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| Supplementary Table 1. Unadjusted and adjusted risk ratios of chronic disease – stratified by sex(reference: age-, sex-, geography- and median community income-matched general population cohort) |
|   | **Number of events (%)** | **Crude risk ratio****(95% CI)** | **p-value** | **Adjusted risk ratio****(95% CI)** | **p-value** |
|   | **Male Civilians** | **Male Veterans** |
| Asthma | 9441 (9.1) | 1260 (4.8) | 0.51 (0.48-0.54) | <0.0001 | 0.51 (0.48-0.54) | <0.0001 |
| COPD | 4953 (4.8) | 409 (1.6) | 0.32 (0.29-0.35) | <0.0001 | 0.32 (0.29-0.36) | <0.0001 |
| Diabetes | 6999 (6.7) | 1295 (5.0) | 0.73 (0.68-0.77) | <0.0001 | 0.72 (0.68-0.77) | <0.0001 |
| Myocardial infarction | 692 (0.7) | 132 (0.5) | 0.76 (0.63-0.92) | 0.004 | 0.77 (0.64-0.92) | 0.005 |
| Rheumatoid arthritis | 404 (0.4) | 77 (0.3) | 0.76 (0.60-0.97) | 0.03 | 0.75 (0.58-0.95) | 0.019 |
|   | **Number of events (%)** | **Crude risk ratio****(95% CI)** | **p-value** | **Adjusted risk ratio****(95% CI)** | **p-value** |
|   | **Female Civilians** | **Female Veterans** |
| Asthma | 2322 (12.9) | 301 (6.7) | 0.48 (0.43-0.55) | <0.0001 | 0.50 (0.43-0.56) | <0.0001 |
| COPD | 678 (3.8) | 61 (1.4) | 0.35 (0.27-0.46) | <0.0001 | 0.35 (0.27-0.45) | <0.0001 |
| Diabetes | 689 (3.8) | 116 (2.6) | 0.67 (0.54-0.81) | <0.0001 | 0.66 (0.54-0.81) | <0.0001 |
| Myocardial infarction | 13 (0.1) | ≤ 5 | 0.62 (0.14-2.73) | 0.52 | 0.58 (0.11-2.98) | 0.51 |
| Rheumatoid arthritis | 146 (0.8) | 27 (0.6) | 0.74 (0.49-1.11) | 0.15 | 0.73 (0.49-1.10) | 0.14 |
| CAF: Canadian Armed Forces; CI: confidence intervals; COPD: chronic obstructive pulmonary disease; RCMP: Royal Canadian Mounted Police\*adjusted for age, region of residence, median community income quintile and rurality through matching and inclusion of covariates in the statistical model |

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| Supplementary Table 2: Relative odds ratios of health care visits, by sex, visit type and Veteran status |
| Visit type  | **Number of events (%)** | **Crude odds ratio****(95% CI)** | **p-value** | **Adjusted odds ratio\*****(95% CI)** | **p-value** | **Adjusted odds ratio\*\*****(95% CI)** | **p-value** |
| **Male Veterans** | **Male Civilians** |
| Primary care physician visits | 22294 (85.5) | 81230 (77.9) | 1.68 (1.61-1.74) | <0.0001 | 1.70 (1.63-1.76) | <0.0001 | 1.83 (1.76-1.90) | <0.0001 |
| Specialist physician visits  | 15466 (59.3) | 55028 (52.8) | 1.31 (1.27-1.34) | <0.0001 | 1.32 (1.28-1.36) | <0.0001 | 1.43 (1.39-1.47) | <0.0001 |
| ED visits | 10925 (41.9) | 46366 (44.5) | 0.90 (0.88-0.93) | <0.0001 | 0.89 (0.86-0.91) | <0.0001 | 0.94 (0.92-0.97) | <0.0001 |
| Hospitalizations | 2407 (9.2) | 10804 (10.4) | 0.88 (0.84-0.92) | <0.0001 | 0.88 (0.83-0.92) | <0.0001 | 0.99 (0.94-1.04) | 0.65 |
| Home care visits | 739 (2.8) | 3548 (3.4) | 0.83 (0.76-0.90) | <0.0001 | 0.83 (0.76-0.90) | <0.0001 | 0.94 (0.86-1.02) | 0.11 |
| Visit type  | **Number of events (%)** | **Crude odds ratio****(95% CI)** | **p-value** | **Adjusted odds ratio\*****(95% CI)** | **p-value** | **Adjusted odds ratio\*\*****(95% CI)** | **p-value** |
| **Female Veterans** | **Female Civilians** |
| Primary care physician visits | 3974 (88.1) | 15576 (86.4) | 1.17 (1.06-1.29) | 0.002 | 1.19 (1.08-1.32) | 0.0006 | 1.32 (1.19-1.46) | <0.0001 |
| Specialist physician visits  | 3041 (67.4) | 11945 (66.2) | 1.06 (0.99-1.13) | 0.13 | 1.06 (0.99-1.14) | 0.09 | 1.16 (1.08-1.24) | <0.0001 |
| ED visits | 1950 (43.2) | 8087 (44.8) | 0.94 (0.88-1.00) | 0.05 | 0.88 (0.82-0.94) | 0.0003 | 0.95 (0.89-1.02) | 0.19 |
| Hospitalizations | 829 (18.4) | 3468 (19.2) | 0.95 (0.87-1.03) | 0.20 | 0.92 (0.84-1.01) | 0.07 | 0.98 (0.89-1.07) | 0.61 |
| Home care visits | 161 (3.6) | 599 (3.3) | 1.08 (0.90-1.29) | 0.41 | 1.05 (0.88-1.25) | 0.61 | 1.16 (0.97-1.39) | 0.11 |
| \*Adjusted for age, region of residence, median community income, rurality\*\*Adjusted for age, region of residence, income, rurality, asthma, COPD, hypertension, diabetes mellitus, myocardial infarction and rheumatoid arthritis |

