**SUPPLEMENTARY MATERIAL**

**Supplementary Table S1.** Baseline characteristics of the groups included and excluded from the study

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| **Baseline characteristics a** | **Included****participants** **(n = 3046)** | **Excluded participants****(n = 995)** | ***P*** |
| Age, years | 53.31 ± 7.99 | 49.17 ± 7.93 | <0.001 b |
| Female, n (%) | 1765 (57.9) | 602 (30.1) | 0.16 c |
| Place of residence, rural areas, n (%) | 1997 (65.6) | 684 (68.8) | 0.07 c |
| In relationship | 2662 (87.4) | 875 (88) | 0.6 c |
| University education | 528 (17.3) | 247 (24.8) | <0.001 c |
| Smoking status | Yes | 466 (15.3) | 168 (16.9) | 0.07 c |
| No | 1904 (62.5) | 638 (64.2) |
| In the past | 676 (22.2) | 188 (18.9) |
| Physical activity (≥ 150 min a week) | 1289 (42.3) | 432 (43.5) | 0.53 c |

**Notes:** a Mean ± SD or percentages are listed; b p-values calculated using Student`s t-test; c p-values calculated using chi-square (categorical variables)