|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table S1** Demographic and lifestyle characteristics of the total population by gender | | | | | |  |  |
|  | **Total** |  | **Men** |  | **Women** |  | ***p*-value¥** |
|  | **Population** |  |  |  |  |  |
| *n\** | *1106* |  | *543* |  | *563* |  |  |
| **Age Groups yrs (%)** |  |  |  |  |  |  |  |
| 18-35 | 37.3 |  | 39.8 |  | 34.8 |  | 0.256 |
| 36-50 | 29.0 |  | 27.3 |  | 30.7 |  |  |
| 51-64 | 20.1 |  | 20.4 |  | 19.7 |  |  |
| ≥65 | 13.1 |  | 12.5 |  | 14.7 |  |  |
|  |  |  |  |  |  |  |  |
| **Social Class (%)** |  |  |  |  |  |  |  |
| Professional/managerial/technical | 46.7 |  | 44.7 |  | 48.7 |  | 0.003 |
| Non manual skilled | 17.1 |  | 14.2 |  | 20.0 |  |  |
| Manual skilled | 14.6 |  | 17.6 |  | 11.6 |  |  |
| Semi-skilled/unskilled/students | 21.7 |  | 23.6 |  | 19.8 |  |  |
|  |  |  |  |  |  |  |  |
| **Location (%)** |  |  |  |  |  |  |  |
| Open country/small town (<9999)† | 33.0 |  | 30.8 |  | 35.1 |  | 0.136 |
| Large town (>10,000) | 37.2 |  | 40.0 |  | 34.5 |  |  |
| City (Dublin/Cork) | 29.8 |  | 29.3 |  | 30.4 |  |  |
|  |  |  |  |  |  |  |  |
| **Season (%)** |  |  |  |  |  |  |  |
| Summer (Apr - Oct) | 47.2 |  | 42.9 |  | 51.3 |  | 0.010 |
| Winter (Nov-Mar) | 52.8 |  | 57.1 |  | 48.7 |  |  |
|  |  |  |  |  |  |  |  |
| **BMI (%)** |  |  |  |  |  |  |  |
| Normal Weight | 35.8 |  | 28.7 |  | 42.7 |  | <0.001 |
| Overweight | 39.9 |  | 46.5 |  | 33.6 |  |  |
| Obese | 23.6 |  | 24.7 |  | 22.6 |  |  |
|  |  |  |  |  |  |  |  |
| **Smoking status (%)** |  |  |  |  |  |  |  |
| Smoker | 18.9 |  | 19.0 |  | 18.9 |  | 0.525 |
| Non smoker | 81.1 |  | 81.0 |  | 81.1 |  |  |
|  |  |  |  |  |  |  |  |
| **Supplement User (%)** |  |  |  |  |  |  |  |
| Yes | 32.6 |  | 29.1 |  | 36.1 |  | 0.008 |
| No | 67.4 |  | 70.9 |  | 63.9 |  |  |
| \*Missing values for the following characteristics; social class (n=45), BMI (n=42) and smoking (n=8) | | | | | | | |
| †Refers to number of inhabitants |  |  |  |  |  |  |  |
| ¥Statistical differences between gender was assessed using chi-square analysis | | | | | | |  |
|  |  |  |  |  |  |  |  |