

1 **Supplementary Materials**

2 Supplementary Figure S1: Sample form of the survey on anemia and iron deficiency applied
3 during the screening conducted in mainland Portugal between 2013-2017 (English translation
4 of the original Portuguese form).

ANEMIA AND IRON DEFICIENCY – SURVEY

I. SOCIODEMOGRAPHIC CHARACTERIZATION

(1) Age: _____ (2) Gender: **Male (M)** ♂
(3) Nationality: _____ **Female (F)** / Pregnant: No / **YES** ♀

II. SYMPTOMS

(1) **Fatigue** in daily activities: **(SE)** Slight efforts (hygiene, walking on a flat floor)
No/
YES when **(AE)** Average efforts (walking on a sloping floor)
(GE) Great efforts (climb >3 flights of stairs)

(2) Bleed easily **(BE)**
Headaches **(HA)** No / **YES**
Dizziness **(DZ)**

(3) **Visible blood loss:** No / **Feces (Fc)**
YES in **Urine (Ur)**
Nose / Mouth **(Ns/Mt)**
Vagina (unrelated to menstrual bleeding) **(Vg)**
Recent surgery (<3 months) **(Srg)**

III. PERSONAL BACKGROUND

(1) History of **ANEMIA:** No / **YES**, current therapy _____
(2) **Chronic diseases:** No / **YES:**
Renal insufficiency – WITHOUT dialysis **(R)** | Heart failure **(HF)**
Renal insufficiency – dialysis **(RD)** | Coronary disease (angina, infarction) **(Cor)**
Gastritis **(G)** | Valvular heart disease (prosthesis) **(VH)**
Crohn's disease **(Crohn)** | Celiac disease **(Cel)**
Ulcerative colitis **(UC)**
Intestinal polyps **(IP)** | Other (s) _____

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Supplementary Table S2: Prevalence and prevalence ratio of anemia and iron deficiency stratified by type of location of the participant.

| Type of institution | n (%) | Anemia (N = 11030) | | ID (N = 11030) | |
|------------------------------------|-------------|---------------------------|---------------------|---------------------------|------------------|
| | | Prevalence, % (95% CI) | PR (95% CI) | Prevalence, % (95% CI) | PR (95% CI) |
| Health institutions | 4653 (42.2) | 56.7 (55.2-58.1) | 1.59 (1.50-1.68)*** | 59.6 (58.2-61.0) | 1.04 (0.99-1.10) |
| Public | 2173 (19.7) | | | | |
| Private | 2480 (22.5) | | | | |
| Other public locations | 6377 (57.8) | 35.6 (34.5-36.8) | 1 [Reference] | 57.0 (55.8-58.3) | 1 [Reference] |
| Medical and health congresses | 1544 (14.0) | | | | |
| Companies | 1106 (10.0) | | | | |
| Pharmacies and Shopping Centers | 3727 (33.8) | | | | |

Abbreviations: CI; confidence interval; ID, iron deficiency; N, total number of participants; PR, prevalence ratio.

***P-value <0.001; Wald chi-square test.