

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.

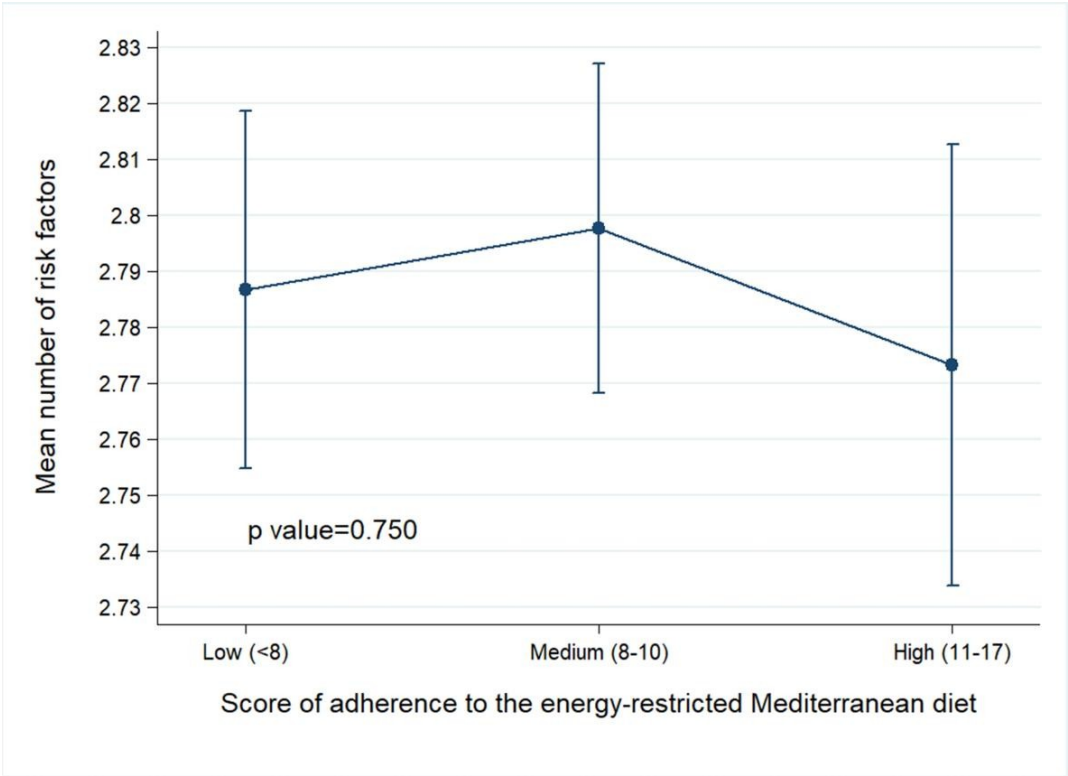


Figure 2

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

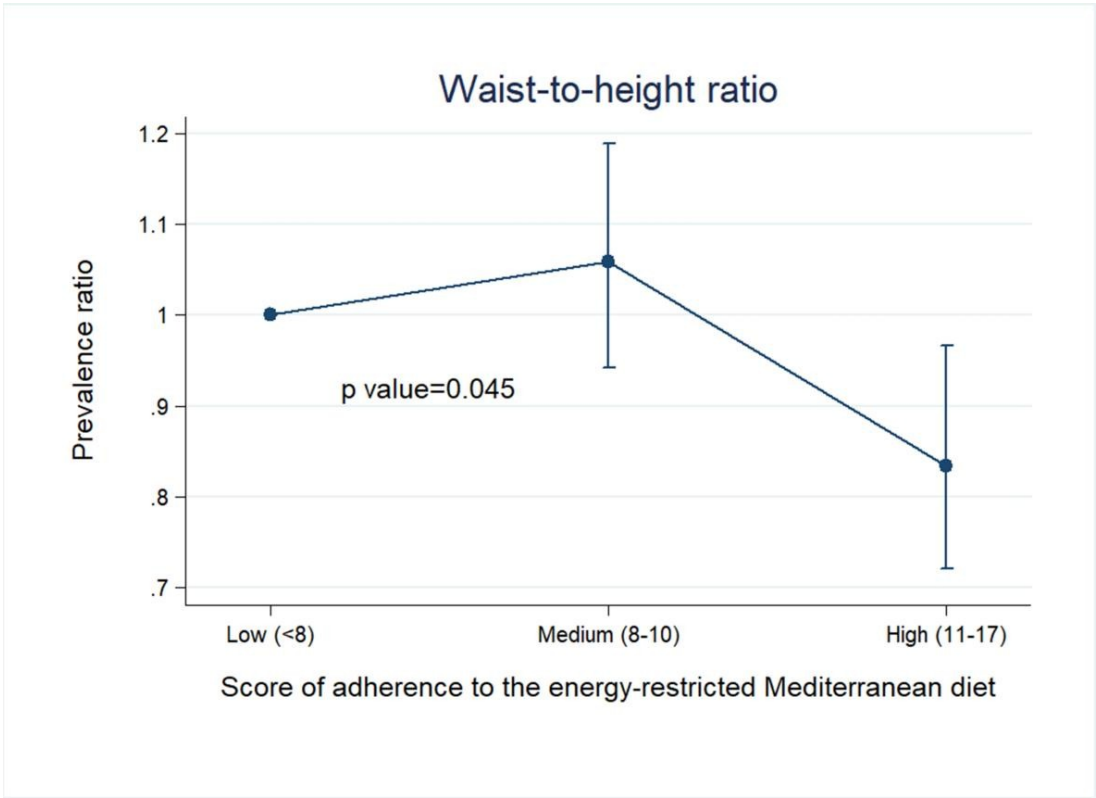


Figure 3

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.

