**Supplemental Table S6. Baseline general participant characteristics according to quartiles of the DQI-I**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Baseline characteristics** | **n** | **Q1\*** | **Q2\*** | **Q3\*** | **Q4\*** | **p†** |
| **Age (y)** | 2329 | 63.91 (61.00, 67.31)ǂ | 64.35 (61.48, 68.71) | 65.58 (61.80, 69.66) | 65.73 (62.31, 70.14) | <0.001 |
| **Gender** | 2329 |  |  |  |  | 0.32 |
| Men |  | 303 (52.1) | 306 (52.6) | 321 (55.1) | 316 (54.3) |  |
| Women |  | 279 (47.9) | 276 (47.4) | 262 (44.9) | 266 (45.7) |  |
| **Educational level (%)** | 2329 |  |  |  |  | 0.05 |
| Primary education only |  | 135 (23.2) | 131 (22.5) | 116 (19.9) | 108 (18.6) |  |
| Secondary education |  | 228 (39.2) | 232 (39.9) | 232 (39.8) | 239 (41.1) |  |
| University level |  | 219 (37.6) | 219 (37.6) | 235 (40.3) | 235 (40.4) |  |
| **Occupational status (%)** | 2303 |  |  |  |  | 0.68 |
| Homemaker |  | 35 (6.1) | 46 (8.0) | 49 (8.5) | 43 (7.5) |  |
| Manual worker |  | 40 (7.0) | 38 (6.6) | 29 (5.0) | 27 (4.7) |  |
| Employees |  | 311 (54.2) | 314 (54.3) | 313 (54.4) | 322 (55.9) |  |
| Managerial staff§ |  | 188 (32.8) | 180 (31.1) | 184 (32.0) | 184 (31.9) |  |
| **Living arrangement (%)** | 2296 |  |  |  |  | 0.04 |
| Living alone |  | 90 (15.9) | 73 (12.7) | 61 (10.6) | 71 (12.3) |  |
| Living in a couple |  | 477 (84.1) | 502 (87.3) | 515 (89.4) | 507 (87.7) |  |
| **Smoking habits (%)** | 2279 |  |  |  |  | <0.001 |
| Never smoker |  | 244 (43.0) | 309 (53.9) | 293 (51.4) | 309 (54.4) |  |
| Former smoker |  | 229 (40.3) | 206 (36.0) | 229 (40.2) | 224 (39.4) |  |
| Current smoker |  | 95 (16.7) | 58 (10.1) | 48 (8.4) | 35 (6.2) |  |
| **Physical activity level (%)** | 2329 |  |  |  |  | <0.001 |
| Irregular or none |  | 349 (60.0) | 340 (58.4) | 292 (50.1) | 288 (49.5) |  |
| < 1h/d |  | 136 (23.4) | 114 (19.6) | 143 (24.5) | 145 (24.9) |  |
| ≥ 1h/d |  | 97 (16.7) | 128 (22.0) | 148 (25.4) | 149 (25.6) |  |
| **Body mass index (kg/m²)** | 2329 | 24.12 (21.88, 26.45) | 23.88 (22.09, 26.03) | 24.17 (22.13, 26.08) | 23.72 (21.87, 25.97) | 0.02 |
| **Systolic blood pressure (mmHg)** | 1996 | 120.0 (115.0, 135.0) | 125.0 (115.0, 135.0) | 120.0 (115.0, 135.0) | 120.0 (115.0, 130.0) | 0.20 |
| **Diastolic blood pressure (mmHg)** | 1996 | 80.0 (75.0, 90.0) | 80.0 (75.0, 90.0) | 80.0 (75.0, 85.0) | 80.0 (70.0, 85.0) | 0.03 |
| **Fasting blood glucose (g/l)** | 2318 | 5.66 (5.27, 6.05) | 5.66 (5.27, 6.05) | 5.66 (5.27, 6.00) | 5.66 (5.27, 6.00) | 0.11 |

Abbreviations: Q, quartile.

\*Quartile cut-offs (maximal values per quartile): Q1, 51.71; Q2, 55.96; Q3: 60.11.

†Linear contrast tests (continuous variables) or Cochran-Mantel-Haenszel tests (categorical variables). Occupational status: Chi²-test, as the variable values were not ordinal.

ǂValues are medians (1st quartile, 3rd quartile) or n (percent), as appropriate.

§Or intellectual profession.