

The Association of Famine Exposure with Healthy Lifestyles at Different Life Stages in Rural Elderly Population in China

Supplementary Materials:

Table S1. Definitions of healthy and unhealthy lifestyle factors.

Table S2. Characteristics of participants by healthy lifestyle score

Table S3. Age-balanced control regression results

Figure S1. Flowchart on the sample selecting method at each step.

Table S1. Definitions of healthy and unhealthy lifestyle factors.

Lifestyle factors	Healthy lifestyle	Unhealthy lifestyle
Smoking	Non-smoking	Smoking
Drinking	Non-drinking	drinking
Physical activity		
Vigorous exercise	≥75minutes/week	<75 minutes/week
Moderate exercise	≥150minutes/week	<150 minutes/week
Sleep duration	6-8 hours	< 6 hours or > 8 hours
Waist circumference		
Men	<90	≥90cm
Women	<85	≥85cm
Body mass index	18.5-23.9 kg/m ²	< 18.5 kg/m ² or > 24 kg/m ²

Table S2. Characteristics of participants by healthy lifestyle score

Variables	Total (n=6458)	Healthy lifestyle scores			P-value
		0-2 (n=943)	3-4 (n=3900)	5-6 (n=1615)	
Age in survey	72.0(68.0,76.0)	72(68.0,76.0)	72.0(68.0,76.0)	72.0(68.0,76.0)	< 0.001
Gender, n (%)					< 0.001
Male	2303(35.7)	657(69.7)	1211(31.1)	435(26.9)	
Female	4155(64.3)	286(30.3)	2689(68.9)	1180(73.1)	
Marital status, n (%)					< 0.001
Married	4817(74.6)	758(80.4)	2903(74.4)	1156(71.6)	
Other	1641(25.4)	185(19.6)	997(25.6)	459(28.4)	
Annual household income in CNY/years, n (%)					0.161
≤2840	1616(25.0)	224(23.8)	989(25.3)	403(25.0)	
2841-5000	2127(32.9)	338(35.8)	1243(31.9)	546(33.8)	
5001-10200	1101(17.1)	161(17.1)	655(16.8)	285(17.6)	
≥10201	1614(25.0)	220(23.3)	1013(26.0)	381(23.6)	
Education level, n (%)					< 0.001
Illiteracy	2885(44.7)	296(31.4)	1800(46.2)	789(48.9)	
Primary school	2078(32.2)	339(35.9)	1234(31.6)	505(31.3)	
Middle school	1073(16.6)	217(23.0)	626(16.0)	230(14.2)	
High school or above	422(6.5)	91(9.7)	240(6.2)	91(5.6)	
Occupation, n (%)					0.045
Agricultural work	4047(62.7)	582(61.7)	2411(61.8)	1054(65.3)	
Nonagricultural work	2411(37.3)	361(38.3)	1489(38.2)	561(34.7)	
Live alone					0.001

Table S2.continue.

Variables	Total (n=6458)	Healthy lifestyle scores			P-value
		0-2 (n=943)	3-4 (n=3900)	5-6 (n=1615)	
Yes	1079(16.7)	131(13.9)	634(16.3)	314(19.4)	0.017
No	5379(83.3)	812(86.1)	3266(83.7)	1301(80.6)	
Famine exposure groups					
Infancy-exposed	1215(18.8)	185(19.6)	748(19.2)	282(17.5)	< 0.001
Preschool-exposed	1487(23.0)	205(21.7)	884(22.7)	398(24.6)	
School age-exposed	1326(20.5)	166(17.6)	841(21.5)	319(19.8)	
Adolescence/Adulthood-exposed	2430(37.7)	387(41.1)	1427(36.6)	616(38.1)	
Non-smoking					
Yes	5145(79.7)	357(37.9)	3282(84.2)	1506(93.3)	< 0.001
No	1313(20.3)	586(62.1)	618(15.8)	109(6.7)	
Non-drinking					
Yes	5743(88.9)	521(55.2)	3622(92.9)	1600(99.1)	< 0.001
No	715(11.1)	422(44.8)	278(7.1)	15(0.9)	
Healthy sleep duration					
Yes	3995(61.9)	298(31.6)	2376(60.9)	1321(81.8)	< 0.001
No	2463(38.1)	645(68.4)	1524(39.1)	294(18.2)	
Healthy physical activity					
Yes	4446(68.8)	308(32.7)	2726(69.9)	1412(87.4)	< 0.001
No	2012(31.2)	635(67.3)	1174(30.1)	203(12.6)	
Normal weight					
Yes	2426(37.6)	60(6.4)	939(24.1)	1427(88.4)	< 0.001

Table S2.continue.

