

Supplementary materials - Tables

Table S1 Characteristics of 40-69 year olds with and without recent primary care contact (primary care visit past year or recent general health check attendance).

Theme	Co-variate	Contact		No contact	
		N	%	N	%
Demographics	Total	2,134	100	640	100
	Male	802	37.6	380	59.4
	Female	1,332	62.4	260	40.6
	40-44yr	354	16.6	131	20.5
	45-49yr	382	17.9	107	16.7
	50-54yr	371	17.4	122	19.1
	55-59yr	359	16.8	111	17.3
	60-64yr	350	16.4	99	15.5
	65-69yr	318	14.9	70	10.9
	Mean age (SD)	54.6	(8.5)	53.6	(8.4)
Health check	Dispansarisation				
	No	873	40.9	640	100
	Yes	1,261	59.1	0	0
Socio-economics	Education				
	Elementary only	246	11.5	106	16.6
	Intermediary	1,031	48.3	306	47.8
	Graduate	857	40.2	228	35.6
	Economic activity				
	Paid work	767	36.0	277	43.3
	Looking after home	151	7.1	33	5.2
	Unemployed	58	2.7	16	2.5
	Retired	1,116	52.3	294	45.9
	Other	41	1.9	20	3.1
	Financial constraints				
	Constrained	362	17.2	118	19.2
	Intermediary	1,037	49.2	286	46.4
	Relatively unconstrained	707	33.6	212	34.4
	Social support	Single			
No		1,465	68.7	481	75.2
Yes		669	31.4	159	24.8
Smoking	Smoking status				
	Never smoker	1,122	52.7	251	39.2
	Ex-smoker	526	24.7	154	24.1
	Current smoker	480	22.6	235	36.7
Alcohol	Alcohol use disorder				
	Non-drinker (past year)	252	11.9	67	10.5
	Low (Audit score <8)	1,640	77.1	457	71.7
	High (Audit score 8+)	234	11.0	113	17.7
	Alcohol intake				
	Non-drinker	252	11.8	67	10.5
	<2.5g/day	920	43.2	216	33.8
	2.5-6.9g/day	482	22.6	162	25.4
	7-14.9g/day	210	9.6	87	13.6

	15-20.9g/day	93	4.4	31	4.9
	21+g/day	174	8.2	76	11.9
Exercise	Physical activity				
	Inactive	143	6.8	39	6.2
	Moderately inactive	212	10.1	67	10.7
	Moderately active	1,168	55.4	335	53.3
	Active	587	27.8	187	29.8
Health	BMI class				
	Normal/under weight	674	31.6	213	33.4
	Overweight	811	38.0	229	35.9
	Obese	648	30.4	196	30.7
	Self-rated general health				
	Poor/fair/good	1,178	55.3	254	39.7
	Very good/excellent	951	44.7	386	60.3
	Chest pain				
	No chest pain	1,244	59.7	442	71.1
	Non-anginal chest pain	572	27.5	127	20.4
	Grade 1 angina	218	10.5	49	7.9
	Grade 2 angina	49	2.4	4	0.6
	CVD risk 10yr SCORE				
	<1%	743	35.4	193	30.8
	1-4.9%	899	42.8	227	36.3
	5+%	458	21.8	206	32.9
	Hypertension class				
	Normotensive	931	44.1	298	47.3
	Controlled hypertension	404	19.1	43	6.8
	Uncontrolled hypertension	372	17.6	91	14.4
Untreated hypertension	404	19.1	198	31.4	
Hypertension aware					
No	1,139	53.4	429	67.0	
Yes	995	46.6	211	33.0	
Diabetic					
No	1,940	90.9	605	94.5	
Yes	194	9.1	35	5.5	
CKD					
No	2,062	96.6	618	96.6	
Yes	72	3.4	22	3.4	
Any care-intensive condition ^a					
No	1,106	51.8	427	66.7	
Yes	1,028	48.2	213	33.3	
Medication	Polypharmacy 5+rx				
	No	2,015	94.4	635	99.2
	Yes	119	5.6	5	0.8
	Non-opioid analgesics				
	No	2,105	98.6	632	98.8
Yes	29	1.4	8	1.3	

^a) Care-intensive conditions included: CKD, chronic bronchitis, cancer, asthma, rheumatoid arthritis, osteoarthritis, migraine, opioid analgesics use.

