**Table S2. Odds ratios (95% confidence intervals) for low adherence (<9 points) to the Mediterranean diet in the PREDIMED trial according to baseline characteristics.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Men |  | Women |
| Characteristics at Baseline | Crude OR (95% CI) | p-value | Multivariate OR (95% CI)† | p-value |  | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |
| Age (years) |  |  |  |  |  |  |  |  |  |
| <65 (n=2832) | 1 (ref.) |  | 1 (ref.) |  |  | 1 (ref.) |  | 1 (ref.) |  |
|  ≥65 (n=4473) | 0.83 (0.72-0.96) | 0.01 | 0.81 (0.70-0.94) | 0.01 |  | 1.08(0.95-1.23) | 0.22 | 1.02(0.89-1.17) | 0.79 |
| Diabetes |  |  |  |  |  |  |  |  |  |
| no (n=3778) | 1 (ref.) |  | 1 (ref.) |  |  | 1 (ref.) |  | 1 (ref.) |  |
| yes (n=3527) | 1.04 (0.91-1.20) | 0.56 | 1.05 (0.90-1.21) | 0.55 |  | 1.22(1.08-1.38) | 0.001 | 1.19(1.05-1.35) | 0.01 |
| Hypertension |  |  |  |  |  |  |  |  |  |
| no (n=1255) | 1 (ref.) |  |  |  |  | 1 (ref.) |  |  |  |
| yes (n=6050) | 1.13 (0.95-1.34) | 0.18 |  |  |  | 1.05(0.88-1.25) | 0.61 |  |  |
| Smoking status |  |  |  |  |  |  |  |  |  |
|  Never(n=4474) | 1 (ref.) |  | 1 (ref.) |  |  | 1 (ref.) |  | 1 (ref.) |  |
|  Former(n=1809) | 0.92(0.77-1.09) |  | 0.89 (0.75-1.06) |  |  | 0.74(0.59-0.94) |  | 0.74(0.58-0.95) |  |
|  Current (n=1022) | 1.33 (1.09-1.62) | 0.001 | 1.26 (1.03-1.54) | 0.001 |  | 1.14(0.87-1.48) | 0.03 | 1.22(0.93-1.61) | 0.01 |

**Table S2 (continued).Odds ratios (95% confidence intervals) for low adherence (<9 points) to the Mediterranean diet in the PREDIMED trial according to baseline characteristics.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Men |  | Women |
| Characteristics at Baseline | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |  | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |
| High total cholesterol |  |  |  |  |  |  |  |  |  |
| no (n=2017) | 1(ref.) |  |  |  |  | 1 (ref.) |  |  |  |
| yes (n=5288) | 1.13 (0.97-1.31) | 0.12 |  |  |  | 0.89(0.77-1.03) | 0.11 |  |  |
| Family history of premature CHD |  |  |  |  |  |  |  |  |
| no (n=5665) | 1 (ref.) |  |  |  |  | 1 (ref.) |  |  |  |
| yes (n=1640) | 0.86 (0.71-1.03) | 0.11 |  |  |  | 0.90(0.79-1.04) | 0.15 |  |  |
| BMI (per 1 kg/m2) | 1.04 (1.01-1.06) | .001 |  |  |  | 1.04(1.02-1.05) | <.0001 |  |  |
| Waist circumference (per 5 cm) | 1.11 (1.06-1.15) | <.0001 |  |  |  | 1.10(1.07-1.13) | <.0001 |  |  |
| Waist-to-height ratio (per 0.1 units) | 1.40(1.24-1.59) | <.0001 | 1.37 (1.18-1.59) | <.0001 |  | 1.36(1.25-1.49) | <.0001 | 1.34(1.17-1.54) | <.0001 |
| Systolic blood pressure (per 5 mmHg) | 1.01(0.99-1.03) | 0.21 |  |  |  | 1.00(0.99-1.02) | 0.74 |  |  |
| Diastolic blood pressure (per 5 mmHg) | 0.99(0.96-1.02) | 0.58 |  |  |  | 1.01(0.98-1.04) | 0.59 |  |  |