Variables	Total (n=6458)	Healthy lifestyle scores			P-value
		0-2 (n=943)	3-4 (n=3900)	5-6 (n=1615)	
No	4032(62.4)	883(93.6)	2961(75.9)	188(11.6)	< 0.001
Non-central obesity					
Yes	2325(36.0)	78(8.3)	920(23.6)	1327(82.2)	
No	4133(64.0)	865(91.7)	2980(76.4)	288(17.8)	
Major history diseases, n (%)					
Hypertension	3282(50.8)	518(54.9)	2041(52.3)	723(44.8)	< 0.001
Coronary heart disease	1073(16.6)	208(22.1)	656(16.8)	209(12.9)	< 0.001
Dyslipidemia	473(7.3)	99(10.5)	359(9.2)	15(0.9)	< 0.001
SBP, mmHg	137.5(125.3,150.3)	137.6(125.7,150.0)	138.0 (125.7,150.7)	136.0(124.3,149.0)	< 0.001
DBP, mmHg	75.3(68.3,82.3)	76.7(69.5,83.5)	75.7(68.7,82.7)	73.7(66.7,80.4)	< 0.001

Table S3. Age-balanced control regression results

Variables	Total		Men		Women	
	OR (95% CI)	P-value	OR (95% CI)	P-value	OR (95% CI)	P-value
Non-smoking						
Age-balanced control	1.000		1.000		1.000	
Infancy-exposed	1.331(1.100,1.611)	0.003	0.681(0.528,0.877)	0.003	0.703(0.306,1.616)	0.407
Preschool-exposed	1.138(0.953,1.359)	0.154	0.825(0.657,1.037)	0.099	0.698(0.313,1.557)	0.380
School-exposed	0.950(0.792,1.140)	0.584	0.848(0.671,1.071)	0.165	0.889(0.368,2.149)	0.794
Non-drinking						
Age-balanced control	1.000		1.000		1.000	

Table S3.continue.

Variables	Total		Men		Women	
	OR (95% CI)	P-value	OR (95% CI)	P-value	OR (95% CI)	P-value
Infancy-exposed	0.940(0.749,1.180)	0.596	0.525(0.403,0.685)	< 0.001	0.667(0.276,1.614)	0.369
Preschool-exposed	1.197(0.951,1.507)	0.125	0.909(0.704,1.172)	0.462	1.313(0.483,3.567)	0.594
School-exposed	1.002(0.791,1.269)	0.988	0.936(0.719,1.217)	0.621	0.982(0.366,2.639)	0.972
Healthy sleep duration						
Age-balanced control	1.000		1.000		1.000	
Infancy-exposed	1.154(0.990,1.345)	0.066	1.259 (0.969,1.637)	0.085	1.149(0.949,1.392)	0.156
Preschool-exposed	1.103(0.958,1.269)	0.173	1.379(1.085,1.751)	0.009	1.007(0.845,1.201)	0.934
School-exposed	1.020(0.884,1.176)	0.789	1.345(1.053,1.718)	0.018	0.892(0.748,1.065)	0.207
Healthy physical activity						
Age-balanced control	1.000		1.000		1.000	
Infancy-exposed	2.180(1.847,2.573)	< 0.001	1.970(1.500,2.588)	< 0.001	2.118(1.712,2.619)	< 0.001
Preschool-exposed	1.894(1.631,2.199)	< 0.001	1.688(1.326,2.147)	< 0.001	1.934(1.594,2.346)	< 0.001
School-exposed	1.725(1.484,2.006)	< 0.001	1.626(1.272,2.077)	< 0.001	1.769(1.458,2.146)	< 0.001
Normal weight						
Age-balanced control	1.000		1.000		1.000	
Infancy-exposed	0.813(0.695,0.952)	0.010	1.051(0.808,1.367)	0.713	0.725(0.594,0.886)	0.002
Preschool-exposed	0.857(0.741,0.990)	0.036	1.071(0.844,1.359)	0.572	0.759(0.631,0.913)	0.003
School-exposed	0.886(0.764,1.026)	0.105	1.084(0.850,1.383)	0.514	0.788(0.654,0.949)	0.012
Non-central obesity						
Age-balanced control	1.000		1.000		1.000	
Infancy-exposed	0.838(0.716,0.980)	0.027	1.055(0.818,1.360)	0.680	0.808(0.657,0.992)	0.042
Preschool-exposed	0.977(0.846,1.128)	0.750	1.072(0.851,1.351)	0.553	0.965(0.800,1.163)	0.707
School-exposed	0.943(0.814,1.092)	0.433	0.981(0.774,1.243)	0.874	0.915(0.756,1.107)	0.359