Table S2 Mean number of primary care visits past year in 40-69 year olds and proportion% of CVD-free with no recent primary care contact standardised to 2013 European Standard Population and Male-Female odds ratios adjusted for age or age, education, and financial constraints.

Metric	N	Mean (median)	Proportion %	SE	95% CI	Male - Female OR (age)	95% CI	Male-Female OR (age/education/financial constraints)	95% CI
Mean number of primary care visits past year in 40-69 year olds									
Male	1,591	2.37 (1)	-	0.08	2.23-2.52	-	-	-	-
Female	2,191	3.36 (2)	-	0.07	3.23-3.50	-	-	-	-
Total	3,782	2.95 (2)	-	0.05	2.85-3.05	-	-	-	-
Proportion of CVD-free 40-69 year olds population with no primary care visit past year nor recent general health check attendance (Dispansarisation)%									
Male	1,182	-	32.3%	1.33	29.7-35.0	-	-	-	-
Female	1,592	-	16.3%	0.90	14.6-18.2	-	-	-	-
Total	2,774	-	23.1%	0.78	21.6-24.7	2.45	2.05-2.94	2.48	2.05-2.98
Proportion of CVD-free 40-69 year olds population with no recent general health check attendance (Dispansarisation)%									
Male	1,182	-	69.1%	1.33	66.4-71.6	-	-	-	-
Female	1,592	-	44.0%	1.24	41.6-46.4	-	-	-	-
Total	2,774	-	54.6%	0.94	52.8-56.5	2.86	2.44-3.36	2.90	2.46-3.41

Table S3 Characteristics of 40-69 year old males with and without recent primary care contact (primary care visit past year or recent general health check attendance).

Theme	Co-variate	Contact		No contact	
		N	%	N	%
Demographics	Total	802	100	380	100
	40-44yr	117	14.6	73	19.2
	45-49yr	148	18.5	60	15.8
	50-54yr	138	17.2	73	19.2
	55-59yr	134	16.7	66	17.4
	60-64yr	139	17.3	66	17.4
	65-69yr	126	15.7	42	11.1
	Mean age (SD)	54.9	(8.5)	54.0	(8.4)
Health check	Dispansarisation				
	No	432	53.9	380	100
	Yes	370	46.1	0	0.0
Socio-economics	Education				
	Elementary only	125	15.6	71	18.7
	Intermediary	371	46.3	184	48.4
	Graduate	306	38.2	125	32.9
	Economic activity				
	Paid work	323	40.3	170	44.8
	Looking after home	17	2.1	10	2.6
	Unemployed	36	4.5	13	3.4
	Retired	405	50.5	171	45.0
	Other	21	2.6	16	4.2
	Financial constraints				
	Constrained	109	13.9	59	16.1
	Intermediary	369	47.0	172	46.9
	Relatively unconstrained	307	39.1	136	37.1
Social support	Single				
	No	675	84.2	322	84.7
	Yes	127	15.8	58	15.3
Smoking	Smoking status				
	Never smoker	219	27.4	94	24.7
	Ex-smoker	304	38.1	116	30.5
	Current smoker	276	34.5	170	44.7
Alcohol	Alcohol use disorder				
	Non-drinker (past year)	116	14.5	42	11.1
	Low (Audit score <8)	477	59.8	233	61.8
	High (Audit score 8+)	205	25.7	102	27.1

