

SUPPLEMENTARY MATERIAL

Table 1

Prevalence Ratios for Clustered Cardiovascular Risk Factors (Hypertension, Diabetes, Obesity, Dyslipidemia, and Tobacco Smoking) According to Tertiles of Adherence to the Energy-restricted Mediterranean Diet Score

| Number of risk factors | Adherence to the energy-restricted Mediterranean diet | | | <i>P</i> for trend |
|------------------------------------|---|------------------|------------------|--------------------|
| | Low (≤ 7) | Medium (8-10) | High (11-17) | |
| | n = 2494 | n = 2789 | n = 1591 | |
| <i>2 or more risk factors, %</i> | 96.4 | 95.7 | 95.1 | |
| Age and sex-adjusted | 1 (ref.) | 0.98 (0.93-1.02) | 0.96 (0.90-1.00) | .705 |
| Multivariate adjusted ^a | 1 (ref.) | 0.97 (0.92-1.02) | 0.96 (0.90-1.01) | .734 |
| | | | | |
| <i>3 or more risk factors, %</i> | 72.4 | 70.1 | 67.8 | |
| Age and sex-adjusted | 1 (ref.) | 0.99 (0.97-1.00) | 0.97 (0.95-0.99) | .114 |
| Multivariate adjusted ^a | 1 (ref.) | 0.99 (0.97-1.01) | 0.98 (0.96-1.00) | .369 |

| | | | | |
|------------------------------------|----------|------------------|------------------|------|
| | | | | |
| <i>4 or more risk factors, %</i> | 24.7 | 23.1 | 21.6 | |
| Age and sex-adjusted | 1 (ref.) | 0.99 (0.97-1.01) | 0.98 (0.96-1.01) | .214 |
| Multivariate adjusted ^a | 1 (ref.) | 1.00 (0.98-1.02) | 0.99 (0.97-1.02) | .688 |
| | | | | |
| <i>5 risk factors, %</i> | 2.4 | 2.2 | 1.5 | |
| Age and sex-adjusted | 1 (ref.) | 1.01 (0.96-1.05) | 0.96 (0.87-1.03) | .454 |
| Multivariate adjusted ^a | 1 (ref.) | 1.02 (0.97-1.06) | 0.97 (0.88-1.04) | .681 |

^aAdjusted for sex, age (continuous), family history of cardiovascular disease (yes/no), energy intake (continuous), physical activity (continuous), educational level (primary, secondary and university), married (yes/no), living alone (yes/no), previous weight loss dieting (yes/no), and node (recoded by number of participants).

Table 2

Prevalence Ratios for Clustered Cardiovascular Risk Factors (Hypertension, Obesity, and Dyslipidemia) According to Tertiles of Adherence to the Energy-restricted Mediterranean Diet Score.

| Number of risk factors | Adherence to the energy-restricted Mediterranean diet | | | <i>P</i> for trend |
|------------------------------------|---|------------------|------------------|--------------------|
| | Low (≤ 7) | Medium (8-10) | High (11-17) | |
| | n = 2494 | n = 2789 | n = 1591 | |
| <i>2 or more risk factors, %</i> | 94.7 | 93.0 | 92.6 | |
| Age and sex-adjusted | 1 (ref.) | 0.98 (0.96-1.00) | 0.98 (0.95-0.99) | .431 |
| Multivariate adjusted ^a | 1 (ref.) | 0.98 (0.96-0.99) | 0.98 (0.95-0.99) | .472 |
| | | | | |
| <i>3 risk factors, %</i> | 59.5 | 56.3 | 54.5 | |
| Age and sex-adjusted | 1 (ref.) | 0.94 (0.89-0.98) | 0.90 (0.85-0.96) | .015 |
| Multivariate adjusted ^a | 1 (ref.) | 0.94 (0.89-0.99) | 0.92 (0.87-0.98) | .076 |

^aAdjusted for sex, age (continuous), smoking (never smoked, current, former), family history of cardiovascular disease (yes/no), energy intake (continuous), physical activity (continuous), educational level (primary, secondary and university), married (yes/no), living alone (yes/no), previous weight loss dieting (yes/no), diabetes status, and node (recoded by number of participants).