Notes: Models were adjusted for marital status, education, occupation, annual household income, living alone status, major diseases (coronary heart disease, dyslipidemia), systolic blood pressure, diastolic blood pressure.

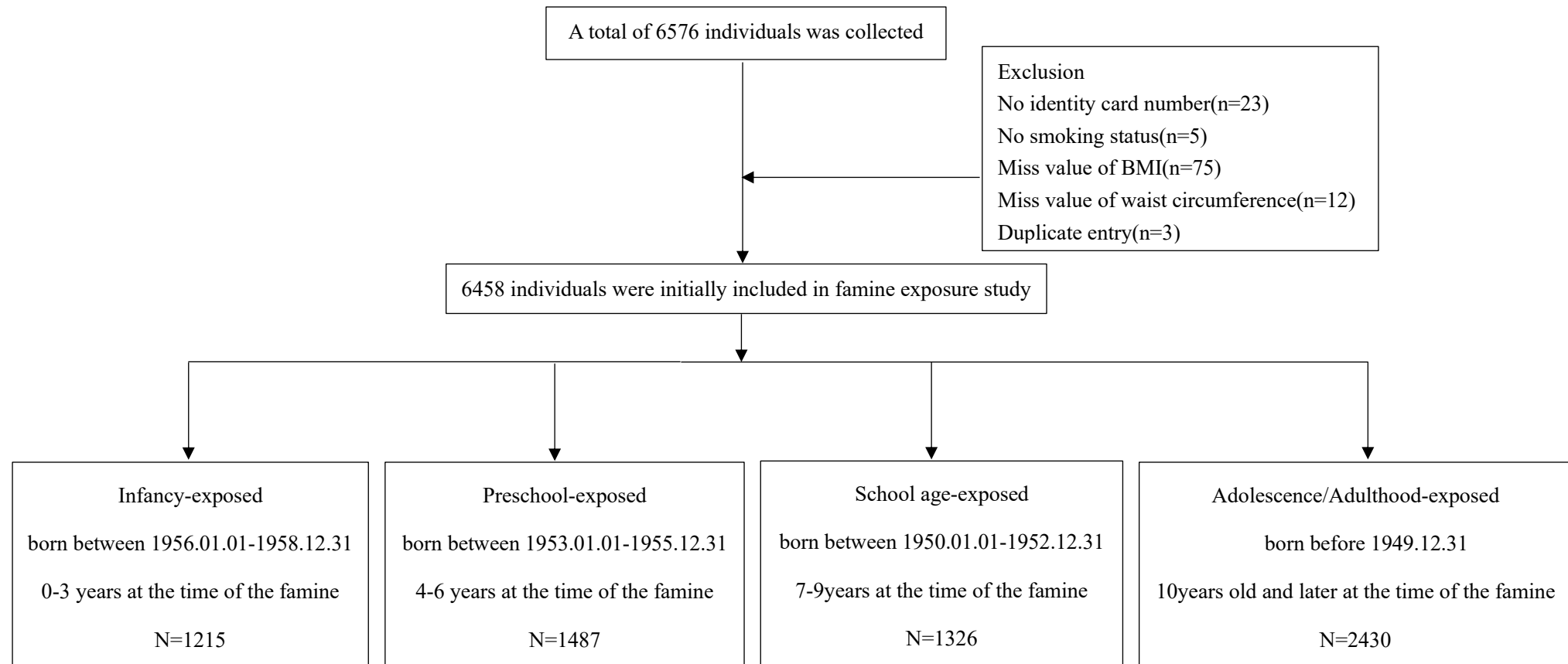


Figure1. Flowchart on the sample selecting method at each step.