	Alcohol intake				
	Non-drinker	116	14.5	42	11.1
	<2.5g/day	132	16.5	67	17.7
	2.5-6.9g/day	190	23.7	106	28.0
	7-14.9g/day	137	17.1	69	18.2
	15-20.9g/day	71	8.9	26	6.9
	21+g/day	156	19.5	69	18.2
Exercise	Physical activity				
	Inactive	41	5.2	22	5.9
	Moderately inactive	87	10.9	37	9.9
	Moderately active	397	49.9	193	51.7
	Active	271	34.1	121	32.4
Health	BMI class				
	Normal/under weight	238	29.7	119	31.4
	Overweight	371	46.3	156	41.2
	Obese	193	24.1	104	27.4
	Self-rated general health				
	Poor/fair/good	386	48.3	128	33.7
	Very good/excellent	414	51.8	252	66.3
	Chest pain				
	No chest pain	540	68.5	283	75.7
	Non-anginal chest pain	198	25.1	73	19.5
	Grade 1 angina	43	5.5	16	4.3
	Grade 2 angina	7	0.9	2	0.5
	CVD risk 10yr SCORE				
	<1%	90	11.4	49	13.2
	1-4.9%	364	46.1	150	40.4
	5+%	336	42.5	172	46.4
	Hypertension class				
	Normotensive	303	38.3	158	42.1
	Controlled hypertension	100	12.6	19	5.1
	Uncontrolled hypertension	153	19.3	53	14.1
	Untreated hypertension	235	29.7	145	38.7
	Hypertension aware				
	No	431	53.7	254	66.8
	Yes	371	46.3	126	33.2
	Diabetic				
	No	742	92.5	363	95.5
	Yes	60	7.5	17	4.5

	CKD				
	No	782	97.5	373	98.2
	Yes	20	2.5	7	1.8
	Any care-intensive condition ^a				
	No	513	64.0	272	71.6
	Yes	289	36.0	108	28.4
Medication	Polypharmacy 5+rx				
	No	767	95.6	377	99.2
	Yes	35	4.4	3	0.8
	Non-opioid analgesics				
	No	790	98.5	376	99.0
	Yes	12	1.5	4	1.1

^a) Care-intensive conditions included: CKD, chronic bronchitis, cancer, asthma, rheumatoid arthritis, osteoarthritis, migraine, opioid analgesics use.

Table S4 Characteristics of 40-69 year old females with and without recent primary care contact (primary care visit past year or recent general health check attendance).

Theme	Co-variate	Contact		No contact	
		N	%	N	%
Demographics	Total	1,332	100	260	100
	40-44yr	237	17.8	58	22.3
	45-49yr	234	17.6	47	18.1
	50-54yr	233	17.5	49	18.9
	55-59yr	225	16.9	45	17.3
	60-64yr	211	15.8	33	12.7
	65-69yr	192	14.4	28	10.8
	Mean age (SD)	54.4	(8.5)	53.0	(8.4)
Health check	Dispansarisation				
	No	441	33.1	260	100
	Yes	891	66.9	0	0.0
Socio-economics	Education				
	Elementary only	121	9.1	35	13.5
	Intermediary	660	49.6	122	46.9
	Graduate	551	41.4	103	39.6
	Economic activity				
	Paid work	444	33.4	107	41.2
	Looking after home	134	10.1	23	8.9
	Unemployed	22	1.7	3	1.2
	Retired	711	53.4	123	47.3
	Other	20	1.5	4	1.5
	Financial constraints				
	Constrained	253	19.2	59	23.7
	Intermediary	668	50.6	114	45.8
Relatively unconstrained	400	30.3	76	30.5	
Social support	Single				
	No	790	59.3	159	61.2
	Yes	542	40.7	101	38.9
Smoking	Smoking status				
	Never smoker	903	68.0	157	60.4
	Ex-smoker	222	16.7	38	14.6
	Current smoker	204	15.4	65	25.0
Alcohol	Alcohol use disorder				
	Non-drinker (past year)	136	10.2	25	9.6
	Low (Audit score <8)	1,163	87.6	224	86.2
	High (Audit score 8+)	29	2.2	11	4.2

