

**Supplementary Table 1.** Comparison of included and excluded individuals regarding sociodemographic, lifestyle and clinical characteristics\*.

	N (%)		p-value
	Included 1,454 (96.9)	Excluded 46 (3.1)	
<b>Sex</b>	841 (57.8)	31 (67.4)	0.196 <sup>‡</sup>
Women	613 (42.2)	15 (32.6)	
Men			
<b>Age</b>	830 (57.1)	23 (50.0)	0.340 <sup>‡</sup>
65-75 years	624 (42.9)	23 (50.0)	
>75 years			
<b>Regional area</b>			
North/Centre/Lisbon	1216 (83.6)	29 (63.0)	0.001 <sup>§</sup>
Alentejo/Algarve	186 (12.8)	15 (32.6)	
Madeira/Azores	52 (3.6)	2 (4.3)	
<b>Residence</b>			
Home	1384 (95.2)	44 (95.7)	1.000 <sup>§</sup>
Care home	70 (4.8)	2 (4.3)	
<b>Marital status</b>			
Single/Divorced/Widower	771 (53.1)	26 (56.5)	0.643 <sup>‡</sup>
Married/Common-law marriage	682 (46.9)	20 (43.5)	
<b>Education level</b>			
Without education	205 (14.1)	7 (15.2)	0.944 <sup>§</sup>
1-4 years	998 (68.6)	33 (71.7)	
5-12 years	184 (12.7)	5 (10.9)	
Higher education	67 (4.6)	1 (2.2)	
<b>Household income</b>			
<500€	243 (16.7)	5 (10.9)	0.030 <sup>§</sup>
500-999€	298 (20.5)	7 (15.2)	
≥1000€	174 (12.0)	1 (2.2)	
Does not know or does not declare	739 (50.8)	33 (71.7)	
<b>Self-perception of health status</b>			
Very good/Good	462 (31.9)	17 (37.0)	0.225 <sup>‡</sup>
Fair	715 (49.3)	17 (37.0)	
Poor/Very poor	273 (18.8)	12 (26.1)	
<b>Smoking status</b>			
Non-smoker	1388 (95.5)	44 (95.7)	1.000 <sup>§</sup>
Smoker	66 (4.5)	2 (4.3)	
<b>Alcohol consumption</b>			
None	708 (48.8)	31 (67.4)	0.005 <sup>‡</sup>
Moderate (W: ≤1 drink/day; M: ≤2 drinks/day)	597 (41.1)	8 (17.4)	
Excessive (W: >1 drink/day; M: >2 drinks /day)	147 (10.1)	7 (15.2)	
<b>Medication use</b>			
0	206 (14.2)	9 (19.6)	0.509 <sup>‡</sup>
1-4	810 (55.7)	25 (54.3)	
≥5	321 (22.1)	7 (15.2)	
Unknown	117 (8.0)	5 (10.9)	
<b>Cognitive function</b>			
Not impaired	1362 (93.7)	39 (84.8)	0.017 <sup>‡</sup>
Impaired	92 (6.3)	7 (15.2)	

W: Women; M: Men.

\*Information was not obtained: Marital status n=1 (0.1%); Self-perception of health status n=4 (0.3%);

Alcohol consumption n=2 (0.1%).

<sup>‡</sup>Chi-square test; <sup>§</sup> Fisher's exact test