

**Supplemental Table 1** Summary of the study population

	2000			2011			11-year follow-up group in 2011 <sup>a</sup>		
	n	Mean age (SD)	% women	n	Mean age (SD)	% women	n	Mean age (SD)	% women
Eligible sample	8028	54.2 (16.2)	54.7	8006	55.3 (15.6)	53.0	6360	60.6 (12.9)	55.5
Cataract status known	7380	54.2 (16.1)	55.2	5930	56.5 (15.2)	56.0	4840	61.0 (12.8)	56.4
Cataract, all	796	76.8 (10.7)	73.6	954	75.8 (10.7)	65.6	944	76.0 (10.4)	65.6
Cataract, operated	521	78.3 (10.2)	72.6	677	77.7 (10.7)	65.4	672	77.9 (10.4)	65.3
Cataract, unoperated	275	74.0 (11.0)	75.6	277	71.1 (9.4)	66.1	272	71.4 (9.0)	66.2
Cataract negative	6584	51.5 (14.4)	52.9	4976	52.9 (13.1)	54.2	3896	57.4 (10.5)	54.2
Marital status known	7373	54.2 (16.1)	55.2	5701	55.6 (14.6)	55.4	4613	60.1 (12.1)	55.6
Education known	7352	54.1 (16.0)	55.1	5676	55.5 (14.5)	55.3	4588	60.0 (12.0)	55.5
Income known	6313	53.0 (15.1)	55.2	4408	56.4 (14.1)	55.9	3707	60.0 (11.8)	55.8
Occupation known	7240	53.9 (15.9)	54.7	3398	48.7 (13.5)	55.4	2395	54.2 (12.1)	56.0
Body mass index known	7178	53.7 (15.7)	55.0	5692	55.6 (14.5)	55.3	4598	60.0 (12.0)	55.6
Smoking known	7055	54.1 (16.0)	55.3	4554	56.6 (14.2)	55.7	3833	60.2 (12.0)	55.4
Alcohol consumption known	6624	53.7 (15.6)	55.8	4467	56.3 (14.0)	55.7	3703	59.9 (11.8)	55.7

**Notes:** SD, standard deviation. <sup>a</sup>The follow-up group includes the 2011 cataract status of the persons who had participated in both time points.

**Supplemental Table 2** Regional prevalence and incidence of diagnosed and self-reported cataract in the Finnish population aged 30 years or older

