

SUPPLEMENTARY MATERIAL

ADHERENCE TO MEDITERRANEAN DIET IN OLDER SUBJECTS: A POPULATION-BASED MID-TERM LONGITUDINAL COHORT STUDY

Authors

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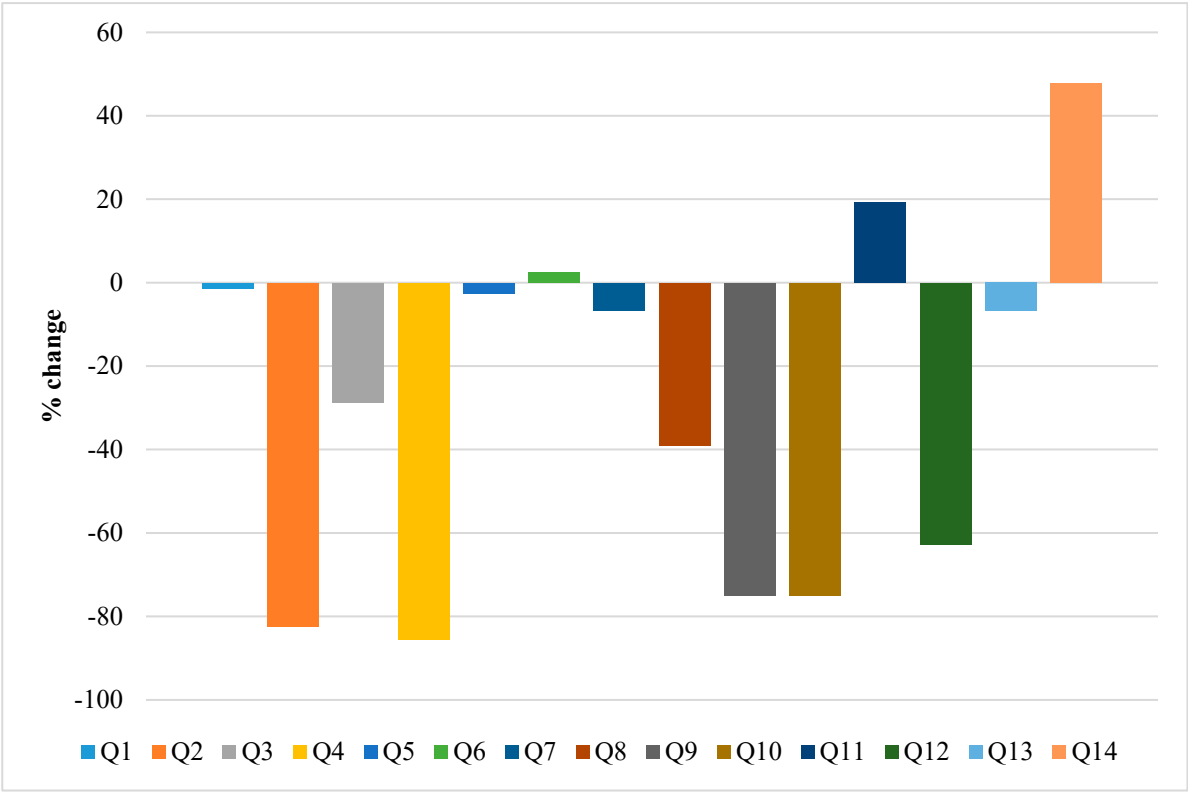
Keywords: Mediterranean diet, adherence, cardiovascular disease, metabolic disease

Supplementary Table S1. Demographic and clinical characteristics of participants.

