Table S1. The Newcastle-Ottawa Scale (NOS) for assessing the quality of cohort studies

Study	Selection				Comparability	Outcome			Score
	Representativeness of the exposed (⋆)	Selection of non-Cohort (⋆)	Ascertainment of exposure (⋆)	Outcome of interest not presented at the start (⋆)	(⋆⋆)	Assessment of outcome (⋆)	Was the follow-up long enough (⋆)	Adequacy of the follow-up (⋆)	
Ha et al. / 2009 / USA [61]	⋆	⋆	⋆	-	⋆⋆	⋆	⋆	⋆	(8)
Pemmasani et al. / 2020 / USA [73]	⋆	⋆	⋆	-	⋆⋆	⋆	-	*	(7)
Osterman et al. / 2011 / USA [62]	⋆	⋆	⋆	-	⋆⋆	⋆	⋆	⋆	(8)
Merril et al. / 2012 / USA [63]	⋆	⋆	⋆	-	⋆⋆	⋆	-	⋆	(7)
Kristensen et al. / 2013 / Denmark [64]	⋆	⋆	⋆	⋆	⋆⋆	⋆	⋆	⋆	(9)
Aggarwal et al. / / 2014 [65]	-	⋆	⋆	-	⋆⋆	⋆	-	-	(5)
Kristensen et al. / 2014 / Denmark [1]	⋆	⋆	⋆	-	⋆⋆	⋆	-	⋆	(7)
Tsai et al. / 2014 / Taiwan [66]	⋆	⋆	⋆	-	⋆⋆	⋆	⋆	⋆	(8)
Aniwan et al. / 2018 / USA [71]	-	⋆	⋆	⋆	⋆⋆	⋆	⋆	⋆	(8)
Choi et al. / 2019 / South Korea [7]	⋆	⋆	⋆	⋆	⋆⋆	⋆	⋆	⋆	(9)
Panhwar et al. / 2019 / USA [2]	⋆	⋆	⋆	-	⋆⋆	⋆	N/A	N/A	(6)
Card et al. / 2020 / UK [72]	⋆	⋆	⋆	⋆	⋆⋆	⋆	⋆	⋆	(9)
Gauravpal S. Gill et al. / 2020 / US [75]	⋆	⋆	⋆	⋆	⋆⋆	⋆	⋆	⋆	(9)

BMI: Body mass index; ACS: Acute coronary syndrome; IBD: Inflammatory bowel disease; HTN: Hypertension

Table S2. The Newcastle-Ottawa Scale (NOS) for assessing the quality of cross-sectional studies

Study	Selection				Comparability	Outcome		Score
	Sample representativeness	Sample size	Non-Respondents	Ascertainment of the exposure (risk factor)	Comparability	Assessment of the outcome	Statistical test	
Archimandritis et al. / 2002/ Greece [60]*	⋆	-	*	**	*	**	-	(7)
Kuy et al. / 2014 / USA [67]	⋆	⋆	⋆	⋆⋆	-	⋆	-	(6)
Barnes et al. / 2016 / USA [69]	⋆	⋆	⋆	⋆⋆	⋆⋆	⋆	⋆	(9)
Mendelsohn et al. / 1995 USA [59]*	⋆	-	⋆	⋆	*	⋆⋆	⋆	(7)

Table S3. The Newcastle-Ottawa Scale (NOS) for assessing the quality of case-control studies

Study	Selection				Comparability	Exposure			Score
	Adequate definition	Representativeness of the cases	Selection of Controls	Definition of controls	Comparativeness of the cases and controls on the basis of the design or analysis	Ascertainment of exposure	Same method of ascertainment for cases and controls	Non-Response rate	
Zakroysky et al. / 2015 / USA [68]	⋆	⋆	⋆	-	⋆⋆	⋆	⋆	⋆	(8)
Ehrenpreis et al. / 2016 / USA [70]	⋆	⋆	⋆	⋆	⋆⋆	⋆	⋆	⋆	(9)
Le Gall et al. / 2018 / France [22]	⋆	⋆	⋆	⋆	⋆	⋆	⋆	⋆	(8)