**Table S2**: Odds ratios (95% Confidence Intervals), contrasting substantial out-of home eaters\* to not-substantial out-of-home eaters in middle-aged men and women by the indicated variables†. The HECTOR project.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | **Single 24-hr dietary recall** | | | | | | | | | | | |
| **Men** | | | **EPIC-Italy** | **EPIC-Germany** | | **EPIC-Greece** | **EPIC-Norway** | **EPIC-UK** | **EPIC- Netherlands** | **EPIC-Sweden** | **Austria** | **Poland** | | |
| **N of substantial OH eaters (%)** | | | 401 (30.6) | 977 (44.8) | | 181 (26.6) |  | 48 (32.2) | 495 (49.2) | 488 (42.0) | 225 (39.8) | 182 (26.3) | | |
| **Age (per 5 years)** | | | 0.56  (0.51-0.62) | 0.71  (0.67-0.76) | | 0.86  (0.77-0.96) |  | 0.59  (0.43-0.80) | 0.79  (0.72-0.87) | 0.75  (0.68-0.82) | 0.89  (0.79-1.01) | 0.76  (0.67-0.87) | | |
| **BMI (per 5 kg/m2)** | | | 1.00  (0.81-1.22) | 0.84  (0.74-0.96) | | 1.12  (0.89-1.41) |  | 1.55  (0.88-2.72) | 0.94  (0.79-1.13) | 1.04  (0.86-1.26) | 1.12  (0.90-1.40) | 0.83  (0.66-1.05) | | |
| **Energy intake (per 2.09 MJ or 500 kcals)** | | | 1.00  (0.93-1.08) | 1.00  (0.95-1.05) | | 1.01  (0.91-1.11) |  | 1.40  (1.04-1.89) | 1.13  (1.05-1.21) | 1.06  (0.98-1.15) | 1.08  (0.95-1.24) | 1.04  (0.96-1.12) | | |
| **Smoking habits** | | |  |  | |  |  |  |  |  |  |  | | |
| Never smokers | | | 1.00 | 1.00 | | 1.00 |  | 1.00 | 1.00 | 1.00 | 1.00 |  | | |
| Former smokers | | | 0.95  (0.70-1.28) | 0.96  (0.78-1.17) | | 1.67  (1.06-2.62) |  | 0.51  (0.22-1.18) | 0.98  (0.71-1.37) | 0.98  (0.74-1.29) | 0.96  (0.59-1.57) |  | | |
| Current smokers | | | 1.07  (0.77-1.50) | 1.00  (0.78-1.27) | | 1.31  (0.83-2.05) |  | 0.82  (0.25-2.62) | 1.06  (0.76-1.48) | 0.88  (0.63-1.23) | 0.98  (0.67-1.44) |  | | |
| **Education** | | |  |  | |  |  |  |  |  |  |  | | |
| None/primary education completed | | | 1.00 | 1.00 | | 1.00 |  | N/A | 1.00 | 1.00 | 1.00 | 1.00 | | |
| Technical/vocational/secondary education completed | | | 1.11  (0.78-1.57) | 1.02  (0.81-1.29) | | 2.36  (1.53-3.64) |  | 1.00 | 1.20  (0.81-1.78) | 1.12  (0.84-1.48) | 1.06  (0.42-2.65) | 1.74  (1.07-2.83) | | |
| University degree | | | 1.27  (0.78-2.06) | 1.09  (0.88-1.37) | | 1.83  (1.15-2.91) |  | 1.37  (0.60 - 3.10) | 1.24  (0.80-1.92) | 1.29  (0.92-1.80) | 0.85  (0.28-2.61) | 2.18  (1.05-4.52) | | |
| **Women** | | |  |  | |  |  |  |  |  |  |  | | |
| **N of substantial OH eaters (%)** | | | 457 (19.7) | 782 (37.0) | | 169 (17.8) | 829 (48.7) | 102 (37.1) | 766 (30.8) | 661 (47.5) | 282 (32.0) | 209 (23.8) | | |
| **Age (per 5 years)** | | | 0.82  (0.75-0.88) | 0.78  (0.74-0.83) | | 0.85  (0.76-0.95) | 0.95  (0.85-1.07) | 0.72  (0.59-0.87) | 0.88  (0.82-0.94) | 0.79  (0.73-0.85) | 0.96  (0.86-1.08) | 0.86  (0.77-0.96) | | |
| **BMI (per 5 kg/m2)** | | | 1.05  (0.93-1.19) | 1.04  (0.94-1.15) | | 1.03  (0.85-1.23) | 0.95  (0.83-1.09) | 1.15  (0.85-1.57) | 1.00  (0.90-1.11) | 0.99  (0.86-1.14) | 1.23  (1.03-1.47) | 1.00  (0.84-1.19) | | |
| **Energy intake (per 2.09 MJ or 500 kcals)** | | | 1.17  (1.08-1.27) | 1.05  (0.98-1.14) | | 1.18  (1.03-1.35) | 1.10  (1.02-1.20) | 0.94  (0.76-1.17) | 1.22  (1.14-1.31) | 1.16  (1.05-1.27) | 0.88  (0.77-1.01) | 0.97  (0.87-1.08) | | |
| **Smoking habits** | | |  |  | |  |  |  |  |  |  |  | | |
| Never smokers | | | 1.00 | 1.00 | | 1.00 | 1.00 | 1.00 | 1.00 | 1.00 | 1.00 |  | | |
| Former smokers | | | 1.15  (0.88-1.50) | 1.12  (0.91-1.38) | | 0.88  (0.45-1.73) | 0.99  (0.79-1.24) | 0.77  (0.42-1.39) | 1.12  (0.91-1.37) | 0.98  (0.74-1.32) | 1.88  (1.19-2.96) |  | | |
