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Castillo-García A., *et al. Lifestyle and cardiovascular risk in working young adults: Insights from a nationwide Spanish cohort. Rev Esp Cardiol. 2024*

SUPPLEMENTARY DATA

Table 1 of the supplementary data

Cross-sectional association between lifestyle (as well as the analyzed covariates) and unhealthy cardiovascular profile among economically active young individuals (78 421 participants). Data are shown as OR along with 95%CI, with individuals not meeting the lifestyle factor as a reference. Analyses for each lifestyle factor were adjusted by age, sex, socioeconomic status, calendar year, and the remaining lifestyle factors (eg, the analysis of physical activity was adjusted for smoking, sleep, alcohol intake and body mass index)

	Adjusted OR (95%CI)	*P* value
Physical activity	0.82 (0.78–0.85)	< .001
Non-smoking	0.99 (0.95–1.04)	.634
Good sleep	0.98 (0.98–1.07)	.364
No alcohol	0.98 (0.93–1.02)	.257
Normal weight	0.50 (0.48–0.52)	< .001
Age	1.09 (1.08–1.10)	< .001
Sex	0.60 (0.57–0.63)	< .001
Socioeconomic status	0.67 (0.57–0.63)	< .001
Calendar year	0.97 (0.95–0.99)	.003

95%CI, 95% confidence interval; OR, odds ratio.

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Table 2 of the supplementary data

Cross-sectional association between lifestyle factors (as well as the analyzed covariates) and cardiovascular risk factors among economically active young individuals (78 421 participants). Data are shown as OR along with 95%CI, with individuals not meeting the lifestyle factor as a reference. Analyses for each lifestyle factor were adjusted by age, sex, calendar year and socioeconomic status, as well as for the remaining lifestyle factors and cardiometabolic conditions

	Adjusted OR (95%CI)	*P* value
Prediabetes		
Physical activity	0.83 (0.77–0.90)	< .001
Non-smoking	0.91 (0.85–0.97)	.028
Good sleep	0.94 (0.86–1.03)	.166
No alcohol	0.92 (0.85–0.99)	.032
Normal weight	0.61 (0.57–0.66)	< .001
Age	1.05 (1.03–1.07)	< .001
Sex	0.49 (0.44–0.53)	< .001
Socioeconomic status	0.42 (0.31–0.56)	< .001
Calendar year	0.97 (0.94–1.01)	.066
Diabetes		
Physical activity	0.74 (0.58–0.97)	.021
Non-smoking	0.91 (0.71–1.14)	.375
Good sleep	0.87 (0.67–1.12)	.272
No alcohol	0.93 (0.74–1.18)	.568
Normal weight	0.82 (0.65–0.95)	.003
Age	1.04 (0.99–1.09)	.095
Sex	0.80 (0.61–1.03)	.087
Socioeconomic status	0.63 (0.26–1.54)	.316
Calendar year	1.02 (0.92–1.12)	.726
Prehypertension		
Physical activity	0.94 (0.92–1.10)	.185
Non-smoking	0.99 (0.95–1.20)	.791
Good sleep	0.98 (0.90–1.15)	.520
No alcohol	0.96 (0.95–1.12)	.356
Normal weight	0.63 (0.60–0.85)	< .001
Age	1.06 (1.05–1.16)	< .001
Sex	0.50 (0.48–0.52)	< .001
Socioeconomic status	0.56 (0.33–0.58)	< .001
Calendar year	0.85 (0.84–1.02)	.087
Hypertension		
Physical activity	0.88 (0.81–0.96)	.005
Non-smoking	0.89 (0.82–0.98)	.013
Good sleep	0.99 (0.90–1.10)	.982

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No alcohol	0.98 (0.89–1.04)	.640
Normal weight	0.33 (0.29–0.34)	< .001
Age	1.01 (0.99–1.03)	.099
Sex	0.27 (0.24–0.31)	< .001
Socioeconomic status	1.97 (1.40–2.77)	< .001
Calendar year	0.96 (0.93–0.99)	.047
Hypercholesterolemia		
Physical activity	0.86 (0.81–0.91)	< .001
Non-smoking	0.99 (0.97–1.05)	.680
Good sleep	0.94 (0.89–1.01)	.091
No alcohol	0.97 (0.92–1.03)	.317
Normal weight	0.53 (0.51–0.55)	< .001
Age	1.12 (1.11–1.13)	< .001
Sex	1.05 (0.99–1.11)	.991
Socioeconomic status	0.94 (0.76–1.16)	.567
Calendar year	0.98 (0.95–1.00)	.079

95%CI, 95% confidence interval; OR, odds ratio.

