

Table S1. Demographic characteristics of men and women with available anthropometric measurements within the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

	MEN					
	1998-2002		2008-2012		2018-2019	
	n	%	n	%	n	%
Age class (years)						
35-44	717	24	532	24	249	24
45-54	752	25	589	26	249	24
55-64	784	26	567	25	277	27
65-74	731	24	536	24	260	25
Educational level						
	n	%	n	%	n	%
Higher education	1249	42	1186	54	728	71
Lower education	1727	58	1020	46	304	29
	WOMEN					
	1998-2002		2008-2012		2018-2019	
	n	%	n	%	n	%
Age class (years)						
35-44	711	24	504	23	232	22
45-54	767	26	569	26	272	26
55-64	777	26	584	27	282	26
65-74	689	23	531	24	279	26
Educational level						
	n	%	n	%	n	%
Higher education	1050	36	1153	53	728	71
Lower education	1878	64	1014	47	304	29

Higher education—high school or university; lower education—primary or middle school.

Educational level was reported only for those with available information.

Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S2. Body mass index and measured height, weight, and waist and hip circumference mean levels by age class and period. Italian resident men aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

MEN

Body mass index (kg/m ²)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	26,2	3,6	25,9	26,4	***	26,9	4,7	26,5	27,3	***	26,3	4,4	25,8	26,9	**	0,1	ns	-0,6	ns
45-54	26,8	3,9	26,5	27,1		27,6	4,1	27,2	27,9		27,0	4,4	26,4	27,5		0,2	ns	-0,6	ns
55-64	27,1	3,8	26,9	27,4		27,9	4,0	27,5	28,2		27,2	4,0	26,7	27,6		0,1	ns	-0,7	*
65-74	27,0	3,8	26,8	27,3		28,1	4,2	27,7	28,5		27,9	4,0	27,4	28,3		0,9	**	-0,2	ns

Height (cm)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	174,2	7,0	173,7	174,7	***	174,9	6,9	174,3	175,5	***	175,1	6,3	174,3	175,9	***	0,9	*	0,2	ns
45-54	171,6	7,5	171,0	172,1		173,1	7,0	172,5	173,6		174,3	6,9	173,5	175,2		2,7	***	1,2	*
55-64	169,2	6,9	168,8	169,7		170,3	6,6	169,8	170,8		173,1	7,2	172,2	174,0		3,9	***	2,8	***
65-74	167,9	7,1	167,4	168,4		167,5	6,8	167,0	168,1		169,0	6,8	168,2	169,9		1,1	*	1,5	**

Weight (kg)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	79,4	12,2	78,5	80,3	***	82,3	15,5	81,0	83,6	***	80,7	14,1	79,0	82,5	ns	1,3	ns	-1,6	ns
45-54	78,9	12,7	78,0	79,8		82,6	13,8	81,5	83,7		82,1	14,5	80,3	83,9		3,2	**	-0,5	ns
55-64	77,8	12,4	76,9	78,6		80,8	12,6	79,8	81,9		81,4	12,9	79,9	82,9		3,6	***	0,6	ns
65-74	76,3	11,9	75,4	77,1		78,9	13,1	77,8	80,1		79,6	12,6	78,1	81,2		3,3	**	0,7	ns

Waist to Hip circumferences ratio																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	0,93	0,06	0,92	0,93	***	0,93	0,07	0,93	0,94	***	0,92	0,06	0,92	0,93	***	-0,01	ns	-0,01	*
45-54	0,94	0,06	0,93	0,94		0,96	0,08	0,95	0,96		0,94	0,06	0,94	0,95		0,00	ns	-0,02	**
55-64	0,95	0,06	0,94	0,95		0,97	0,07	0,97	0,98		0,96	0,06	0,95	0,97		0,01	**	-0,01	**
65-74	0,95	0,06	0,94	0,95		0,98	0,07	0,98	0,99		0,99	0,06	0,98	1,00		0,04	***	0,01	ns

Waist circumferences (cm)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	92,1	10,1	91,4	92,9	***	93,3	12,4	92,3	94,4	***	93,1	11,2	91,7	94,5	***	1,0	ns	-0,2	ns
45-54	94,7	10,6	93,9	95,5		96,2	11,6	95,2	97,1		95,2	11,5	93,8	96,6		0,5	ns	-1,0	ns
55-64	96,3	10,7	95,5	97,0		98,3	11,3	97,4	99,3		96,9	10,9	95,6	98,2		0,6	ns	-1,4	ns
65-74	97,6	11,0	96,8	98,4		100,2	11,4	99,3	101,2		99,9	10,6	98,6	101,2		2,3	**	-0,3	ns