Table 3

Prevalence Ratios for Clustered Cardiovascular Risk Factors (Hypertension, Obesity, Dyslipidemia, and Tobacco Smoking) According to Tertiles of Adherence to the Energy-restricted Mediterranean Diet Score

| Number of risk factors | Adherence to the energy-restricted Mediterranean diet | | | <i>P</i> for trend |
|------------------------------------|---|------------------|------------------|--------------------|
| | Low (≤ 7) | Medium (8-10) | High (11-17) | |
| | n = 2494 | n = 2789 | n = 1591 | |
| <i>2 or more risk factors, %</i> | 95.7 | 94.0 | 93.5 | |
| Age and sex-adjusted | 1 (ref.) | 0.95 (0.90-0.99) | 0.93 (0.87-0.98) | .452 |
| Multivariate adjusted ^a | 1 (ref.) | 0.94 (0.89-0.98) | 0.93 (0.87-0.98) | .500 |
| | | | | |
| <i>3 or more risk factors, %</i> | 65.3 | 61.0 | 58.7 | |
| Age and sex-adjusted | 1 (ref.) | 0.97 (0.95-0.99) | 0.96 (0.94-0.98) | .007 |
| Multivariate adjusted ^a | 1 (ref.) | 0.98 (0.96-0.99) | 0.97 (0.94-0.99) | .043 |

| | | | | |
|------------------------------------|----------|------------------|------------------|--------|
| <i>4 risk factors, %</i> | 8.8 | 5.5 | 4.7 | |
| Age and sex-adjusted | 1 (ref.) | 0.94 (0.90-0.97) | 0.92 (0.86-0.97) | < .001 |
| Multivariate adjusted ^a | 1 (ref.) | 0.94 (0.90-0.98) | 0.93 (0.87-0.98) | .001 |

^aAdjusted for sex, age (continuous), family history of cardiovascular disease (yes/no), energy intake (continuous), physical activity (continuous), educational level (primary, secondary and university), married (yes/no), living alone (yes/no), previous weight loss dieting (yes/no), diabetes status, and node (recoded by number of participants).

Figure 1

Mean number of cardiovascular risk factors (hypertension, obesity, dyslipidemia, and diabetes) according to tertiles of adherence to the energy-restricted Mediterranean diet.

