

Supplementary Table 1. Nested multivariable models for all-cause mortality using the complete case set and imputed variables

Complete Case Analysis (N=388)															
Predictor	MODEL I*			MODEL II†			MODEL III‡			MODEL IV§			MODEL V 		
	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper
BMI ≥30 kg/m ² vs. normal	1.14	0.60	2.17	1.13	0.61	2.08	--	--	--	--	--	--	1.17	0.63	2.17
BMI <18.5 kg/m ² vs. normal	1.44	0.31	6.66	1.53	0.35	6.74	--	--	--	--	--	--	1.29	0.25	6.61
Abstinence from smoking	--	--	--	--	--	--	0.82	0.40	1.69	0.84	0.39	1.83	0.84	0.38	1.87
≥5 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.34	0.11	1.02	0.32	0.09	1.12	0.30	0.08	1.10
1-4 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.30	0.10	0.92	0.34	0.09	1.27	0.33	0.09	1.24
Heavy vs. moderate alcohol	--	--	--	--	--	--	0.19	0.02	2.00	0.15	0.01	1.76	0.16	0.01	1.89
No alcohol vs. moderate alcohol	--	--	--	--	--	--	1.39	0.66	2.92	1.46	0.74	2.90	1.49	0.74	3.01
Regular exercise	--	--	--	--	--	--	0.75	0.44	1.29	0.74	0.46	1.22	0.75	0.46	1.23
Imputed Analysis (N=485)															
Predictor	MODEL I*			MODEL II†			MODEL III‡			MODEL IV§			MODEL V 		
	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper
BMI ≥30 kg/m ² vs. normal	1.07	0.63	1.83	0.99	0.58	1.66	--	--	--	--	--	--	1.00	0.60	1.65
BMI <18.5 kg/m ² vs. normal	1.28	0.63	2.57	1.32	0.67	2.63	--	--	--	--	--	--	1.26	0.56	2.84
Abstinence from smoking	--	--	--	--	--	--	1.05	0.54	2.01	1.10	0.54	2.24	1.11	0.54	2.29
≥5 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.34	0.13	0.91	0.26	0.08	0.83	0.26	0.08	0.82
1-4 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.27	0.10	0.73	0.26	0.08	0.87	0.26	0.08	0.85
Heavy vs. moderate alcohol	--	--	--	--	--	--	0.15	0.01	1.45	0.11	0.01	1.20	0.11	0.01	1.19
No alcohol vs. moderate alcohol	--	--	--	--	--	--	1.50	0.77	2.90	1.36	0.74	2.49	1.35	0.73	2.49
Regular exercise	--	--	--	--	--	--	0.69	0.40	1.18	0.70	0.43	1.16	0.70	0.43	1.16

* Model I: BMI and demographic characteristics (age, sex, race)

† Model II: BMI, demographic characteristics and clinical risk factors

(hypercholesterolemia, hypertriglyceridemia, diabetes mellitus, low HDL, hypertension, and history of myocardial infarction)

‡ Model III: Demographic characteristics and healthy practices except BMI

§ Model IV: Demographic characteristics, clinical risk factors, and healthy practices except BMI

|| Model V: All variables

Supplementary Table 2. Nested multivariable models for cardiovascular mortality using the complete case and imputed variables

Complete Case Analysis (N=388)																
Predictor	MODEL I*			MODEL II†			MODEL III‡			MODEL IV§			MODEL V 			
	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	
BMI ≥30 kg/m ² vs. normal	1.02	0.65	1.62	1.04	0.66	1.65	--	--	--	--	--	--	1.10	0.68	1.77	
BMI <18.5 kg/m ² vs. normal	0.67	0.16	2.78	0.82	0.20	3.43	--	--	--	--	--	--	0.53	0.11	2.70	
Abstinence from smoking	--	--	--	--	--	--	0.61	0.35	1.08	0.58	0.32	1.05	0.56	0.30	1.05	
≥5 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.56	0.17	1.86	0.47	0.13	1.64	0.47	0.13	1.66	
1-4 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.48	0.14	1.63	0.46	0.13	1.69	0.46	0.13	1.68	
Heavy vs. moderate alcohol	--	--	--	--	--	--	1.86	0.67	5.16	1.57	0.55	4.46	1.64	0.58	4.61	
No alcohol vs. moderate alcohol	--	--	--	--	--	--	1.60	0.87	2.95	1.50	0.83	2.72	1.55	0.85	2.81	
Regular exercise	--	--	--	--	--	--	0.64	0.44	0.93	0.68	0.45	1.03	0.69	0.45	1.04	
Imputed Analysis (N=485)																
Predictor	MODEL I*			MODEL II†			MODEL III‡			MODEL IV§			MODEL V 			
	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	HR	Lower	Upper	
BMI ≥30 kg/m ² vs. normal	1.03	0.69	1.52	1.02	0.70	1.49	--	--	--	--	--	--	1.03	0.71	1.49	
BMI <18.5 kg/m ² vs. normal	0.97	0.52	1.81	1.13	0.59	2.15	--	--	--	--	--	--	0.80	0.36	1.77	
Abstinence from smoking	--	--	--	--	--	--	0.61	0.37	1.00	0.60	0.35	1.02	0.59	0.34	1.02	
≥5 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.70	0.23	2.16	0.53	0.16	1.71	0.53	0.16	1.72	
1-4 servings fruits/vegetables vs. none	--	--	--	--	--	--	0.57	0.18	1.77	0.48	0.14	1.63	0.49	0.15	1.63	
Heavy vs. moderate alcohol	--	--	--	--	--	--	1.32	0.42	4.11	1.12	0.40	3.17	1.13	0.41	3.14	
No alcohol vs. moderate alcohol	--	--	--	--	--	--	1.61	0.90	2.89	1.48	0.84	2.62	1.50	0.85	2.63	
Regular exercise	--	--	--	--	--	--	0.59	0.41	0.84	0.64	0.43	0.94	0.64	0.43	0.95	

* Model I: BMI and demographic characteristics (age, sex, race)

† Model II: BMI, demographic characteristics and clinical risk factors

(hypercholesterolemia, hypertriglyceridemia, diabetes mellitus, low HDL, hypertension, and history of myocardial infarction)

‡ Model III: Demographic characteristics and healthy practices except BMI

§ Model IV: Demographic characteristics, clinical risk factors, and healthy practices except BMI

|| Model V: All variables