

**Supplementary table S 1. Baseline characteristics of the sample**

<b>Age (years)</b>	<b>20-29</b>	623 (12.7%)
	<b>30-39</b>	957 (19.5%)
	<b>40-49</b>	1055 (21.5%)
	<b>50-59</b>	836 (17%)
	<b>60-69</b>	683 (13.9%)
	<b>70-79</b>	462 (9.4%)
	<b>≥80</b>	300 (6.1%)
<b>Male sex</b>		2238 (45.5%)
<b>Residence in rural area</b>		1107 (22.5%)
<b>Geographical area of Spain</b>	<b>North</b>	1412 (28.7%)
	<b>Mediterranean + Canary Islands</b>	2063 (42%)
	<b>Center</b>	1441 (29.3%)
<b>Born in Spain</b>		4572 (93%)
<b>Educational level</b>	<b>Basic</b>	1796 (37.3%)
	<b>Intermediate</b>	1159 (26%)
	<b>Higher</b>	1687 (36.7%)
<b>BMI</b>	<b>Underweight (BMI&lt;18.5)</b>	47 (1.1%)
	<b>Normal weight (18.5≤BMI&lt;25)</b>	1902 (42.7%)
	<b>Overweight (25≤BMI&lt;30)</b>	1809 (40.7%)
	<b>Obesity (BMI ≥30)</b>	692 (15.6%)
<b>Smoking habit</b>	<b>Daily smoker</b>	998 (21.5%)
	<b>Occasional smoker</b>	114 (2.5%)
	<b>Ex-smoker</b>	1293 (27.8%)
	<b>Never smoker</b>	2242 (48.2%)
<b>Daily alcohol consumption</b>		643 (22.2%)
<b>Self-perceived health status</b>	<b>Very good</b>	772 (16.6%)
	<b>Good</b>	2356 (50.7%)
	<b>Normal</b>	1165 (25.1%)
	<b>Poor</b>	259 (5.6%)
	<b>Very poor</b>	95 (2%)

Variables presented as n (%). BMI: body mass index