | -2.98 (-5.42, -0.54) | 0.017 |
| College/university or higher | | -4.21 (-6.71, -1.71) | 0.001 |
| Occupation | | | |
| Working | | | |
| Retired or infirmity | | 5.98 (4.30, 7.66) | <0.001 |
| Ability to pay for medication | | | |
| Very or fairly difficult | | | |
| Very or fairly easy | | -0.55 (-2.28, 1.17) | 0.528 |
| Social status | | | |
| Low | | | |
| Middle or high | | -1.29 (-3.96, 1.38) | 0.344 |
| BMI, kg/m ² | | | |
| Under weight (<18.5) | | 1.04 (-1.90, 3.98) | 0.489 |
| Normal weight (18.5 ≤ BMI < 24.0) | | | |
| Overweight/obese (BMI ≥ 25.0) | | -2.75 (-6.17, 0.66) | 0.114 |
| CCI | | | |
| None | | | |
| One or more | | 8.51 (6.88, 10.14) | <0.001 |
| Stroke occurrence | | | |
| First-ever | | | |
| Recurrent | | 1.30 (-0.96, 3.56) | 0.261 |
| Smoking | | | |
| Never smoke | | | |
| Ever smoke | | 1.94 (0.21, 3.68) | 0.028 |
| Drinking alcohol | | | |
| No | | | |

| | | |
|-------------------------------|------------------------|--------|
| Yes | -1.71 (-3.58, 0.15) | 0.071 |
| Physical activity, MET min/wk | | |
| Tertile 1 | | |
| Tertile 2 | -7.4 (-9.37, -5.42) | <0.001 |
| Tertile 3 | -10.82 (-12.80, -8.85) | <0.001 |
| DASH-Q | -0.27 (-0.34, -0.20) | <0.001 |
| HL index | -0.24 (-0.33, -0.16) | <0.001 |

Abbreviation: WHODAS II, world health organization disability assessment schedule II; BMI, body mass index; CCI, Charlson comorbidity index; MET min/wk, metabolic equivalent task scored in minute per week; DASH-Q, Dietary Approaches to Stop Hypertension quality, HL, health literacy.