

Supplementary Table 2. Characteristics of the study population by tertiles of adherence to the Mediterranean diet before matching

Characteristic	Men (n=3,670)				Women (n=4,191)			
	Korean Mediterranean Diet Adherence Screener (K-MEDAS)			P	Korean Mediterranean Diet Adherence Screener (K-MEDAS)			P
	Low adherence (score 2–6)	Moderate adherence (score 7)	High adherence (score 8–10)		Low adherence (score 2–6)	Moderate adherence (score 7)	High adherence (score 8–10)	
Number of participants	2,226	948	496		1,965	1,291	935	
K-MEDAS score	5.4±0.8	7.0±0.0	8.2±0.4	<0.001	5.5±0.7	7.0±0.0	8.2±0.4	<0.001
Age (yr)	50.7±8.5	52.5±8.9	54.4±8.9	<0.001	51.7±9.0	52.4±9.1	53.7±8.7	<0.001
Education level				0.108				0.523
≤Primary	423 (19.0)	201 (21.2)	114 (23.0)		882 (44.9)	550 (42.6)	417 (44.6)	
Secondary	1,342 (60.3)	538 (56.8)	272 (54.8)		952 (48.4)	661 (51.2)	465 (49.7)	
University	461 (20.7)	209 (22.0)	110 (22.2)		131 (6.7)	80 (6.2)	53 (5.7)	
Low household income (≤1 million won)	552 (24.8)	261 (27.5)	163 (32.9)	<0.001	781 (39.7)	495 (38.3)	389 (41.6)	0.300
Unemployed or housewives	2 (0.1)	1 (0.1)	3 (0.6)	0.032	980 (49.9)	746 (57.8)	573 (61.3)	<0.001
Single, divorced, or separated	87 (3.9)	29 (3.1)	12 (2.4)	0.185	327 (16.6)	187 (14.5)	120 (12.8)	0.021
Urban	1,256 (56.4)	508 (53.6)	259 (52.2)	0.127	981 (49.9)	686 (53.1)	494 (52.8)	0.135
Current smokers	1,165 (52.3)	415 (43.8)	205 (41.3)	<0.001	83 (4.2)	48 (3.7)	23 (2.5)	0.061
Current drinkers	1,582 (71.1)	668 (70.5)	375 (75.6)	0.091	557 (28.3)	336 (26.0)	178 (19.0)	<0.001
Energy intake (kcal/d)	2,210.9±768.4	2,218.2±729.9	2,247.7±658.5	0.608	1,976.2±824.3	2,086.5±853.7	2,066.9±680.2	<0.001
BMI (kg/m ²)	24.3±2.9	24.3±2.9	24.2±3.0	0.903	24.9±3.3	24.9±3.2	24.8±3.2	0.66
Physical activity (METs)	170.6±105.7	168.1±101.5	176.4±111.8	0.367	160.6±103.1	157.6±99.3	161.4±95.3	0.616
Comorbidities								
Hypertension	693 (31.1)	343 (36.2)	206 (41.5)	<0.001	557 (28.3)	408 (31.6)	326 (34.9)	0.001
Diabetes	311 (14.0)	167 (17.6)	118 (23.8)	<0.001	196 (10.0)	179 (13.9)	158 (16.9)	<0.001
Dyslipidemia	1,289 (57.9)	487 (51.4)	283 (57.1)	0.003	1,469 (74.8)	980 (75.9)	699 (74.8)	0.728
Cancer	22 (1.0)	13 (1.4)	8 (1.6)	0.405	66 (3.4)	56 (4.3)	34 (3.6)	0.348
Cardiovascular disease	44 (2.0)	35 (3.7)	10 (2.0)	0.013	29 (1.5)	25 (1.9)	21 (2.2)	0.306
Number of chronic diseases	1.1±0.9	1.1±0.9	1.3±0.9	<0.001	1.2±0.8	1.3±0.9	1.3±0.9	<0.001
Sleep duration (h)	6.9±1.3	6.8±1.3	6.9±1.3	0.170	6.6±1.4	6.6±1.4	6.7±1.4	0.975
Sleep duration				0.233				0.926
≤6 h	825 (37.1)	391 (41.2)	185 (37.3)		902 (45.9)	581 (45.0)	437 (46.7)	
7–8 h	1,222 (54.9)	486 (51.3)	267 (53.8)		912 (46.4)	609 (47.2)	423 (45.2)	
≥9 h	179 (8.0)	71 (7.5)	44 (8.9)		151 (7.7)	101 (7.8)	75 (8.0)	

Continuous values are expressed as mean±standard deviation, and categorical values are expressed as the number (percentage). Before matching, p-values were calculated using t-tests for continuous variables and chi-square tests for categorical variables. BMI, body mass index; METs, metabolic equivalents of tasks