

SUPPLEMENTARY TABLES

Article Title: Mediterranean diet score and total and cardiovascular mortality in Eastern Europe: the HAPIEE study

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Table S1 (Supplementary material). Results of Cox-regression analysis between MDS and mortality outcomes by country cohort

Cause of death	Cohort	Death/n	MDS categories ^a			PP (%) ^b	Per 1 SD ^c increase in MDS score	
			Low	Moderate	High		HR	(95%CI)
			HR	HR (95% CI)	HR (95% CI)			
Any-cause	Czech	364/5967	1.0	0.72 (0.56-0.93)	0.82 (0.62-1.09)	7.1	0.94 (0.85-1.05)	0.277
	Polish	388/6543	1.0	0.83 (0.64-1.06)	0.78 (0.59-1.05)	8.4	0.90 (0.81-0.99)	0.038
	Russian	562/6823	1.0	0.94 (0.79-1.12)	0.98 (0.75-1.29)	0.7	0.97 (0.88-1.05)	0.459
CVD	Czech	106/5965	1.0	0.80 (0.51-1.27)	0.87 (0.51-1.49)	4.9	0.92 (0.76-1.12)	0.424
	Polish	99/6517	1.0	1.27 (0.76-2.12)	0.92 (0.50-1.71)	2.5	0.93 (0.76-1.13)	0.458
	Russian	233/6781	1.0	0.92 (0.70-1.21)	0.73 (0.45-1.17)	10.2	0.90 (0.79-1.03)	0.117
CHD	Czech	43/5965	1.0	1.28 (0.60-2.73)	1.10 (0.44-2.72)	-3.0	1.03 (0.75-1.42)	0.841
	Polish	45/6517	1.0	1.28 (0.61-2.70)	0.94 (0.38-2.30)	1.9	0.90 (0.67-1.21)	0.481
	Russian	138/6781	1.0	0.86 (0.70-1.21)	0.77 (0.42-1.40)	8.7	0.87 (0.73-1.04)	0.120
Stroke	Czech	18/5965	1.0	0.78 (0.25-2.46)	0.91 (0.25-3.32)	3.3	0.83 (0.51-1.35)	0.450
	Polish	20/6517	1.0	0.65 (0.23-1.82)	0.45 (0.12-1.65)	26.2	0.82 (0.52-1.28)	0.378
	Russian	71/6781	1.0	0.94 (0.57-1.54)	0.77 (0.33-1.77)	8.5	0.92 (0.72-1.17)	0.490

All HRs are adjusted for age, sex, education, marital status, household amenities score, smoking, physical activity, total energy intake, vitamin supplement intake

^a As in Table 2

^b Preventable proportion of death if participants in the lowest two categories increased their adherence to Mediterranean diet one category upward

^c 1SD=2.3 MDS points in the Czech, 2.2 MDS points in the Polish and 2.0 points in the Russian cohort

Table S2 (Supplementary material). Results of Cox-regression analysis between the “original” MDS^a and mortality outcomes on the pooled sample

Cause of death	dead/n	model	MDS categories			Per 1 SD ^b increase in MDS score		
			Low (0-3p)	Moderate (4-5p)	High (6-9p)	HR	(95%CI)	p-value
			HR	HR (95% CI)	HR (95% CI)	HR	(95%CI)	
Any-cause	1314/19,333	model1	1.0	0.83 (0.73-0.94)	0.77 (0.66-0.90)	0.91 (0.86-0.96)	0.001	
		model2	1.0	0.90 (0.79-1.02)	0.88 (0.76-1.03)	0.95 (0.90-1.01)	0.108	
CVD	438/19,263	model1	1.0	0.79 (0.64-0.98)	0.69 (0.53-0.90)	0.86 (0.79-0.95)	0.002	
		model2	1.0	0.86 (0.69-1.07)	0.81 (0.62-1.06)	0.92 (0.83-1.01)	0.079	
CHD	226/19,263	model1	1.0	0.76 (0.56-1.02)	0.64 (0.44-0.92)	0.82 (0.72-0.94)	0.004	
		model2	1.0	0.84 (0.62-1.14)	0.77 (0.53-1.11)	0.88 (0.77-1.01)	0.065	
Stroke	109/19,263	model1	1.0	0.73 (0.47-1.11)	0.68 (0.47-1.11)	0.90 (0.74-1.09)	0.269	
		model2	1.0	0.74 (0.48-1.13)	0.71 (0.42-1.22)	0.91 (0.75-1.11)	0.369	

model 1: adjusted for sex, age, cohort

model 2: adjusted for sex, age, cohort, smoking, education, household amenities score, marital status, energy intake, physical activity, vitamin supplement Intake

^a Trichopoulou A, Orfanos P, Norat T et al (2005) Modified Mediterranean diet and survival: EPIC-elderly prospective cohort study. BMJ 330:991

^b 1SD=1.5 points