	Population	Men (%)	Women (%)	Cataract, all (% / age- adjusted %)	Men (% / age- adjusted %)	Women (% / age- adjusted %)	Cataract, operated (% / age- adjusted %)	Men (% / age- adjusted %)	Women (% / age- adjusted %)
Prevalence in 2000									
Southern Finland	1,206,520	564,481 (46.8)	642,039 (53.2)	115,834 (9.6/8.7)	33,988 (6.0/5.6)	81,846 (12.7/11.7)	78,418 (6.5/5.7)	23,854 (4.2/3.8)	54,564 (8.5/7.4)
Western Finland	542,438	256,596 (47.3)	285,842 (52.7)	61,677 (11.4/9.1)	14,049 (5.5/5.4)	47,628 (16.7/12.1)	38,482 (7.1/5.4)	7,938 (3.1/3.0)	30,544 (10.7/7.4)
Central Finland	539,159	255,727 (47.4)	283,432 (52.6)	59,692 (11.1/8.4)	14,343 (5.6/4.5)	45,349 (16.0/11.7)	38,512 (7.1/5.2)	10,408 (4.1/3.2)	28,104 (9.9/7.0)
Eastern Finland	536,818	258,089 (48.1)	278,729 (51.9)	71,326 (13.3/10.4)	20,288 (7.9/7.3)	51,038 (18.3/13.1)	46,716 (8.7/6.6)	12,691 (4.9/4.5)	34,025 (12.2/8.4)
Northern Finland	437,983	214,897 (49.1)	223,086 (50.9)	40,822 (9.3/8.8)	12,239 (5.7/6.1)	28,583 (12.8/11.2)	26,789 (6.1/5.7)	9,298 (4.3/4.6)	17,491 (7.8/6.7)
Prevalence in 2011									
Southern Finland	1,334,484	632,917 (47.4)	701,567 (52.6)	189,234 (14.2/14.6)	79,073 (12.5/11.7)	110,161 (15.7/17.3)	130,142 (9.8/10.1)	55,181 (8.7/8.1)	74,961 (10.7/12.0)
Western Finland	568,852	272,530 (47.9)	296,322 (52.1)	98,224 (17.3/15.3)	35,580 (13.1/11.1)	62,644 (21.1/19.0)	68,544 (12.0/10.6)	26,782 (9.8/8.4)	41,762 (14.1/12.7)
Central Finland	578,565	278,127 (48.1)	300,438 (51.9)	92,727 (16.0/14.8)	32,984 (11.9/10.5)	59,743 (19.9/18.7)	64,866 (11.2/10.4)	21,604 (7.8/6.7)	43,262 (14.4/13.7)
Eastern Finland	544,047	263,347 (48.4)	280,700 (51.6)	102,630 (18.9/16.4)	37,535 (14.3/11.9)	65,095 (23.2/20.4)	74,879 (13.8/11.8)	27,309 (10.4/8.5)	47,570 (16.9/14.7)
Northern Finland	461,324	227,193 (49.2)	234,131 (50.8)	68,568 (14.9/14.9)	25,001 (11.0/11.9)	43,567 (18.6/17.7)	50,466 (10.9/11.0)	19,119 (8.4/9.3)	31,347 (13.4/12.6)
Incidence <sup>a</sup> (N / 10,000 persons / year)									
Southern Finland				103	85	118	70	60	78
Western Finland				116	91	138	80	74	85
Central Finland				113	84	138	80	56	101
Eastern Finland				126	97	151	95	77	110
Northern Finland				100	74	122	74	58	88

**Notes:** Data were acquired from the Health 2000 and 2011 surveys, and the Finnish Care Register for Health Care. <sup>a</sup>Incidence between 2000 and 2011.

**Supplemental Table 3a** Multivariable associations of socio-demographic and lifestyle factors with cataract

	2000	2011	Incidence <sup>a</sup>
Male gender	<b>0.51**</b> <b>(0.32–0.81)</b>	0.84 (0.55–1.28)	<b>0.57***</b> <b>(0.46–0.71)</b>
Age	<b>1.15***</b> <b>(1.14–1.16)</b>	<b>1.15***</b> <b>(1.13–1.18)</b>	<b>1.17***</b> <b>(1.15–1.18)</b>
Sufficient income vs. insufficient income	<b>0.73*</b> <b>(0.57–0.93)</b>		
Sufficient income vs. limited/insufficient income			<b>0.76**</b> <b>(0.62–0.93)</b>
Farmer vs. other employment		0.72 (0.29–1.77)	
Ever smoker vs. never smoker	1.16 (0.89–1.51)	1.29 (0.71–2.34)	<b>1.47***</b> <b>(1.18–1.83)</b>
Nagelkerke's Pseudo-R <sup>2</sup>	0.490	0.561	0.428

**Notes:** Odds Ratios (ORs) and 95% confidence intervals were estimated through logistic regression analysis, adjusted for all variables that made the best fitted model based on the Nagelkerke's Pseudo-R<sup>2</sup>. All cataract patients were compared to individuals with no cataract (OR=1.0). <sup>a</sup>Incident cataract between 2000 and 2011, with parameters in 2000. \*Denotes statistical significance with  $P<0.05$ . \*\*Denotes statistical significance with  $P<0.01$ . \*\*\*Denotes statistical significance with  $P<0.0001$ .

