

Table S1. Characteristics and changes in lifestyles during the COVID-19 pandemic in spring 2020 in Japan according to COVID-19 cases per 100,000 in address prefecture categories

	COVID-19 cases per 100,000 in address prefecture (young/middle-age, N=911)					COVID-19 cases per 100,000 in address prefecture (older adults, N=899)				
	Q1 (lowest)	Q2	Q3	Q4 (highest)	P	Q1 (lowest)	Q2	Q3	Q4 (highest)	P
	(n=214)	(n=230)	(n=235)	(n=232)		(n=250)	(n=219)	(n=217)	(n=213)	
	n (%)	n (%)	n (%)	n (%)		n (%)	n (%)	n (%)	n (%)	
Sex										
Male	79 (23.0)	84 (24.5)	89 (25.9)	91 (26.5)	0.935	116 (29.1)	91 (22.9)	90 (22.6)	101 (25.4)	0.447
Female	135 (23.8)	146 (25.7)	146 (25.7)	141 (24.8)		134 (26.7)	128 (25.5)	127 (25.3)	112 (22.4)	
Age (years)										
30 - 49	72 (22.6)	82 (25.7)	91 (28.5)	74 (23.2)	0.452					
50 - 69	142 (24.0)	148 (25.0)	144 (24.3)	158 (26.7)						
≥ 70						250 (27.8)	219 (24.4)	217 (24.1)	213 (23.7)	
Educational status										
Junior high school	20 (33.9)	13 (22.0)	14 (23.7)	12 (20.3)	0.143	99 (33.3)	80 (26.9)	53 (17.8)	65 (21.9)	0.003
High school	98 (25.7)	103 (27.0)	90 (23.6)	91 (23.8)		113 (26.6)	103 (24.2)	115 (27.1)	94 (22.1)	
College/university	96 (20.4)	114 (24.3)	131 (27.9)	129 (27.4)		38 (21.5)	36 (20.3)	49 (27.7)	54 (30.5)	
Physical activity*										
Increased	22 (10.3)	16 (7.0)	26 (11.1)	35 (15.1)	<0.001	23 (9.2)	18 (8.2)	14 (6.5)	7 (3.3)	0.027
No change	145 (67.8)	145 (63.0)	124 (52.8)	116 (50.0)		174 (69.6)	155 (70.8)	141 (65.0)	140 (65.7)	
Decreased	47 (22.0)	69 (30.0)	85 (36.2)	81 (34.9)		53 (21.2)	46 (21.0)	62 (28.6)	66 (31.0)	
Home cooked meals*										
Increased	36 (16.8)	61 (26.5)	64 (27.2)	66 (28.4)	0.017	25 (10.0)	28 (12.8)	20 (9.2)	26 (12.2)	0.088
No change	169 (79.0)	165 (71.7)	167 (71.1)	164 (70.7)		214 (85.6)	189 (86.3)	193 (88.9)	176 (82.6)	
Decreased	9 (4.2)	4 (1.7)	4 (1.7)	2 (0.9)		11 (4.4)	2 (0.9)	4 (1.8)	11 (5.2)	
Lunch box and/or ready-made meals*										
Increased	26 (12.1)	34 (14.8)	39 (16.6)	30 (12.9)	0.308	14 (5.6)	11 (5.0)	19 (8.8)	19 (8.9)	0.088
No change	165 (77.1)	168 (73.0)	168 (71.5)	162 (69.8)		209 (83.6)	186 (84.9)	172 (79.3)	165 (77.5)	
Decreased	23 (10.7)	28 (12.2)	28 (11.9)	40 (17.2)		27 (10.8)	22 (10.0)	26 (12.0)	29 (13.6)	
Eating between meals*										
Increased	27 (12.6)	40 (17.4)	44 (18.7)	51 (22.0)	0.113	17 (6.8)	23 (10.5)	31 (14.3)	33 (15.5)	0.047
No change	168 (78.5)	170 (73.9)	176 (74.9)	156 (67.2)		205 (82.0)	179 (81.7)	164 (75.6)	156 (73.2)	
Decreased	19 (8.9)	20 (8.7)	15 (6.4)	25 (10.8)		28 (11.2)	17 (7.8)	22 (10.1)	24 (11.3)	
Vegetables*										
Increased	28 (13.1)	30 (13.0)	22 (9.4)	44 (19.0)	0.130	34 (13.6)	34 (15.5)	29 (13.4)	33 (15.5)	0.897
No change	174 (81.3)	188 (81.7)	201 (85.5)	179 (77.2)		205 (82.0)	171 (78.1)	176 (81.1)	166 (77.9)	
Decreased	12 (5.6)	12 (5.2)	12 (5.1)	9 (3.9)		11 (4.4)	14 (6.4)	12 (5.5)	14 (6.6)	
Alcohol*										
No drinking	74 (34.6)	106 (46.1)	92 (39.1)	100 (43.1)	0.175	150 (60.0)	134 (61.2)	119 (54.8)	108 (50.7)	0.296
Increased	16 (7.5)	19 (8.3)	24 (10.2)	24 (10.3)		5 (2.0)	5 (2.3)	5 (2.3)	5 (2.3)	
No change	107 (50.0)	93 (40.4)	96 (40.9)	90 (38.8)		78 (31.2)	69 (31.5)	71 (32.7)	86 (40.4)	
Decreased	17 (7.9)	12 (5.2)	23 (9.8)	18 (7.8)		17 (6.8)	11 (5.0)	22 (10.1)	14 (6.6)	

COVID-19, coronavirus disease 2019. The results of a chi-square test are shown. \* Percentages to total of columns