

Table

Table S1 Baseline characteristics of included individuals stratified by baseline PDI quantiles.

	Overall N=12125	Tertile 1 (20-33) N=3919	Tertile 2 (34-36) N=3373	Tertile 3 (37-39) N=4833	P value	N
Age (year), n (%)					<0.001	11125
65-74	2289 (18.9%)	515 (13.1%)	579 (17.2%)	1195 (24.7%)		
≥75	9836 (81.1%)	3404 (86.9%)	2794 (82.8%)	3638 (75.3%)		
Sex, n (%)					<0.001	12125
Female	6743 (55.6%)	2326 (59.4%)	1905 (56.5%)	2512 (52.0%)		
Male	5382 (44.4%)	1593 (40.6%)	1468 (43.5%)	2321 (48.0%)		
Ethnicity, n (%)					<0.001	11914
Han	10982 (92.2%)	3396 (88.8%)	3047 (92.3%)	4539 (94.8%)		
Non-Han	932 (7.8%)	430 (11.2%)	254 (7.7%)	248 (5.2%)		
Residence, n (%)					0.881	12125
Rural	10643 (87.8%)	3448 (88.0%)	2955 (87.6%)	4240 (87.7%)		
Urban or town	1482 (12.2%)	471 (12.0%)	418 (12.4%)	593 (12.3%)		
Illiterate, n (%)					<0.001	12082
No	4494 (37.2%)	1302 (33.4%)	1230 (36.6%)	1962 (40.7%)		
Yes	7588 (62.8%)	2595 (66.6%)	2133 (63.4%)	2860 (59.3%)		
Annual family income (CNY), n (%)					<0.001	12125
<70,000	9850 (81.2%)	3076 (78.5%)	2694 (79.9%)	4080 (84.4%)		
≥70,000	2275 (18.8%)	843 (21.5%)	679 (20.1%)	753 (15.6%)		
Use of vitamin supplements, n (%)					<0.001	12105
Almost everyday	562 (4.6%)	162 (4.1%)	160 (4.8%)	240 (5.0%)		
Once per week	350 (2.9%)	105 (2.7%)	101 (3.0%)	144 (3.0%)		
Once per month	344 (2.8%)	76 (1.9%)	92 (2.7%)	176 (3.6%)		
Occasionally	1374 (11.4%)	370 (9.5%)	374 (11.1%)	630 (13.0%)		
Rarely or never	9475 (78.3%)	3202 (81.8%)	2633 (78.4%)	3640 (75.4%)		
Current smoker, n (%)					<0.001	12112
No	9896 (81.7%)	3349 (85.6%)	2777 (82.4%)	3770 (78.1%)		
Yes	2216 (18.3%)	562 (14.4%)	594 (17.6%)	1060 (21.9%)		
Current drinker, n (%)					<0.001	12095
No	9958 (82.3%)	3339 (85.4%)	2797 (83.2%)	3822 (79.2%)		
Yes	2137 (17.7%)	569 (14.6%)	565 (16.8%)	1003 (20.8%)		
Regular exercise, n (%)					<0.001	12074
No	9098 (75.4%)	3064 (78.6%)	2530 (75.3%)	3504 (72.7%)		
Yes	2976 (24.6%)	832 (21.4%)	830 (24.7%)	1314 (27.3%)		
BMI.group, n (%)					<0.001	12055
Underweight or Normal weight	10878 (90.2%)	3590 (92.4%)	3013 (90.0%)	4275 (88.7%)		
Overweight or Obese	1177 (9.8%)	295 (7.6%)	336 (10.0%)	546 (11.3%)		
Hypertension, n (%)					0.031	11971
No	5640 (47.1%)	1874 (48.8%)	1559 (46.8%)	2207 (46.0%)		
Yes	6331 (52.9%)	1966 (51.2%)	1773 (53.2%)	2592 (54.0%)		
Arthritis, n (%)					0.005	12125

Table S2. Baseline characteristics of included individuals stratified by baseline healthful PDI tertiles.

