

**Table 1.** Baseline characteristics, body composition, physical activity, dietary habits and some blood biomarkers of all the participants and classifying them by SF-36 of adults in the study.

	SF-36			p-value
	All participants	Lower Global Health <sup>†</sup> (52.0-84.8 points)	Higher Global Health <sup>§</sup> (84.8-99.0 points)	
Subjects (n)	102	51	51	
Sex (%)				0.421
Men	41.2	37.2	62.8	
Women	58.8	45.1	54.9	
Age (years)	38.5±12.4	40.8±12.5	36.1±11.8	0.063
Weight (kg)	67.4±13.4	66.7±13.1	68.0±13.8	0.197
Height (cm)	168.0±9.4	166.5±9.1	169.4±9.7	0.197
Waist circumference (cm)	80.9±11.9	81.8±11.3	80.0±12.4	0.358
Hip circumference (cm)	98.5±6.9	98.2±6.4	98.8±7.4	0.660
Glucose (md/dl)	91.2±8.1	90.6±7.9	91.8±8.3	0.498
Total cholesterol (mg/dl)	180.9±39.6	182.7±38.7	179.1±40.8	0.840
HDL cholesterol (mg/dl)	67.0±16.4	64.9±16.4	69.1±16.4	0.208
LDL cholesterol (mg/dl)	99.0±35.9	99.4±33.9	98.5±37.8	0.771
Triglycerides (mg/dl)	74.5±48.4	73.8±41.1	75.2±55.7	0.991
BMI <sup>¶</sup> (kg/m <sup>2</sup> )	23.7±3.5	23.9±3.7	23.5±3.5	0.367
Degree of obesity (%)				0.688
Low weight	5.9	7.8	3.9	
Normal weight	64.7	60.8	68.6	
Overweight type I	7.8	7.8	7.8	
Overweight type II	14.7	13.7	15.7	
Obese type I	6.9	9.8	3.9	
Physical activity (mins.)	81.6±74.1	70.1±64.0	93.1±82.1	0.117
Tobacco (%)				0.757
Smoker	8.0	5.9	9.8	
Former smoker	23.0	23.5	21.6	
Non-smoker	71.0	70.6	68.6	
MEDAS <sup>#</sup> (points)	7.4±1.9	7.6±1.6	7.3±2.2	0.515

Values are means±SD. Percentages may not total 100 because of rounding.

p < 0.05 for comparisons between groups.

<sup>†</sup> Lower Global Health: The punctuation on the SF-36 that is between 52.0 and 84.8 points.

<sup>§</sup> Higher Global Health: SF-36 points that are between 84.8 and 99.0.

<sup>¶</sup> BMI: Body mass index. Low weight was defined as a BMI of less than 18.5 kg/m<sup>2</sup>. Normal weight was defined as a BMI between 18.5 kg/m<sup>2</sup> and 24.9 kg/m<sup>2</sup>. Overweight type I was defined as a BMI between 25 kg/m<sup>2</sup> and 26.9 kg/m<sup>2</sup>. Overweight type II was defined as a BMI between 27 kg/m<sup>2</sup> and 29.9 kg/m<sup>2</sup>. Obese type I was defined as a BMI between 30 kg/m<sup>2</sup> and 34.9 kg/m<sup>2</sup>.

<sup>#</sup> MEDAS: Mediterranean Diet Adherence Screener.

**Table 2.** Mean points score obtained in the 8 dimensions of the SF-36 questionnaire and in the questions about the transition of the health in the last year by sex and age of adults in the study.

	Men < 40 years old (n=17)	Women < 40 years old (n=25)	Men > 40 years old (n=37)	Women > 40 years old (n=23)	ANOVA 2x2 <sup>□</sup>		
					Sex	Age	Interaction
Physical functioning	<b>100.0±0.0</b>	<b>96.8±5.6</b>	<b>96.0±7.9</b>	<b>89.6±11.2</b>	<b>0.002</b>	<b>&lt;0.001</b>	0.297
Physical role limitation	100.0±0.0	95.3±18.5	92.0±22.5	92.4±25.5	0.597	0.187	0.533
Pain	<b>87.6±16.8</b>	<b>77.6±22.5</b>	<b>78.0±21.8</b>	<b>68.3±21.9</b>	<b>0.026</b>	<b>0.034</b>	0.969
General health perception	<b>79.1±17.1</b>	<b>76.1±10.3</b>	<b>72.8±15.5</b>	<b>69.3±11.3</b>	0.235	<b>0.018</b>	0.939
Emotional role limitation	90.2±15.7	83.8±33.9	92.0±24.1	85.5±31.5	0.278	0.766	0.994
Mental health	80.9±9.4	77.9±11.5	80.2±10.9	74.3±11.8	0.055	0.333	0.528
Vitality	72.6±14.3	67.4±13.2	67.2±11.5	63.0±10.4	0.069	0.057	0.836
Social functioning	<b>96.3±7.3</b>	<b>87.8±20.1</b>	<b>93.5±13.1</b>	<b>88.0±15.8</b>	<b>0.036</b>	0.691	0.646
Transition of health	<b>2.4±0.9</b>	<b>2.9±0.7</b>	<b>2.8±0.5</b>	<b>3.3±0.4</b>	<b>&lt;0.001</b>	<b>0.004</b>	0.940

Plus-minus values are means ± SD.