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Table 3 of the supplementary data

Descriptive characteristics of study participants with follow-up data compared with those who only had baseline data

	No follow-up (n = 33 645)	Follow-up (n = 44 776)	*P* value
Age (years)	27 ± 2	28 ± 3	< .001
Sex (female)	38%	34%	< .001
Total cholesterol (mg/dL)	174 ± 32	176 ± 32	< .001
HDL-cholesterol (mg/dL) [a]	57 ± 14	56 ± 14	.085
LDL-cholesterol (mg/dL) [b]	121 ± 33	121 ± 32	.413
Hypercholesterolemia (%)	10.2%	10.6%	.062
SBP/DBP (mmHg)	111±12/66±8	112±12/67±9	< .001
Prehypertension (%)	3%	4%	< .001
Hypertension (%)	0%	0%	.999
Fasting glycemia (mg/dL)	87 ± 11	87 ± 11	.091
Prediabetes (%)	1%	1%	.171
Diabetes (%)	0.5%	0.4%	.570
BMI (kg·m2)	24.4 ± 4.0	24.5 ± 4.0	< .001
Normal weight (%)	62%	61%	< .001
Overweight (%)	29%	30%	< .001
Obesity (%)	9%	9%	.513
Smoking (%)	36%	37%	.005
Alcohol drinking (%)	10%	10%	.443
"Poor" sleep (%)	24%	23%	.003
Physical inactivity (%)	36%	35%	.086

BMI, body mass index; DBP, diastolic blood pressure; HDL, high-density lipoprotein; LDL, low-density lipoprotein; SBP, systolic blood pressure.

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Data are expressed as mean ± standard deviation.

[a] total n with data = 11 425.

[b] total n with data = 6940.

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Table 4 of the supplementary data

Prospective association between lifestyle (as well as the analyzed covariates) and unhealthy cardiovascular risk profile among economically active young individuals (n = 44 776). Data are shown as OR along with 95%CI, with individuals not meeting the lifestyle factor as a reference. Analyses for each lifestyle factor were adjusted by age, sex, socioeconomic status, length of the follow-up (as a logarithm), and the remaining lifestyle factors.

	Adjusted OR (95%CI)	*P* value
Physical activity	0.95 (0.81–0.99)	< .001
Non-smoking	0.99 (0.85–1.16)	.930
Good sleep	0.85 (0.60–1.04)	.104
No alcohol	0.95 (0.81–1.10)	.539
Normal weight	0.61 (0.51–0.70)	< .001
Age	1.06 (1.03–1.10)	< .001
Sex	0.69 (0.58–0.83)	< .001
Socioeconomic status	0.80 (0.44–1.45)	< .001
Length of follow-up	0.54 (0.49–0.58)	< .001

95%CI, 95% confidence interval; OR, odds ratio.

Table 5 of the supplementary data

Prospective association between lifestyle (as well as the analyzed covariates) and cardiovascular risk factors among economically active young individuals (n = 44 776). Data are shown as OR along with 95%CI, with individuals not meeting the lifestyle factor as a reference. Analyses for each lifestyle factor were adjusted by age, sex, length of the follow-up (as a logarithm), socioeconomic status, as well as for the remaining lifestyle factors and cardiometabolic conditions.

	Adjusted OR (95%CI)	*P* value
Prediabetes		
Physical activity	0.85 (0.45–0.98)	.047
Non-smoking	0.92 (0.50–1.05)	.451
Good sleep	0.98 (0.39–1.47)	.520
No alcohol	0.99 (0.47–1.85)	.925
Normal weight	0.80 (0.33–1.52)	.967
Age	1.05 (0.95–1.28)	.745
Sex	0.25 (0.20–0.63)	< .001
Socioeconomic status	2.15 (0.19–8.15)	.754
Length of follow-up	0.48 (0.32–0.71)	< .001
Diabetes		
Physical activity	0.59 (0.30–1.17)	.130
Non-smoking	0.92 (0.49–1.71)	.790
Good sleep	0.75 (0.39–1.47)	.409
No alcohol	0.98 (0.52–1.84)	.951
Normal weight	0.61 (0.33–1.14)	.116
Age	1.11 (0.97–1.27)	.121
Sex	0.24 (0.22–0.62)	.003
Socioeconomic status	2.23 (0.19–10.26)	.523
Length of follow-up	0.48 (0.33–0.70)	< .001
Prehypertension		
Physical activity	0.80 (0.65–0.99)	.045
Non-smoking	0.99 (0.84–1.25)	.685
Good sleep	0.99 (0.85–1.23)	.930
No alcohol	0.98 (0.85–1.05)	.750
Normal weight	0.50 (0.34–0.65)	< .001
Age	1.01 (0.95–1.45)	.865
Sex	0.27 (0.21–0.40)	< .001
Socioeconomic status	1.20 (1.15–2.23)	.005
Length of follow-up	0.45 (0.35–0.57)	< .001
Hypertension		
Physical activity	0.86 (0.74–0.99)	.038
Non-smoking	0.99 (0.86–1.14)	.865
Good sleep	0.99 (0.85–1.17)	.944

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No alcohol	0.98 (0.85–1.13)	.759
Normal weight	0.50 (0.34–0.57)	< .001
Age	1.01 (0.98–1.03)	.785
Sex	0.27 (0.22–0.33)	< .001
Socioeconomic status	2.22 (1.28–3.87)	.005
Length of follow-up	0.49 (0.46–0.54)	< .001
Hypercholesterolemia		
Physical activity	0.99 (0.91–0.99)	< .001
Non-smoking	0.91 (0.80–0.98)	.008
Good sleep	0.97 (0.87–0.98)	.496
No alcohol	0.92 (0.82–1.01)	.054
Normal weight	0.68 (0.63–0.74)	< .001
Age	1.07 (1.05–1.09)	< .001
Sex	0.65 (0.59–0.71)	< .001
Socioeconomic status	0.60 (0.44–0.83)	.002
Length of follow-up	0.50 (0.48–0.53)	< .001

95%CI, 95% confidence interval; OR, odds ratio.