**Supplemental Table 3b** Multivariable associations of socio-demographic and lifestyle factors with cataract surgery

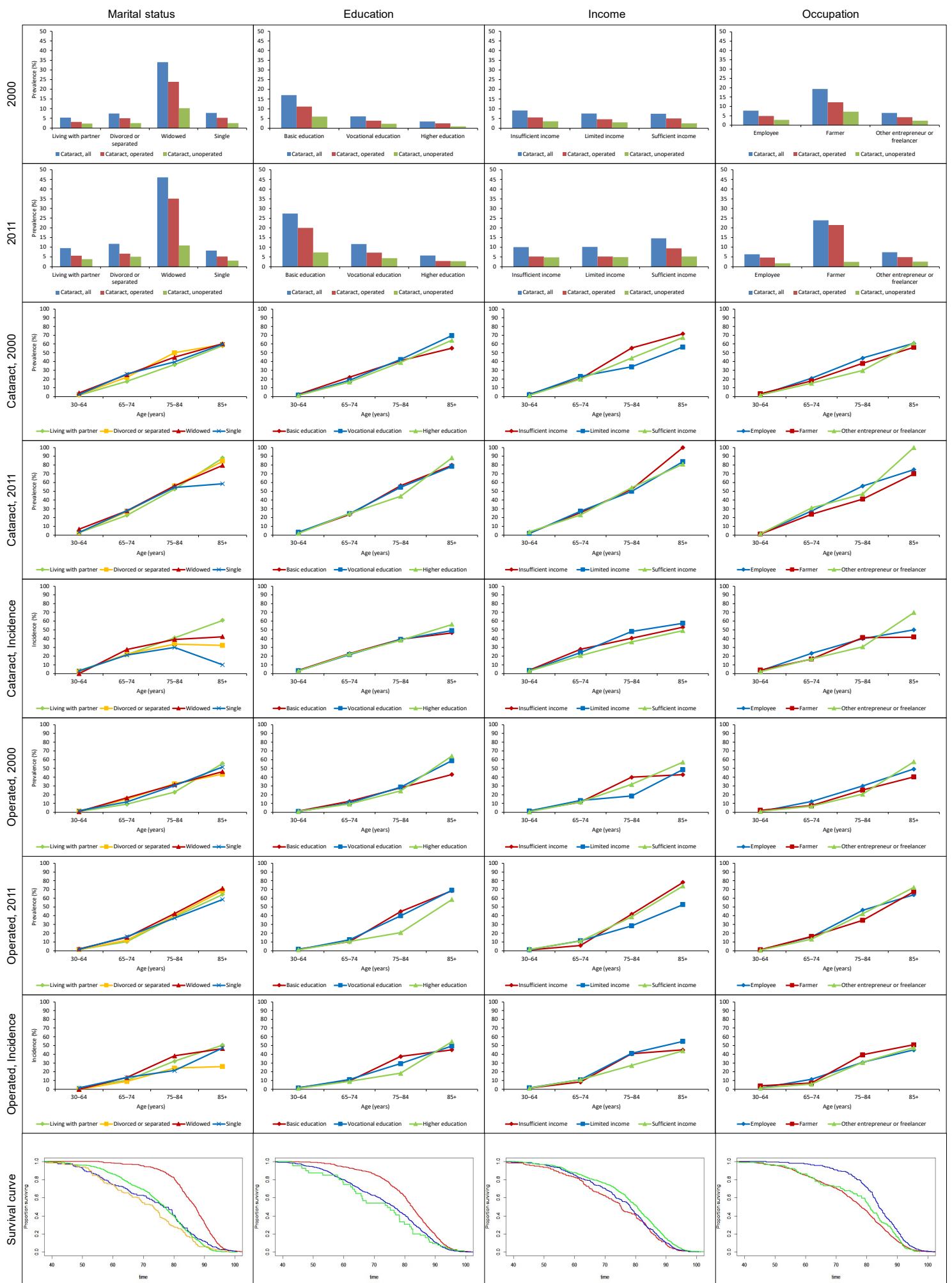
	2000	2011	Incidence <sup>a</sup>
Male gender	<b>0.67*</b> <b>(0.46–0.98)</b>	0.77 (0.45–1.33)	0.80 (0.60–1.07)
Age	<b>1.15***</b> <b>(1.13–1.17)</b>	<b>1.15***</b> <b>(1.13–1.18)</b>	<b>1.17***</b> <b>(1.15–1.19)</b>
Single vs. living in a relationship	<b>1.54*</b> <b>(1.10–1.74)</b>		1.16 (0.85–1.58)
Higher/vocational education vs. only basic education	1.12 (0.72–1.74)		0.87 (0.64–1.17)
Sufficient income vs. insufficient income	0.88 (0.61–1.27)		0.95 (0.67–1.35)
Employee vs. other employment		1.15 (0.50–2.69)	
Ever smoker vs. never smoker	<b>1.38*</b> <b>(1.09–1.74)</b>		
Current smoker vs. former/never smoker		0.74 (0.36–1.49)	<b>1.71**</b> <b>(1.17–2.48)</b>
Overweight/obese vs. normal weight		0.62 (0.34–1.16)	
High alcohol consumption vs. low/no alcohol consumption	1.10 (0.53–2.27)		
Nagelkerke's Pseudo-R <sup>2</sup>	0.449	0.542	0.426