Significant values are in bold.

<sup>□</sup> Differences between groups by age and sex were evaluated by two-way ANOVA (p > 0.05; non-significant).

**Table 3.** Analysis of the effects of body composition, physical activity, dietary and lifestyle habits in physical, mental and global health of the participants in the study.

	Physical Health Dimension			Mental Health Dimension			Global Health Dimension			Transition of health		
	$\beta$	C.I.	p-value	$\beta$	C.I.	p-value	$\beta$	C.I.	p-value	$\beta$	C.I.	p-value
<b>BMI<sup>¶</sup></b>	0.005	-0.597/0.608	0.986	0.314	-0.442/1.071	0.412	0.159	-0.392/0.712	0.567	-0.024	-0.062/0.012	0.192
<b>BMI adj.</b>	0.141	-0.499/0.782	0.663	0.109	-0.738/0.957	0.798	0.125	-0.475/0.726	0.680	-0.030	-0.068/0.008	0.122
<b>Sleep</b>	0.908	-0.718/2.534	0.270	-0.102	-2.163/1.959	0.921	0.403	-1.096/1.902	0.595	0.007	-0.087/0.102	0.871
<b>Sleep adj.</b>	0.579	-0.974/2.132	0.461	-0.034	-0.251/0.181	0.750	0.212	-1.247/1.672	0.774	0.007	-0.871/0.102	0.871
<b>MEDAS<sup>#</sup></b>	0.019	-1.065/1.105	0.971	-0.413	-1.778/0.951	0.549	-0.196	-1.191/0.798	0.696	0.001	-0.067/0.069	0.971
<b>MEDAS adj.</b>	0.183	-0.852/1.219	0.726	-0.499	-1.865/0.867	0.470	-0.157	-1.129/0.813	0.748	-0.006	-0.069/0.057	0.850
<b>PA<sup>‡</sup></b>	3.824	-0.369/0.018	0.073	1.625	-3.733/6.984	0.549	2.725	-1.147/6.597	0.166	0.176	0.442/0.090	0.193
<b>PA adj.</b>	2.576	-1.476/6.628	0.210	1.047	-4.348/6.442	0.701	1.811	-2.002/5.625	0.348	-0.078	-0.327/0.169	0.531
<b>DRS<sup>±</sup></b>	-1.544	-4.623/1.524	0.322	0.678	-3.217/4.573	0.731	-4.330	-3.270/2.404	0.763	-0.032	-0.227/0.162	0.742
<b>DRS adj.</b>	-0.638	-3.972/2.696	0.705	-0.339	-4.749/4.070	0.879	-0.489	-3.616/2.638	0.757	-0.085	-0.287/0.117	0.406
<b>PA at Work</b>	3.228	-5.181/11.637	0.447	6.764	-4.021/17.550	0.216	4.996	-2.700/12.693	0.200	0.181	-0.272/0.635	0.429
<b>PA at Work adj.</b>	3.228	-5.031/11.488	0.439	5.575	-5.186/16.336	0.306	4.401	-3.182/11.985	0.252	0.198	-0.138/0.635	0.368
<b>Sitting time</b>	-0.144	-0.852/0.562	0.685	-0.660	-1.543/0.221	0.140	-0.402	-1.047/0.241	0.218	-0.016	0.061/0.027	0.452
<b>Sitting time adj.</b>	-0.297	-0.971/0.377	0.384	-0.821	-1.701/0.057	0.067	-0.559	-1.18/0.065	0.079	-0.003	-0.044/0.037	0.858

All p-values were calculated with the multivariable regression model ( $p > 0.05$ ; non-significant).

<sup>¶</sup>BMI: Body mass index. It is the weight in kilograms divided by the square of the height in meters ( $\text{kg}/\text{m}^2$ ).

<sup>#</sup>MEDAS: Mediterranean Diet Adherence Screener.

<sup>‡</sup>PA: Physical Activity.

<sup>±</sup>DRS: Score that ranges between 0 to 4 depending on if there is or not obesity, hypertension, dyslipidemia or diabetes.