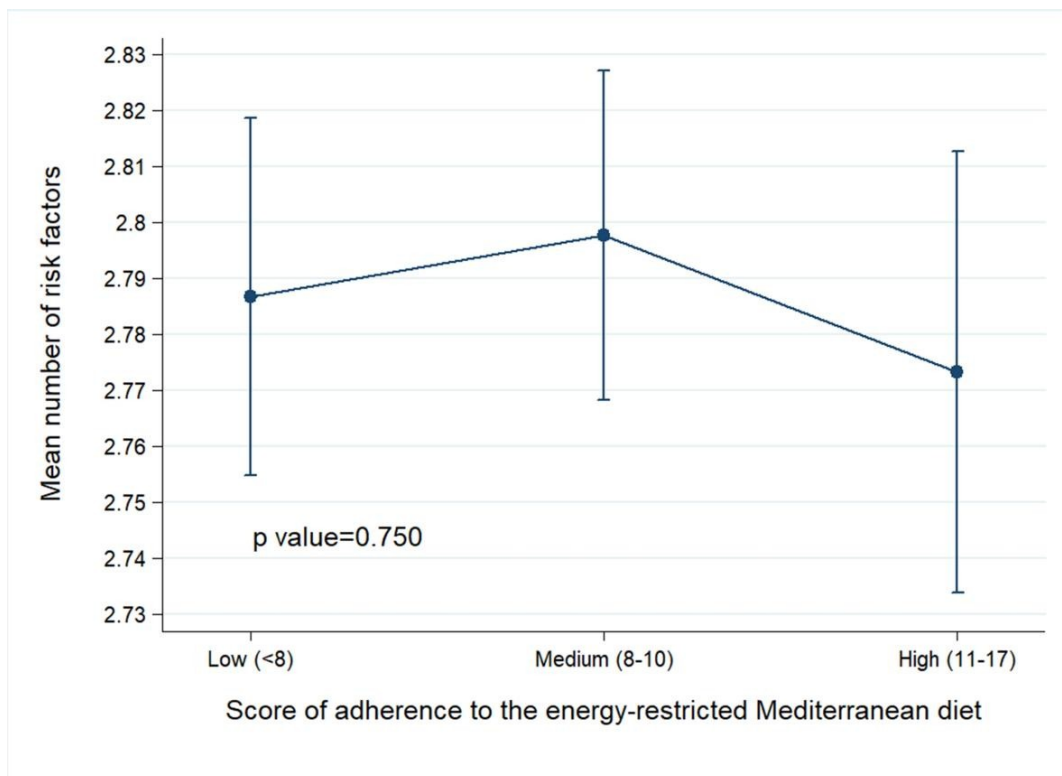


Figure 2

Prevalence ratio of a waist-to-height ratio higher than 0.7 across quartiles of adherence to the energy-restricted Mediterranean diet score.

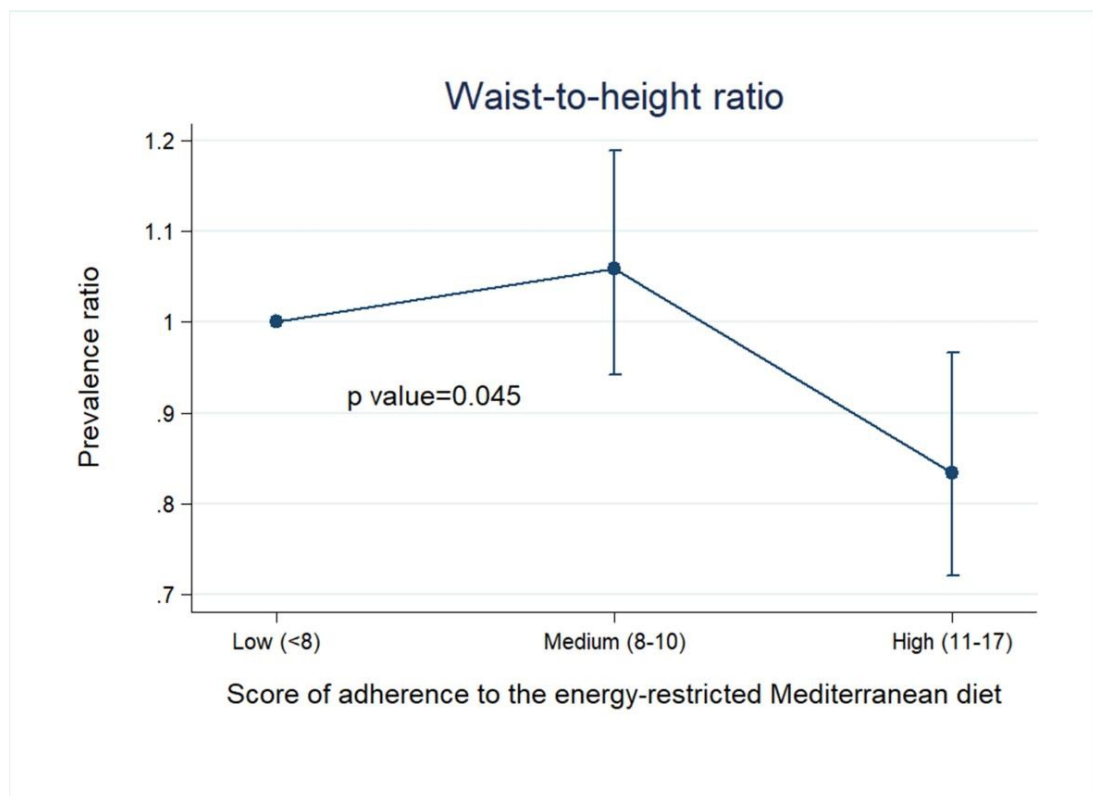


Figure 3

Mean number of cardiovascular risk factors (hypertension, obesity, dyslipidemia and diabetes) in men and women according to quartiles of adherence to the energy-restricted Mediterranean diet.