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| Supplementary Table 3: Relative rate ratios of health care visits, by sex, visit type and Veteran status |
| Visit type | **Median #** **visits (IQR)** | **Crude rate ratio****(95% CI)** | **p-value** | **Adjusted rate ratio\*****(95% CI)** | **p-value** | **Adjusted rate ratio\*\*****(95% CI)** | **p-value** |
| **Male Veterans** | **Male** **Civilians** |
| Primary care physician visits | 8.0 (4.0-15.0) | 8.0 (4.0-15.0) | 1.02 (1.00- 1.03) | 0.03 | 1.01 (0.99- 1.02) | 0.37 | 1.08 (1.07- 1.10) | <0.0001 |
| Specialist physician visits | 4.0 (2.0- 9.0) | 4.0 (2.0- 9.0) | 0.98 (0.95- 1.01) | 0.14 | 0.97 (0.95- 1.00) | 0.05 | 1.03 (1.00- 1.06) | 0.04 |
| ED visits | 2.0 (1.0- 3.0) | 2.0 (1.0- 3.0) | 1.04 (1.01- 1.06) | 0.01 | 1.02 (0.99- 1.04) | 0.22 | 1.05 (1.02- 1.08) | 0.0002 |
| Hospitalizations | 1.0 (1.0- 2.0) | 1.0 (1.0- 2.0) | 0.99 (0.95- 1.03) | 0.59 | 0.99 (0.95- 1.04) | 0.70 | 1.03 (0.99- 1.08) | 0.16 |
| Home care visits | 9.0 (5.0-26.0) | 11.0 (5.0-30.0) | 0.92 (0.67- 1.28) | 0.64 | 0.92 (0.66- 1.26) | 0.59 | 0.97 (0.69- 1.36) | 0.84 |
| Visit type | **Median # visits (IQR)** | **Crude rate ratio****(95% CI)** | **p-value** | **Adjusted rate ratio\*****(95% CI)** | **p-value** | **Adjusted rate ratio\*\*****(95% CI)** | **p-value** |
| **Female Veterans** | **Female** **Civilians** |
| Primary care physician visits | 12.0 (6.0-21.0) | 12.0 (6.0-22.0) | 1.03 (1.00- 1.07) | 0.08 | 1.04 (1.00- 1.07) | 0.04 | 1.10 (1.06- 1.13) | <0.0001 |
| Specialist physician visits | 6.0 (2.0-12.0) | 5.0 (2.0-12.0) | 1.11 (1.04- 1.18) | 0.002 | 1.12 (1.05- 1.20) | 0.0006 | 1.17 (1.09- 1.25) | <0.0001 |
| ED visits | 2.0 (1.0- 4.0) | 2.0 (1.0- 3.0) | 1.09 (1.02- 1.17) | 0.01 | 1.03 (0.96- 1.11) | 0.40 | 1.08 (1.00- 1.16) | 0.05 |
| Hospitalizations | 1.0 (1.0- 2.0) | 1.0 (1.0- 2.0) | 1.05 (0.99- 1.10) | 0.10 | 1.04 (0.98- 1.10) | 0.17 | 1.05 (0.99- 1.11) | 0.08 |
| Home care visits | 8.0 (4.0-21.0) | 10.0 (4.0-27.0) | 0.78 (0.43- 1.42) | 0.42 | 0.76 (0.41- 1.39) | 0.37 | 0.79 (0.43- 1.46) | 0.46 |

\*Adjusted for age, region of residence, median community income, rurality

\*\*Adjusted for age, region of residence, income, rurality, asthma, COPD, hypertension, diabetes mellitus, myocardial infarction and rheumatoid arthritis