| Current smokers | | | 1.18  (0.92-1.53) | 0.99  (0.77-1.28) | | 1.06  (0.69-1.62) | 0.88  (0.69-1.12) | 0.81  (0.29-2.28) | 1.07  (0.86-1.34) | 0.83  (0.62-1.11) | 2.12  (1.53-2.94) |  | | |
| **Education** | | |  |  | |  |  |  |  |  |  |  | | |
| None/primary education completed | | | 1.00 | 1.00 | | 1.00 | 1.00 | N/A | 1.00 | 1.00 | 1.00 | 1.00 | | |
| Technical/vocational/secondary education completed | | | 1.70  (1.29-2.23) | 1.17  (0.93-1.48) | | 2.11  (1.37-3.25) | 1.15  (0.89-1.48) | 1.00 | 0.96  (0.75-1.22) | 1.09  (0.83-1.44) | 0.98  (0.63-1.51) | 2.94  (1.82-4.75) | | |
| University degree | | | 1.76  (1.22-2.54) | 1.39  (1.06-1.83) | | 2.66  (1.62-4.36) | 1.27  (0.90-1.79) | 0.91  (0.55 - 1.52) | 1.48  (1.10-2.00) | 1.60  (1.17-2.17) | 1.31  (0.72-2.39) | 4.06  (2.08-7.92) | | |
| \* Substantial out of home eaters were defined as those reporting consumption of at least 25% of their daily energy intake through eating out | | | | | | | | | | | | | | | | |
| † Variables are mutually adjusted | | | | | | | | | | | | |  |  |  |
|  |  |  | | |

**Table S2 (continued)**: Odds ratios (95% Confidence Intervals), contrasting substantial out-of home eaters\* to not-substantial out-of-home eaters in middle-aged men and women by the indicated variables†. The HECTOR project.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Two 24-hr dietary recalls** | **Two or three 24-hr dietary recalls** | **4-7 day food diaries** | |
| **Men** | **Belgium** | **Germany/Bavaria** | **Italy** | **Portugal/ Porto** |
| **N of substantial OH eaters (%)** | 171 (45.0) | 81 (39.5) | 129 (32.3) | 45 (37.8) |
| **Age (per 5 years)** | 0.75 (0.66-0.85) | 0.72 (0.61-0.86) | 0.73 (0.63-0.84) | 0.81 (0.61-1.07) |
| **BMI (per 5 kg/m2)** | 1.06 (0.79-1.41) | 1.20 (0.81-1.78) | 1.30 (0.89-1.90) | 1.81 (1.01-3.23) |
| **Energy intake (per 2.09 MJ or 500 kcals)** | 1.08 (0.94-1.23) | 1.03 (0.82-1.31) | 0.76 (0.59-0.99) | 1.05 (0.67-1.65) |
| **Smoking habits** |  |  |  |  |
| Never smokers | 1.00 | 1.00 | 1.00 | 1.00 |
| Former smokers | 0.89 (0.53-1.47) | 0.53 (0.25-1.12) | 0.84 (0.47-1.51) | 1.04 (0.39-2.78) |
| Current smokers | 0.97 (0.54-1.72) | 0.61 (0.30-1.24) | 1.28 (0.76-2.16) | 0.81 (0.29-2.26) |
| **Education** |  |  |  |  |
| None/primary education completed | 1.00 | N/A | 1.00 | 1.00 |
| Technical/vocational/secondary education completed | 1.66 (0.96-2.86) | 1.00 | 1.66 (1.00-2.77) | 0.81 (0.33-1.98) |
| University degree | 1.68 (0.97-2.92) | 1.12 (0.54 - 2.36) | 2.12 (1.15-3.91) | 0.71 (0.24-2.04) |
| **Women** |  |  |  |  |
| **N of substantial OH eaters (%)** | 111 (29.4) | 88 (27.3) | 67 (16.7) | 42 (23.9) |
| **Age (per 5 years)** | 0.83 (0.73-0.94) | 0.88 (0.76-1.02) | 0.67 (0.55-0.82) | 0.91 (0.71-1.17) |
| **BMI (per 5 kg/m2)** | 0.87 (0.66-1.13) | 0.89 (0.67-1.20) | 1.23 (0.80-1.89) | 0.83 (0.54-1.28) |
| **Energy intake (per 2.09 MJ or 500 kcals)** | 1.01 (0.81-1.25) | 0.97 (0.74-1.28) | 1.00 (0.68-1.48) | 1.19 (0.76-1.87) |
| **Smoking habits** |  |  |  |  |
| Never smokers | 1.00 | 1.00 | 1.00 | 1.00 |
| Former smokers | 0.54 (0.30-0.97) | 1.59 (0.83-3.04) | 0.83 (0.40-1.73) | 0.67 (0.21-2.12) |
| Current smokers | 0.82 (0.46-1.44) | 1.31 (0.70-2.45) | 0.64 (0.32-1.26) | 3.38 (1.22-9.33) |
| **Education** |  |  |  |  |
| None/primary education completed | 1.00 | N/A | 1.00 | 1.00 |
| Technical/vocational/secondary education completed | 1.03 (0.55-1.91) | 1.00 | 2.36 (1.21-4.61) | 1.71 (0.69-4.20) |
| University degree | 1.20 (0.67-2.15) | 0.71 (0.32 - 1.54) | 2.99 (1.34-6.67) | 1.71 (0.62-4.73) |
| \* Substantial out of home eaters were defined as those reporting consumption of at least 25% of their daily energy intake through eating out | | | | | |

† Variables are mutually adjusted