Hip circumferences (cm)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	99,5	8,5	98,9	100,1	***	99,8	9,4	99,0	100,6	**	100,7	8,4	99,7	101,8	ns	1,2	*	0,9	ns
45-54	100,8	8,7	100,2	101,5		100,5	8,5	99,8	101,2		100,8	8,2	99,7	101,8		0,0	ns	0,3	ns
55-64	101,6	8,6	101,0	102,2		101,1	8,3	100,4	101,8		100,9	7,3	100,0	101,7		-0,7	ns	-0,2	ns
65-74	102,9	9,0	102,3	103,6		101,8	8,7	101,1	102,5		101,1	7,9	100,2	102,1		-1,8	**	-0,7	ns

U

SD: standard deviation; CI: confidence interval; BMI: body mass index. ANOVA: Analysis of Variance to compare variables among age classes within periods. t-test was used to compare variables between periods. *** p < 0.0001; ** p < 0.01; * p < 0.05; ns: not significant p-value. 1998–2002 number of men in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 717, 752, 784, and 731. 2008–2012 number of men in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 532, 589, 567, and 536. 2018–2019 number of men in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 249, 249, 277, and 260. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S3. Body mass index and measured height, weight, and waist and hip circumferences mean levels by age class and period. Italian resident women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

WOMEN																			
Body mass index (kg/m²)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	24,1	4,5	23,8	24,5	***	25,0	5,3	24,5	25,4	***	24,6	5,1	23,9	25,2	***	0,5	ns	-0,4	ns
45-54	26,2	5,0	25,8	26,5		26,1	5,4	25,7	26,6		26,2	6,0	25,4	26,9		0,1	ns	0,1	ns
55-64	27,4	5,2	27,0	27,7		27,8	5,6	27,3	28,2		26,6	5,0	26,0	27,2		-0,8	*	-1,2	**
65-74	27,8	4,8	27,5	28,2		28,5	5,2	28,0	28,9		28,0	5,3	27,3	28,6		0,2	ns	-0,5	ns
Height (cm)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	160,3	6,3	159,9	160,8	***	160,8	6,5	160,3	161,4	***	161,4	6,2	160,6	162,2	***	1,1	*	0,6	ns
45-54	158,4	6,3	158,0	158,9		159,2	6,1	158,7	159,7		160,3	6,5	159,6	161,1		1,9	***	1,1	*
55-64	157,0	6,1	156,6	157,5		156,6	6,4	156,1	157,1		158,7	5,9	158,0	159,4		1,7	***	2,1	***
65-74	155,9	6,6	155,4	156,4		154,7	6,2	154,1	155,2		155,0	6,1	154,3	155,8		-0,9	ns	0,4	ns
Weight (kg)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	62,0	11,9	61,1	62,9	***	64,5	13,4	63,3	65,7	***	64,1	14,2	62,2	65,9	*	2,1	*	-0,4	ns
45-54	65,6	12,5	64,7	66,5		66,1	12,9	65,0	67,1		67,1	15,0	65,3	68,9		1,5	ns	1,0	ns
55-64	67,3	12,4	66,5	68,2		68,0	13,7	66,9	69,1		67,0	13,0	65,5	68,5		-0,3	ns	-1,0	ns
65-74	67,5	11,6	66,6	68,4		68,0	12,2	66,9	69,0		67,0	12,1	65,6	68,5		-0,5	ns	-1,0	ns
Waist to Hip circumferences ratio																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	0,82	0,06	0,81	0,82	***	0,82	0,08	0,82	0,83	***	0,80	0,07	0,79	0,81	***	-0,02	**	-0,02	**
45-54	0,83	0,06	0,83	0,83		0,84	0,08	0,83	0,85		0,82	0,06	0,82	0,83		-0,01	ns	-0,02	**
55-64	0,85	0,06	0,84	0,85		0,86	0,08	0,85	0,87		0,85	0,07	0,84	0,85		0,00	ns	-0,01	**
65-74	0,86	0,06	0,86	0,86		0,88	0,08	0,88	0,89		0,88	0,07	0,87	0,89		0,02	***	0,00	ns
Waist circumferences (cm)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	77,9	11,0	77,0	78,7	***	81,9	12,3	80,8	83,0	***	80,3	12,8	78,6	81,9	***	2,4	**	-1,6	ns
45-54	82,9	11,5	82,1	83,7		85,0	12,9	84,0	86,1		84,4	13,7	82,8	86,0		1,5	ns	-0,6	ns
55-64	87,6	12,4	86,8	88,5		89,2	13,1	88,1	90,3		87,5	12,4	86,0	88,9		-0,1	ns	-1,7	ns
65-74	90,5	11,6	89,6	91,4		92,0	12,6	91,0	93,1		91,9	12,7	90,4	93,4		1,4	ns	-0,1	ns
Hip circumferences (cm)																			
Age class (years)	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
35-44	95,3	10,7	94,6	96,1	***	99,4	10,9	98,4	100,3	***	99,8	10,6	98,5	101,2	***	4,5	***	0,4	ns
45-54	99,7	11,1	99,0	100,5		100,9	10,6	100,0	101,8		102,2	11,8	100,8	103,6		2,3	**	1,3	ns
55-64	103,3	11,2	102,5	104,0		103,6	11,3	102,7	104,5		103,1	10,2	101,9	104,3		-0,2	ns	-0,5	ns
65-74	105,1	10,6	104,3	105,9		104,2	11,0	103,3	105,2		104,5	10,7	103,2	105,7		-0,6	ns	0,2	ns

