

S4 Table. Multinomial logistic regression analysis of the associations of sociodemographic and lifestyle factors at baseline with different combinations of conditions during 20-year follow up (ORs and 95% CIs, N=11941).

Characteristics	Condition combinations			
	DM only	CVD only	DM followed by CVD ^b	CVD followed by DM ^b
Age at baseline	1.07 (1.02, 1.13)	1.09 (1.04, 1.15)	1.05 (0.95, 1.16)	1.17 (1.01, 1.35)
Marital status				
Married/de facto	Ref	Ref	Ref	Ref
Separated/divorced/widowed	0.85 (0.66, 1.08)	1.28 (1.05, 1.56)	1.26 (0.84, 1.91)	1.61 (0.95, 2.71)
Never married	0.63 (0.37, 1.05)	0.87 (0.57, 1.32)	0.95 (0.41, 2.21)	0.87 (0.26, 2.89)
Area of residence				
Major cities	Ref	Ref	Ref	Ref
Inner regions	0.96 (0.80, 1.14)	1.11 (0.94, 1.30)	1.17 (0.82, 1.68)	0.94 (0.57, 1.56)
Outer regions	0.94 (0.77, 1.16)	0.88 (0.72, 1.08)	1.12 (0.74, 1.70)	0.96 (0.53, 1.73)
Remote/Very remote	0.94 (0.66, 1.34)	1.03 (0.74, 1.45)	0.60 (0.24, 1.53)	1.50 (0.64, 3.51)
Education				
University/Higher degree	Ref	Ref	Ref	Ref
Trade/apprenticeship/diploma	1.09 (0.82, 1.45)	0.99 (0.78, 1.25)	1.31 (0.73, 2.33)	1.42 (0.64, 3.18)
High school certificate	1.40 (1.06, 1.87)	0.91 (0.71, 1.18)	1.38 (0.76, 2.50)	1.43 (0.62, 3.29)
No qualifications	1.41 (1.10, 1.81)	0.99 (0.80, 1.21)	1.28 (0.76, 2.16)	1.28 (0.61, 2.68)
Country of birth				
Australia	Ref	Ref	Ref	Ref
Outside Australia	1.20 (1.00, 1.43)	0.86 (0.72, 1.03)	1.09 (0.75, 1.58)	1.42 (0.87, 2.32)
Ability to manage on income				
Easy/not bad	Ref	Ref	Ref	Ref
Sometime difficult	1.23 (1.03, 1.45)	1.09 (0.93, 1.28)	1.45 (1.03, 2.06)	1.53 (0.92, 2.54)
Impossible/difficult always	1.41 (1.13, 1.75)	1.28 (1.04, 1.57)	2.04 (1.36, 3.04)	2.61 (1.52, 4.49)
Body mass index				
Underweight (<18.5 kg/m ²)	0.97 (0.42, 2.23)	1.47 (0.90, 2.40)	1.11 (0.26, 4.64)	-
Normal weight (18.5-24.9 kg/m ²)	Ref	Ref	Ref	Ref
Overweight (25-29.9 kg/m ²)	2.37 (1.95, 2.87)	1.10 (0.93, 1.30)	1.85 (1.25, 2.73)	2.43 (1.38, 4.29)

Obese (≥ 30 kg/m ²)	5.99 (4.94, 7.26)	1.42 (1.17, 1.72)	4.57 (3.13, 6.67)	5.83 (3.36, 10.14)
Hypertension				
No	Ref	Ref	Ref	Ref
Yes	1.82 (1.47, 2.24)	1.51 (1.22, 1.89)	1.67 (1.10, 2.55)	2.21 (1.31, 3.75)
Physical activity				
High (≥ 1200 MET ^a min/week)	Ref	Ref	Ref	Ref
Moderate (600-1199 MET min/week)	1.15 (0.88, 1.51)	1.42 (1.12, 1.8)	1.04 (0.65, 1.68)	1.10 (0.52, 2.32)
Low (40-599 MET min/week)	1.45 (1.12, 1.86)	1.52 (1.2, 1.91)	0.85 (0.53, 1.37)	1.39 (0.69, 2.80)
Nil/sedentary (0-39 MET min/week)	1.65 (1.28, 2.13)	1.62 (1.28, 2.05)	1.03 (0.65, 1.65)	1.34 (0.66, 2.73)
Smoking status				
Never-smoker	Ref	Ref	Ref	Ref
Ex-smoker	1.14 (0.97, 1.36)	1.12 (0.95, 1.31)	0.97 (0.68, 1.40)	1.51 (0.91, 2.49)
Current smoker	1.25 (1.02, 1.55)	1.31 (1.08, 1.59)	1.84 (1.26, 2.67)	2.70 (1.60, 4.56)
Other chronic conditions				
No other condition	Ref	Ref	Ref	Ref
Depression/anxiety	0.89 (0.70, 1.14)	0.94 (0.76, 1.18)	1.04 (0.67, 1.63)	1.40 (0.81, 2.42)
COPD	0.89 (0.66, 1.21)	0.90 (0.68, 1.19)	1.21 (0.70, 2.08)	1.00 (0.49, 2.07)
Asthma	1.04 (0.73, 1.50)	1.27 (0.93, 1.73)	1.19 (0.61, 2.31)	1.61 (0.75, 3.46)
Cancer	1.19 (0.91, 1.56)	1.06 (0.82, 1.37)	0.67 (0.37, 1.23)	1.64 (0.89, 3.03)
Arthritis	1.07 (0.90, 1.28)	1.65 (1.41, 1.92)	1.85 (1.35, 2.54)	1.93 (1.25, 2.99)
Osteoporosis	0.77 (0.40, 1.49)	0.88 (0.50, 1.57)	1.68 (0.70, 4.03)	0.76 (0.17, 3.30)

The results (ORs and 95% CI) were estimated using different combinations of conditions during the 20-year follow up and associated with predictors at baseline, compared with women developed 0 condition. The model was adjusted for all predictors shown in the table.

^a MET, metabolic equivalent.

^b CVD followed by diabetes refers to women with heart disease or stroke who subsequently developed comorbid diabetes. Diabetes followed by CVD refers to women with diabetes who subsequently developed comorbid heart disease or stroke.