Supplementary Table 1. Demographic data of the 'healthy' and 'unhealthy' population

	Healthy n=742	Unhealthy n=3593	p …
Weekly consumed standard units of alcohol	10.6±10.5	13.2±13.5	<0.001
Age, years	59.1±7.0	62.0±7.6	<0.001
Sex (male)	47.0%	47.8%	0.749
Cholesterol	5.7±1.0	5.7±1.1	0.987
Body mass index (kg/m^2)	24.4±2.8	27.0±4.3	<0.001
Seven-day average acceleration, milli-gravity	3.3±0.4	3.2±0.5	<0.001
Townsend deprivation index	-2.1±2.6	-2.0±2.7	0.243

Continuous variables are reported as mean ± standard deviation, whereas categorical variables as frequencies and percentages.

Supplementary Table 2. Association between CMR parameters and alcohol consumption in the 'healthy' and 'unhealthy' population

	Average value	Unadjusted		Adjusted	
	Mean±SD	**β (95% CI)**	**p**	**β (95% CI)**	**p**
LVEDV (ml)					
Healthy	144.4±34.7	0.75 (0.52-0.99)	**<0.001**	0.22 (0.03-0.41)	0.024
Unhealthy	144.2±34.2	0.53 (0.45-0.61)	**<0.001**	0.11 (0.04-0.19)	**0.002**
LVESV (ml)					
Healthy	59.0±18.2	0.32 (0.20-0.45)	**<0.001**	0.06 (-0.04-0.17)	0.242
Unhealthy	59.2±20.5	0.26 (0.21-0.31)	**<0.001**	0.05 (0.00-0.10)	0.035
LVSV (ml)					
Healthy	85.5±20.6	0.43 (0.29-0.57)	**<0.001**	0.16 (0.04-0.28)	0.011
Unhealthy	85.0±19.2	0.27 (0.22-0.32)	**<0.001**	0.06 (0.02-0.11)	**0.004**
LVEF (%)					
Healthy	59.5±5.8	-0.02 (-0.06-0.02)	0.417	0.01 (-0.03-0.05)	0.508
Unhealthy	59.4±6.5	-0.03 (-0.05 to -0.01)	**<0.001**	0.00 (-0.02-0.02)	0.826
LVM (g)					
Healthy	85.8±24.0	0.53 (0.37-0.69)	**<0.001**	0.11 (-0.01-0.23)	0.068
Unhealthy	90.4±24.8	0.43 (0.37-0.49)	**<0.001**	0.06 (0.02-0.11)	0.009
RVEDV (ml)					
Healthy	155.1±40.8	0.86 (0.59-1.14)	**<0.001**	0.18 (-0.03-0.40)	0.085
Unhealthy	152.6±36.8	0.59 (0.50-0.68)	**<0.001**	0.10 (0.02-0.17)	0.010
RVESV (ml)					
Healthy	69.4±24.3	0.42 (0.25-0.58)	**<0.001**	0.04 (-0.09-0.17)	0.548
Unhealthy	67.3±22.1	0.31 (0.25-0.36)	**<0.001**	0.03 (-0.02-0.08)	0.205
RVSV (ml)					
Healthy	85.7±20.5	0.44 (0.30-0.58)	**<0.001**	0.15 (0.03-0.26)	0.015
Unhealthy	85.3±19.2	0.28 (0.23-0.33)	**<0.001**	0.07 (0.02-0.11)	**0.002**
RVEF (%)					
Healthy	55.9±6.3	-0.02 (-0.06-0.02)	0.363	0.03 (-0.01-0.07)	0.196
Unhealthy	56.5±6.5	-0.03 (-0.05 to -0.01)	**<0.001**	0.01 (-0.01-0.03)	0.228
LA maximal volume (ml)					
Healthy	74.6±23.5	0.29 (0.13-0.46)	**<0.001**	0.15 (-0.01-0.32)	0.071
Unhealthy	74.1±25.1	0.18 (0.12-0.24)	**<0.001**	0.10 (0.03-0.16)	**0.004**
LA EF (%)					
Healthy	61.1±8.0	0.00 (-0.06-0.05)	0.872	0.00 (-0.06-0.06)	0.062
Unhealthy	59.9±9.7	-0.03 (-0.06 to -0.01)	**0.005**	-0.01 (-0.04-0.01)	0.015
RA maximal volume (ml)					
Healthy	81.3±26.4	0.36 (0.17-0.54)	**<0.001**	0.06 (-0.11-0.23)	0.496
Unhealthy	79.2±26.5	0.30 (0.23-0.36)	**<0.001**	0.06 (-0.01-0.12)	0.080
RA EF (%)					
Healthy	43.7±9.5	-0.10 (-0.17 to -0.04)	**0.003**	-0.04 (-0.11-0.03)	0.228
Unhealthy	42.1±10.9	-0.08 (-0.10 to -0.05)	**<0.001**	-0.02 (-0.05-0.01)	0.220

Adjustment was made for age, ethnicity, body mass index, smoking, hypertension, diabetes mellitus, physical activity, Townsend deprivation index and cholesterol level.

CI=Confidence interval; EF=Ejection fraction; LA=Left atrium; LVEDV=Left ventricular end-diastolic volume; LVEF=Left ventricular ejection fraction; LVESV=Left ventricular end-systolic volume; LVSV=Left ventricular stroke volume; RA=Right atrium; RVEDV=Right ventricular end-diastolic volume; RVEF=Right ventricular ejection fraction; RVESV=Right ventricular end-systolic volume; RVSV=Right ventricular stroke volume; SV=Stroke volume.