	Overall N=12125	Tertile 1 N=3936	Tertile 2 N=3980	Tertile 3 N=4209	p.overall	N
Age (year), n (%)					<0.001	12125
65-74	2289 (18.9%)	510 (13.0%)	744 (18.7%)	1035 (24.6%)		
≥75	9836 (81.1%)	3426 (87.0%)	3236 (81.3%)	3174 (75.4%)		
Sex, n (%)					<0.001	12125
Female	6743 (55.6%)	2395 (60.8%)	2209 (55.5%)	2139 (50.8%)		
Male	5382 (44.4%)	1541 (39.2%)	1771 (44.5%)	2070 (49.2%)		
Ethnicity, n (%)					<0.001	11914
Han	10982 (92.2%)	3517 (91.3%)	3553 (91.2%)	3912 (93.9%)		
Non-Han	932 (7.8%)	335 (8.7%)	344 (8.8%)	253 (6.1%)		
Co.residence, n (%)					0.658	12095
Living with others	10188 (84.2%)	3309 (84.2%)	3328 (83.8%)	3551 (84.6%)		
Living alone	1907 (15.8%)	619 (15.8%)	641 (16.2%)	647 (15.4%)		
Residence, n (%)					0.185	12125
Rural	10643 (87.8%)	3479 (88.4%)	3499 (87.9%)	3665 (87.1%)		
Urban or town	1482 (12.2%)	457 (11.6%)	481 (12.1%)	544 (12.9%)		
Illiterate, n (%)					<0.001	12082
No	4494 (37.2%)	1241 (31.7%)	1483 (37.3%)	1770 (42.2%)		
Yes	7588 (62.8%)	2672 (68.3%)	2489 (62.7%)	2427 (57.8%)		
Annual family income (CNY), n (%)					<0.001	12125
<70,000	9850 (81.2%)	3139 (79.8%)	3140 (78.9%)	3571 (84.8%)		
≥70,000	2275 (18.8%)	797 (20.2%)	840 (21.1%)	638 (15.2%)		
Use of vitamin supplements, n (%)					0.010	12105
Almost everyday	562 (4.6%)	179 (4.6%)	191 (4.8%)	192 (4.6%)		
Once per week	350 (2.9%)	121 (3.1%)	119 (3.0%)	110 (2.6%)		
Once per month	344 (2.8%)	99 (2.5%)	106 (2.7%)	139 (3.3%)		
Occasionally	1374 (11.4%)	390 (9.9%)	486 (12.2%)	498 (11.9%)		
Rarely or never	9475 (78.3%)	3143 (79.9%)	3077 (77.3%)	3255 (77.6%)		
Current smoker, n (%)					<0.001	12112
No	9896 (81.7%)	3309 (84.2%)	3271 (82.3%)	3316 (78.8%)		
Yes	2216 (18.3%)	620 (15.8%)	705 (17.7%)	891 (21.2%)		
Current drinker, n (%)					0.002	12095
No	9958 (82.3%)	3282 (83.6%)	3286 (82.8%)	3390 (80.7%)		
Yes	2137 (17.7%)	645 (16.4%)	682 (17.2%)	810 (19.3%)		
Regular exercise, n (%)					<0.001	12074
No	9098 (75.4%)	3076 (78.7%)	2958 (74.6%)	3064 (73.0%)		
Yes	2976 (24.6%)	834 (21.3%)	1007 (25.4%)	1135 (27.0%)		
BMI.group, n (%)					<0.001	12055
Underweight or Normal weight	10878 (90.2%)	3577 (91.9%)	3576 (90.2%)	3725 (88.7%)		
Overweight or Obese	1177 (9.8%)	316 (8.1%)	388 (9.8%)	473 (11.3%)		
Hypertension, n (%)					0.481	11971
No	5640 (47.1%)	1843 (47.6%)	1819 (46.3%)	1978 (47.4%)		
Yes	6331 (52.9%)	2029 (52.4%)	2107 (53.7%)	2195 (52.6%)		
Arthritis, n (%)	1199 (9.9%)	334 (8.5%)	400 (10.1%)	465 (11.0%)	0.001	12125

Table S3. Baseline characteristics of included individuals stratified by baseline unhealthful PDI tertiles.