	Alcohol intake				
	Non-drinker	136	10.2	25	9.6
	<2.5g/day	788	59.3	149	57.3
	2.5-6.9g/day	292	22.0	56	21.5
	7-14.9g/day	73	5.5	18	6.9
	15-20.9g/day	22	1.7	5	1.9
	21+g/day	18	1.4	7	2.7
Exercise	Physical activity				
	Inactive	102	7.8	17	6.7
	Moderately inactive	125	9.5	30	11.8
	Moderately active	771	58.7	142	55.7
	Active	316	24.1	66	25.9
Health	BMI class				
	Normal/under weight	436	32.8	94	36.3
	Overweight	440	33.1	73	28.2
	Obese	455	34.2	92	35.5
	Self-rated general health				
	Poor/fair/good	792	59.6	126	48.5
	Very good/excellent	537	40.4	134	51.5
	Chest pain				
	No chest pain	704	54.4	159	64.1
	Non-anginal chest pain	374	28.9	54	21.8
	Grade 1 angina	175	13.5	33	13.3
	Grade 2 angina	42	3.2	2	0.8
	CVD risk 10yr SCORE				
	<1%	653	49.9	144	56.5
	1-4.9%	535	40.8	77	30.2
	5+%	122	9.3	34	13.3
	Hypertension class				
	Normotensive	628	47.6	140	54.9
	Controlled hypertension	304	23.0	24	9.4
	Uncontrolled hypertension	219	16.6	38	14.9
	Untreated hypertension	169	12.8	53	20.8
	Hypertension aware				
	No	708	53.2	175	67.3
	Yes	624	46.9	85	32.7
	Diabetic				
	No	1,198	89.9	242	93.1
	Yes	134	10.1	18	6.9

	CKD				
	No	1,280	96.1	245	94.2
	Yes	52	3.9	15	5.8
	Any care-intensive condition ^a				
	No	593	44.5	155	59.6
	Yes	739	55.5	105	40.4
Medication	Polypharmacy 5+rx				
	No	1,248	93.7	258	99.2
	Yes	84	6.3	2	0.8
	Non-opioid analgesics				
	No	1,315	98.7	256	98.5
	Yes	17	1.3	4	1.5

^a) Care-intensive conditions included: CKD, chronic bronchitis, cancer, asthma, rheumatoid arthritis, osteoarthritis, migraine, opioid analgesics use.

Table S5 Multivariable logistic regression analysis of a) no recent primary care contact (primary care visit in past year or recent general health check attendance) versus those with contact in CVD-free 40-69 year olds; b) no primary care visit in past year versus those with primary care visit in past year in CVD-free 40-69 year olds: age-adjusted odds ratios (AOR) by 10-year CVD risk class (SCORE).

Group	Outcome	10-year CVD Risk	Age-adjusted OR (Main analysis)	P-value	Age-adjusted OR* (no primary care visit/contact, but hospital visits)	P-value
Male	a) No primary care visit in past year nor recent general health check attendance	<1%	Ref		Ref	
		1-4.9%	1.03 (0.67;1.59)	.890	1.04 (0.67;1.61)	.872
		5+%	2.08 (1.15;3.76)	.016	2.21 (1.21;4.02)	.010
	b) No primary care visit in past year	<1%	Ref		Ref	
		1-4.9%	1.10 (0.72;1.66)	.662	1.10 (0.73;1.67)	.649
		5+%	2.03 (1.15;3.59)	.014	2.12 (1.20;3.76)	.010
Female	a) No primary care visit in past year nor recent general health check attendance	<1%	Ref		Ref	
		1-4.9%	1.05 (0.65;1.69)	.852	1.00 (0.61;1.63)	.995
		5+%	2.58 (1.27;5.23)	.009	2.52 (1.22;5.17)	.012
	b) No primary care visit in past year	<1%	Ref		Ref	
		1-4.9%	1.21 (0.82;1.79)	.344	1.18 (0.79;1.76)	.414
		5+%	2.53 (1.40;4.58)	.002	2.33 (1.27;4.27)	.006

*) Sensitivity analysis taking into account that 5.5% of those who did not see a primary care doctor but did visit a hospital in the past year.