**Table S2 (continued).Odds ratios (95% confidence intervals) for low adherence (<9 points) to the Mediterranean diet in the PREDIMED trial according to baseline characteristics.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Men |  | Women |
| Characteristics at Baseline | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |  | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |
| Physical activity\* (METS-min/day) |  |  |  |  |  |  |  |  |  |
|  T1 (n=2392) | 1 (ref.) |  | 1 (ref.) |  |  | 1 (ref.) |  | 1 (ref.) |  |
|  T2 (n=2468) | 0.97 (0.80-1.18) |  | 1.01 (0.83-1.23) |  |  | 0.79(0.69-0.91) |  | 0.81(0.70-0.93) |  |
|  T3 (n=2445) | 0.72 (0.60-0.86) | <.0001 | 0.77 (0.64-0.92) | 0.001 |  | 0.63(0.53-0.73) | <.0001 | 0.65(0.55-0.76) | <.0001 |
| Educational Level |  |  |  |  |  |  |  |  |  |
|  Less than primary school (n=180) | 1 (ref.) |  | 1 (ref.) |  |  | 1 (ref.) |  | 1 (ref.) |  |
|  Primary school (n=5458) | 0.38 (0.14-0.99) |  | 0.34 (0.13-0.92) |  |  | 0.59(0.43-0.82) |  | 0.64(0.46-0.88) |  |
| Secondary School (n=1136) | 0.34 (0.13-0.89) |  | 0.29 (0.11-0.78) |  |  | 0.62(0.43-0.90) |  | 0.71 (0.48-1.03) |  |
| University (n=531) | 0.34 (0.13-0.93) | 0.13 | 0.30 (0.11-0.83) | 0.03 |  | 0.45(0.29-0.70) | 0.02 | 0.52(0.33-0.82) | 0.02 |

**Table S2 (continued).Odds ratios (95% confidence intervals) for low adherence (<9 points) to the Mediterranean diet in the PREDIMED trial according to baseline characteristics.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Men |  | Women |
| Characteristics at Baseline | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |  | Crude OR (95% CI) | p-value | Multivariate OR (95% CI) † | p-value |
| Alcohol Consumption from sources other than wine (g/day)\*\* |  |  |  |  |  |  |  |  |  |
|  Low (n=4945) | 1 (ref.) |  |  |  |  | 1 (ref.) |  |  |  |
| Moderate(n=1703) | 1.04 (0.84-1.27) |  |  |  |  | 0.96(0.55-1.68) |  |  |  |
|  High (n=799) | 1.34(0.72-2.48) | 0.37 |  |  |  | 1.32(0.87-2.01) | 0.29 |  |  |
| Marital Status |  |  |  |  |  |  |  |  |  |
|  Married (n=5576) | 1 (ref.) |  | 1 (ref.) |  |  | 1 (ref.) |  | 1 (ref.) |  |
|  Single or Religious (n=314) | 1.30(0.92-1.83) |  | 1.27(0.90-1.81) |  |  | 1.16(0.86-1.57) |  | 1.31(0.96-1.78) |  |
|  Widowed (n=1195) | 1.47(1.00-2.14) |  | 1.50(1.02-2.21) |  |  | 1.11(0.97-1.28) |  | 1.09(0.94-1.26) |  |
|  Divorced or Separated (n=220) | 1.76(1.13-2.72) | 0.01 | 1.62(1.04-2.53) | 0.02 |  | 1.28(0.91-1.81) | 0.24 | 1.34(0.94-1.90) | 0.13 |

**Table S2 (continued).Odds ratios (95% confidence intervals) for low adherence (<9 points) to the Mediterranean diet in the PREDIMED trial according to baseline characteristics.**

\*: T1: tertile 1 (<105 METS-min/day); T2: tertile 2 (≥105-<257.1 METS-min/day); T3: tertile 3 (≥257.1 METS-min/day)

\*\*: low: <10 g/d (men), <5 g/d (women); moderate: 10-50 g/d (men) / 5-10 g/d (women); high: ≥50 g/d (men) / ≥10 g/d (women)

†: Adjusted for all other variables with a significant OR in the multivariable model.

M: men; W: women