**Notes:** Odds Ratios (ORs) and 95% confidence intervals were estimated through logistic regression analysis, adjusted for all variables that made the best fitted model based on the Nagelkerke's Pseudo-R<sup>2</sup>. All operated cataract patients were compared to unoperated cataract patients and persons with no cataract (OR=1.0). <sup>a</sup>Incident cataract operation between 2000 and 2011, with parameters in 2000. \*Denotes statistical significance with  $P<0.05$ . \*\*Denotes statistical significance with  $P<0.01$ . \*\*\*Denotes statistical significance with  $P<0.0001$ .

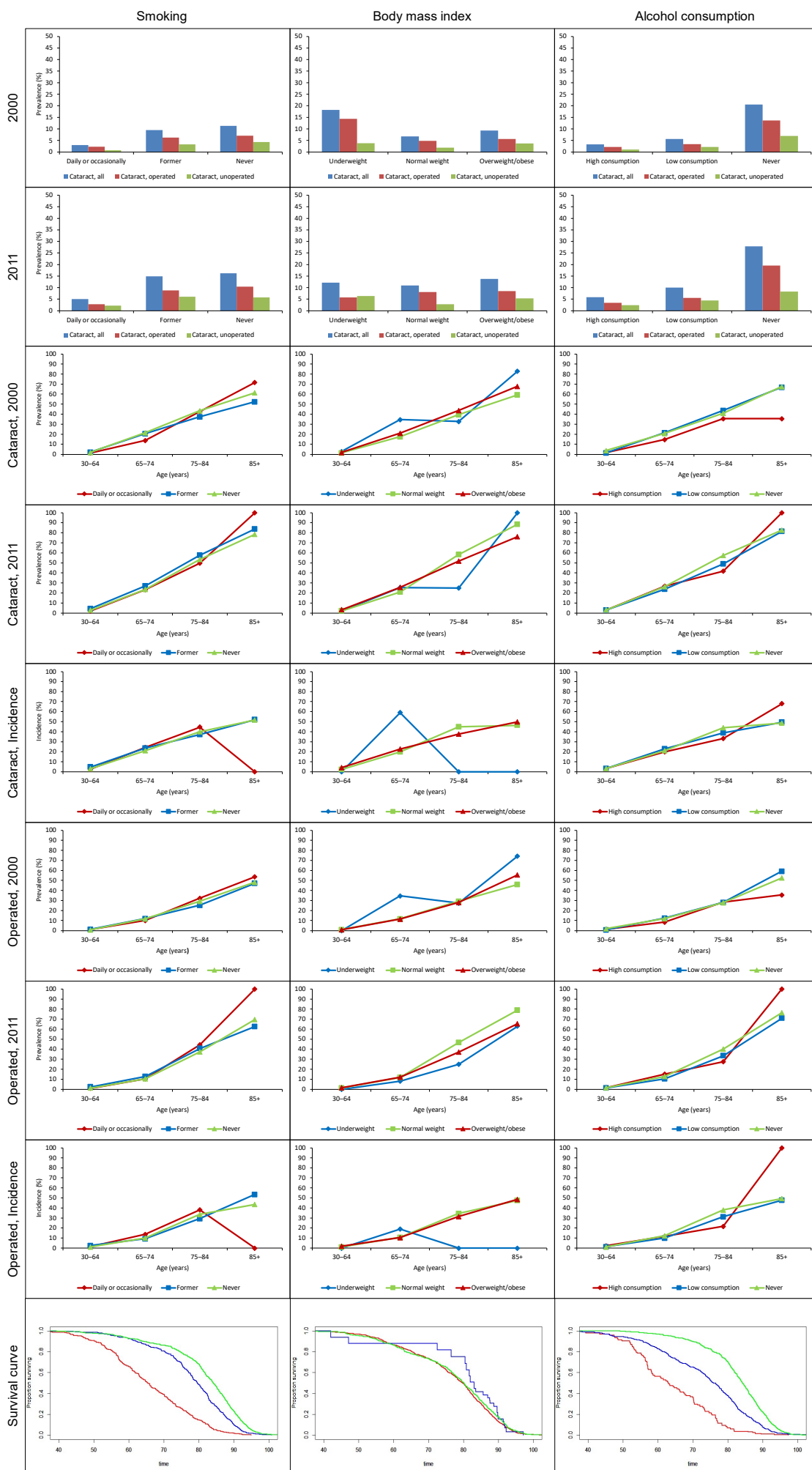
**Supplemental Table 4** Difference in the age at the first cataract operation according to socio-demographic and lifestyle factors in a multivariable model