	Overall N=12125	Tertile 1 N=3511	Tertile 2 N=4275	Tertile 3 N=4339	p.overall	N
Age (year), n (%)					<0.001	12125
65-74	2289 (18.9%)	837 (23.8%)	815 (19.1%)	637 (14.7%)		
≥75	9836 (81.1%)	2674 (76.2%)	3460 (80.9%)	3702 (85.3%)		
Sex, n (%)					<0.001	12125
Female	6743 (55.6%)	1729 (49.2%)	2383 (55.7%)	2631 (60.6%)		
Male	5382 (44.4%)	1782 (50.8%)	1892 (44.3%)	1708 (39.4%)		
Ethnicity, n (%)					<0.001	11914
Han	10982 (92.2%)	3306 (95.3%)	3833 (91.7%)	3843 (90.1%)		
Non-Han	932 (7.8%)	164 (4.7%)	345 (8.3%)	423 (9.9%)		
Co.residence, n (%)					<0.001	12095
Living with others	10188 (84.2%)	3098 (88.4%)	3632 (85.2%)	3458 (79.9%)		
Living alone	1907 (15.8%)	405 (11.6%)	632 (14.8%)	870 (20.1%)		
Residence, n (%)					<0.001	12125
Rural	10643 (87.8%)	2716 (77.4%)	3817 (89.3%)	4110 (94.7%)		
Urban or town	1482 (12.2%)	795 (22.6%)	458 (10.7%)	229 (5.3%)		
Illiterate, n (%)					<0.001	12082
No	4494 (37.2%)	1715 (49.0%)	1572 (36.9%)	1207 (27.9%)		
Yes	7588 (62.8%)	1782 (51.0%)	2689 (63.1%)	3117 (72.1%)		
Annual family income (CNY), n (%)					0.185	12125
<70,000	9850 (81.2%)	2822 (80.4%)	3470 (81.2%)	3558 (82.0%)		
≥70,000	2275 (18.8%)	689 (19.6%)	805 (18.8%)	781 (18.0%)		
Use of vitamin supplements, n (%)					<0.001	12105
Almost everyday	562 (4.6%)	289 (8.2%)	163 (3.8%)	110 (2.5%)		
Once per week	350 (2.9%)	176 (5.0%)	113 (2.6%)	61 (1.4%)		
Once per month	344 (2.8%)	176 (5.0%)	114 (2.7%)	54 (1.2%)		
Occasionally	1374 (11.4%)	482 (13.7%)	509 (11.9%)	383 (8.9%)		
Rarely or never	9475 (78.3%)	2387 (68.0%)	3373 (79.0%)	3715 (85.9%)		
Current smoker, n (%)					<0.001	12112
No	9896 (81.7%)	2810 (80.1%)	3468 (81.2%)	3618 (83.5%)		
Yes	2216 (18.3%)	699 (19.9%)	804 (18.8%)	713 (16.5%)		
Current drinker, n (%)					<0.001	12095
No	9958 (82.3%)	2761 (78.8%)	3500 (82.2%)	3697 (85.3%)		
Yes	2137 (17.7%)	743 (21.2%)	757 (17.8%)	637 (14.7%)		
Regular exercise, n (%)					<0.001	12074
No	9098 (75.4%)	2259 (64.6%)	3311 (77.9%)	3528 (81.6%)		
Yes	2976 (24.6%)	1239 (35.4%)	940 (22.1%)	797 (18.4%)		
BMI.group, n (%)					<0.001	12055
Underweight or Normal weight	10878 (90.2%)	3012 (86.4%)	3846 (90.6%)	4020 (93.1%)		
Overweight or Obese	1177 (9.8%)	476 (13.6%)	401 (9.4%)	300 (6.9%)		
Hypertension, n (%)					0.001	11971
No	5640 (47.1%)	1547 (44.4%)	2039 (48.3%)	2054 (48.2%)		
Yes	6331 (52.9%)	1937 (55.6%)	2185 (51.7%)	2209 (51.8%)		
Arthritis, n (%)	1199 (9.9%)	375 (10.7%)	415 (9.7%)	409 (9.4%)	0.160	12125