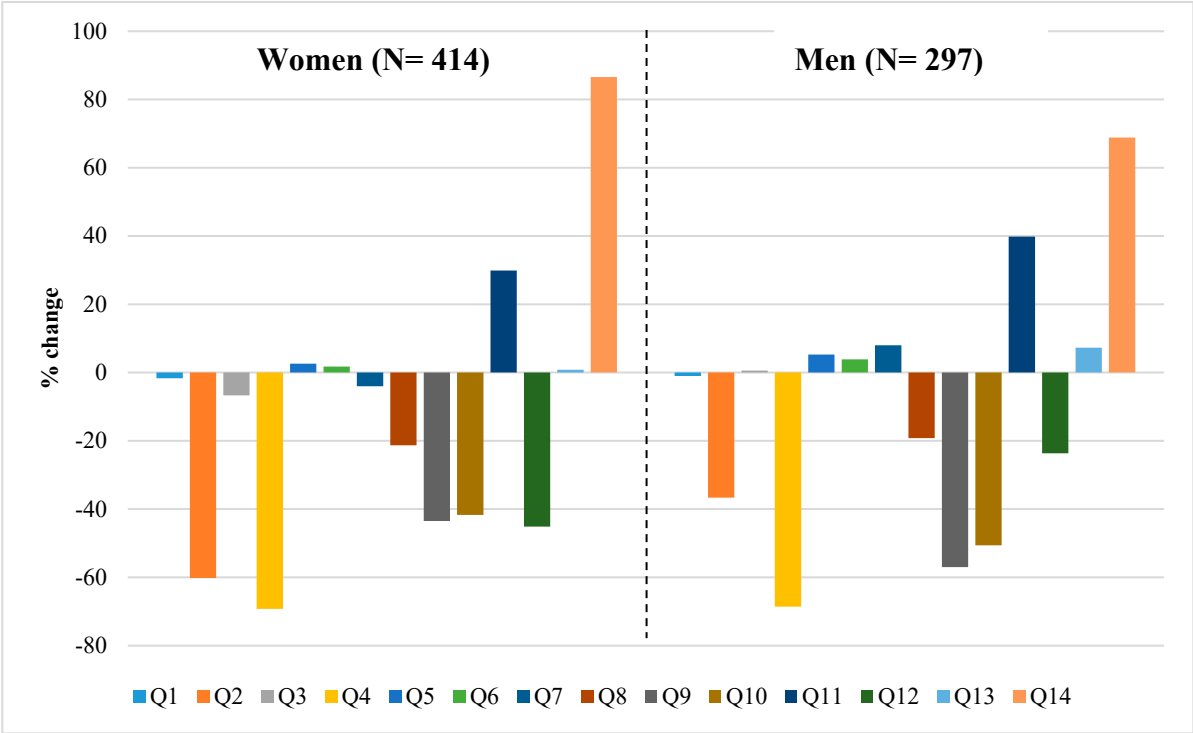
Covariates	Baseline visit	Follow-up visit	p-value
Weight, kg; mean (SD)	71.81 (14.03)	71.24 (14)	0.45
BMI, kg/m ² ; mean (SD)	27.41 (4.5)	27.6 (4.62)	0.43
WH ratio; mean (SD)	0.9 (0.09)	0.93 (0.09)	<.0001
SBP, mm Hg; mean (SD)	113.7 (42.18)	126.95 (17.02)	<.0001
DBP, mm Hg; mean (SD)	68.48 (18.57)	75.33 (10.62)	<.0001
Total Chol, mg/dL; mean (SD)	196.42 (35.81)	184.45 (34.58)	<.0001
HDL-C, mg/dL; mean (SD)	57.65 (13.93)	55.58 (15.11)	0.01
LDL-C, mg/dL; mean (SD)	116.36 (30.69)	107.37 (29.91)	<.0001
TG, mg/dL; median [IQR]	97 [76-134]	101 [76-126]	0.63
Fasting glucose, mg/dL; mean (SD)	105.16 (39.16)	100.05 (17.17)	0.002
Dietary Therapy, %	8.3	7.45	0.55
Smoker, %	11.88	10.22	0.57
Physical activity, %	50.07	46.12	<.0001
Antihypertensive treatment, %	19.27	34.46	<.0001
Antidiabetic treatment, %	2.67	8.16	<.0001
Lipid-lowering treatment, %	35.02	23.49	<.0001
MetS, %	27.99	35.32	0.003
cIMT, mm; mean (SD)	0.79 (0.16)	0.82 (0.14)	<.0001

BMI indicates body mass index; WH, waist-to-hip; SBP, systolic blood pressure; DBP, diastolic blood pressure; Total Chol, total cholesterol; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; TG, triglycerides; MetS metabolic syndrome; cIMT, carotid intima-media thickness;

Supplementary Figure S1. Percentage change from baseline of each item (Q) assessed in the MEDAS score for the entire cohort.



Supplementary Figure S2. Percentage change from baseline of each item (Q) assessed in the MEDAS score by sex.



Supplementary Figure S3. Percentage change from baseline of each item (Q) assessed in the MEDAS score by age groups.

