

## Appendix A. Operationalization of the variables through the different surveys

Variables	Year of the survey							
	2001	2003	2006	2009	2011	2014	2017	2020
Social Class	(I) Managerial and senior technical staff and freelance professionals; (II) Intermediate occupations and managers in commerce; (III) Skilled non-manual workers; (IVa) Skilled manual workers; (IVb) Partly skilled manual workers; (V) Non-skilled workers			Not assessed	(I) Higher grade professionals, administrators, and officials; managers in large industrial establishments; (II) Lower grade professionals, administrators, and officials; higher grade technicians; managers in small industrial establishments; sportspeople and artists; (III) Intermediate occupations and own-account workers; (IV) Lower supervisory and technical occupations; (V) Skilled workers in primary production and other semi-skilled workers; (VI) Non-skilled workers			
Education	International Standard Classification of Education (ISCED): no formal education or primary education (ISCED 0-1), secondary education (ISCED 2-5), higher education (ISCED 6-8).							
<b><i>Cardiovascular risk factors</i></b>								
Hypertension	Answered "Yes" to the question "Has your doctor ever told you that you suffer from hypertension?"	Answered "Yes" to at least one of the questions "Have you ever suffered from hypertension?" and "Has your doctor ever tell you that you suffer from hypertension?"						
Diabetes	Answered "Yes" to the question "Has your doctor ever told you that you suffer from diabetes?"	Answered "Yes" to at least one of the questions "Have you ever suffered from diabetes?" and "Has your doctor ever tell you that you suffer from diabetes?"						

Obesity	BMI $\geq 30$ kg/m <sup>2</sup> from self-reported height and weight				
Hypercholesterolemia	Answered "Yes" to the question "Has your doctor ever told you that you suffer from Hypercholesterolemia?"	Answered "Yes" to at least one of the questions "Have you ever suffered from Hypercholesterolemia?" or "Has your doctor ever told you that you suffer from Hypercholesterolemia?"	Not assessed	Answered "Yes" to at least one of the questions "Have you ever suffered from Hypercholesterolemia?" and "Has your doctor ever told you that you suffer from Hypercholesterolemia?"	
Diet	Consumption of fruit, meat, cold meat, fish, vegetables, legumes, milk and derived, pastries				
Sedentarism	Answered "I don't do any exercise" to the question "What type of physical activity do you do in your leisure time?"	Answered "I don't do any exercise" to the question "Which of these options describes better the frequency of your leisure-time physical activity?"	Answered "No, I don't usually do physical activity" to the question "Do you do physical activity in your leisure time such as walking, sport, gymnastics...?"	NA	Answered "I don't do any exercise" to the question "Which of these options describes better the frequency of your leisure-time physical activity?"
Alcohol consumption	Not assessed	Answered "Yes" to the question "Have you drink alcohol in the last 12 months?"			Answered "Daily, 5-6 times per week, 3-4 times per week, 1-2 times per week, once per month, less than one per month" to the question "In the last 12 months, what was the frequency of your alcohol consumption of any type?"
Tobacco consumption	Answered "Yes, daily" or "Yes, but not daily" to the question "Are you a current smoker?".				