Figure

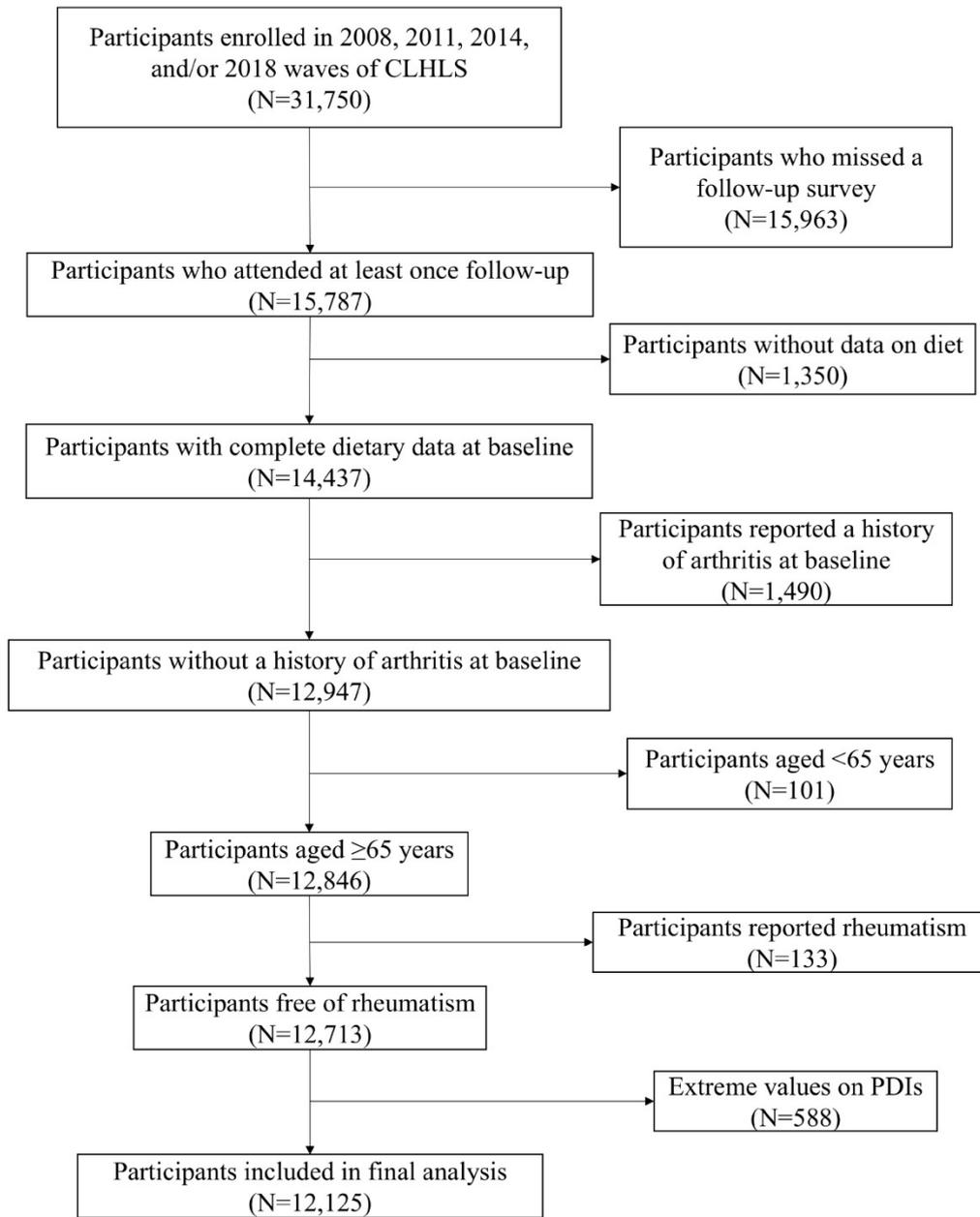


Figure S1. Flow chart of included participants.