**Supplementary Table 1.** Disaster damages and posttraumatic-stress symptoms after the disaster and dietary inflammatory index among older survivors of 2011 Great East Japan Earthquake and Tsunami in 2020 with all the estimates including covariates (N = 1,375)

|  |  |
| --- | --- |
|  | Coefficient (95% CI)  |
| Disaster damages |  |
|  Major housing damage | 0.38† (-0.05, 0.81) |
|  Job loss | -0.16 (-0.63, 0.31) |
|  Economic loss | 0.02 (-0.25, 0.30) |
|  Loss of relatives | -0.08 (-0.31, 0.15) |
|  Loss of friends | -0.28\* (-0.54, -0.01) |
| PTSS (ref. no) |  |
|  Mild PTSS | -0.07 (-0.38, 0.23) |
|  Severe PTSS | 0.04 (-0.34, 0.42) |
| Gender (women) | 0.05 (-0.31, 0.40) |
| Prepare own meals (yes) | 0.31\* (0.05, 0.57) |
| Age (in years) | -0.004 (-0.03, 0.02) |
| Married | -0.27 (-0.53, -0.01) |
| Education (ref. Less than 10 years) |  |
|  10 to 12 years | -0.27\* (-0.52, -0.01) |
|  13 years or more | -0.31\* (-0.60, -0.02) |
| Equivalent income (ref. Less than 200 million yen) |  |
|  200 to 399 million yen | 0.06 (-0.17, 0.30) |
|  More than 400 million yen | -0.18 (-0.46, 0.10) |
| Employment (ref. Yes) |  |
|  Retired | 0.04 (-0.22, 0.30) |
|  Never | 0.16 (-0.21, 0.54) |
| BMI | 0.02 (-0.01, 0.05) |
| Self-rated health (ref. Poor) |  |
|  Fair | 0.26 (-0.81, 1.33) |
|  Good | 0.42 (-0.61, 1.46) |
|  Excellent | 0.23 (-0.84, 1.29) |
| Protein consumption (ref. Less than once a week) |  |
|  Two to three times a week | -0.82\* (-1.32, -0.32) |
|  Four to six times a week | -1.09\* (-1.60, -0.58) |
|  Once a day | -1.15\* (-1.65, -0.66) |
|  Twice or more a day | -1.61\* (-2.16, -1.06) |
| Fruit and vegetable consumption (ref. Two to three times a week or less) |  |
|  Four to six times a week | -0.48 (-1.04, 0.08) |
|  Once a day | -0.76\* (-1.26, -0.26) |
|  Twice or more a day | -1.51\* (-2.00, -1.01) |
| Smoking (ref. Never) |  |
|  Has stopped ≥5 years ago | 0.33 (-0.20, 0.86) |
|  Has stopped within 4 years | 0.33 (-0.20, 0.86) |
|  Current smoker | 0.04 (-0.34, 0.43) |
| Alcohol drinking (ref. Never) |  |
|  Stopped | 0.38 (-0.31, 1.06) |
|  Current drinker | 0.03 (-0.22, 0.28) |
| Depression (ref. No) |  |
|  Mild | 0.16 (-0.11, 0.43) |
|  Severe | 0.36\* (0.06, 0.66) |

† p<0.1; \*p<0.05

Least-squares linear regression analyses were conducted separately for three models. Covariates included age, marital status, educational attainment, household equivalent income, employment status, BMI, self-rated health, frequency of protein/vegetable intake, smoking, alcohol consumption, and depression in 2010.

**Supplementary Table 2.** Pre-disaster frequency of consuming protein, fruit and vegetables, and meeting friends by the experience of losing friends in the 2011 Great East Japan Earthquake and Tsunami among older survivors (N = 1,375)

|  |  |
| --- | --- |
|  | Loss of friends |
|  | No (n = 1,135) | Yes (n = 240) |
| Protein consumption  |  |  |
|  Less than once a week | 56 (4.9) | 9 (3.8) |
|  Two to three times a week | 284 (25.0) | 48 (20.0) |
|  Four to six times a week | 222 (19.6) | 64 (26.7) |
|  Once a day | 437 (38.5) | 91 (37.9) |
|  Twice or more a day | 136 (12.0) | 28 (11.7) |
| Fruit and vegetable consumption  |  |  |
|  Two to three times a week or less | 58 (5.1) | 9 (3.8) |
|  Four to six times a week | 101 (8.9) | 26 (10.8) |
|  Once a day | 336 (29.6) | 64 (26.7) |
|  Twice or more a day | 640 (56.4) | 141 (58.8) |
| Frequency of meeting friends |  |  |
|  Almost everyday | 117 (10.5) | 33 (14.0) |
|  Two or three times a week | 274 (24.7) | 67 (28.4) |
|  Once a week | 214 (19.3) | 37 (15.7) |
|  Once or twice a month | 241 (21.7) | 63 (26.7) |
|  A few times a year | 197 (17.7) | 33 (14.0) |
|  Never | 67 (6.0) | 3 (1.3) |