	2000	2011	Incidence <sup>a</sup>
Male gender	4.43		1.23
Single vs. living in a relationship	4.65	<b>6.78*</b>	<b>5.06***</b>
Higher/vocational education vs. only basic education	<b>-5.68*</b>	-2.94	<b>-4.08***</b>
Sufficient income vs. insufficient income		2.12	
Sufficient income vs. limited/insufficient income	2.71		0.72
Farmer vs. other employment		1.56	
Employee vs. other employment	-4.18		<b>-2.15*</b>
Ever smoker vs. never smoker		-4.40	
Current smoker vs. former smoker	-4.21		
Current smoker vs. former/never smoker			<b>-8.35***</b>
Overweight/obese vs. normal weight	0.43		
High alcohol consumption vs. low/no alcohol consumption	-8.48		<b>-3.69*</b>
Adjusted R <sup>2</sup>	0.292	0.269	0.250

**Notes:** The unstandardised B coefficients were estimated through linear regression analysis, adjusted for all variables that made the best fitted model based on the adjusted R<sup>2</sup>. The B coefficients show the magnitude of difference in the age at the first cataract-related operation according to socio-demographic factors and lifestyles. <sup>a</sup>Incident cataract operation between 2000 and 2011, with parameters in 2000. \*Denotes statistical significance with  $P < 0.05$ . \*\*Denotes statistical significance with  $P < 0.01$ . \*\*\*Denotes statistical significance with  $P < 0.0001$ .



Supplemental Figure 1. Marital status, education, income, and occupation of cataract patients and those operated due to the disease in 2000, 2011, and 2000–2011 follow-up, and the Kaplan–Meier estimator showing the survival curve of the Finnish population aged 30 years or older between 2000 and 2011



Supplemental Figure 2. Smoking, body mass index, and alcohol consumption of cataract patients and those operated due to the disease in 2000, 2011, and 2000–2011 follow-up, and the Kaplan–Meier estimator showing the survival curve of the Finnish population aged 30 years or older between 2000 and 2011