SD: standard deviation; CI: confidence interval; BMI: body mass index. ANOVA: Analysis of Variance to compare variables among age classes within periods. t-test was used to compare variables between periods. *** p < 0.0001; ** p < 0.01; *p < 0.05; ns: not significant p-value. 1998–2002 number of women in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 711, 767, 777, and 689. 2008–2012 number of women in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 504, 569, 584, and 531. 2018–2019 number of women in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 232, 272, 282, and 279. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S4. Body mass index and measured height, weight, and waist and hip circumferences mean levels by educational level and period (age-adjusted using the Italian population). Italian resident men aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

		MEN																	
		Body mass index (kg/m²)																	
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	26,4	3,7	26,2	26,6	***	27,2	4,2	27,0	27,5	***	26,7	4,0	26,4	27,0	***	0,3	ns	-0,5	**
Lower education	27,0	3,8	26,8	27,2		28,0	4,3	27,7	28,2		27,7	4,5	27,2	28,2		0,7	**	-0,3	ns
		Height (cm)																	
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	172,6	7,1	172,2	173,0	***	173,3	6,7	173,0	173,7	***	173,9	6,5	173,4	174,3	***	1,3	***	0,4	ns
Lower education	170,1	6,9	169,8	170,4		170,2	6,5	169,8	170,6		171,3	7,0	170,5	172,1		1,2	**	1,1	*
		Weight (kg)																	
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	78,6	12,2	77,9	79,3		81,9	14,2	81,1	82,7		80,8	13,1	79,8	81,7		2,2	**	-1,1	ns
Lower education	78,1	12,3	77,5	78,7		81,1	13,4	80,3	82,0		81,4	14,3	79,8	83,0		3,3	**	0,3	ns
		Waist to Hip circumferences ratio																	
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	0,93	0,06	0,93	0,93		0,95	0,08	0,95	0,96		0,94	0,06	0,94	0,95		0,01	***	-0,01	*
Lower education	0,94	0,06	0,94	0,95		0,97	0,07	0,96	0,97		0,97	0,07	0,96	0,97		0,03	***	0,00	ns
		Waist circumferences (cm)																	
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	94,2	10,4	93,6	94,8	***	96,0	11,7	95,4	96,7	***	95,2	10,5	94,5	96,0	***	1,0	*	-0,8	ns
Lower education	95,2	10,6	94,7	95,7		97,4	11,6	96,7	98,1		97,7	11,9	96,3	99,0		2,5	**	0,3	ns
		Hip circumferences (cm)																	
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	101,1	8,5	100,6	101,6	ns	100,9	9,1	100,3	101,4	ns	100,7	7,5	100,2	101,3	ns	-0,4	ns	-0,2	ns
Lower education	100,8	8,7	100,4	101,2		100,6	8,3	100,1	101,1		100,9	8,8	99,9	101,9		0,1	ns	0,3	ns

Higher education—high school or university; lower education—primary or middle school. SD: standard deviation; CI: confidence interval. Means and standard deviations were age-standardized using the Italian National Institute of Statistics-ISTAT Italian population 2000, 2010, and 2019, respectively. ANOVA: Analysis of Variance to compare variables between educational levels within periods. t-test was used to compare variables between periods. *** p < 0.0001; ** p < 0.01; *p < 0.05; ns: not significant p-value. 1998–2002 number of men in the higher and lower class of education: 1249 and 1727. 2008–2012 number of men in the higher and lower class of education: 1186 and 1020. 2018–2019 number of men in the higher and lower class of education: 728 and 304. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S5. Body mass index and measured height, weight, and waist and hip circumferences mean levels by educational level and period (age-adjusted using the Italian population). Italian resident women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

WOMEN

Body mass index (kg/m ²)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	25,1	4,2	24,8	25,4	***	25,6	5,0	25,3	25,9	***	25,4	5,0	25,1	25,8	***	0,3	ns	-0,2	ns
Lower education	27,0	5,1	26,7	27,2		27,9	5,5	27,5	28,2		28,3	5,6	27,7	28,9		1,3	***	0,4	ns

Height (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	159,6	6,3	159,2	159,9	***	159,3	6,0	158,9	159,6	***	159,8	5,8	159,3	160,2	***	0,2	ns	0,5	ns
Lower education	157,3	6,2	157,0	157,6		156,8	6,4	156,4	157,2		157,5	6,4	156,8	158,2		0,2	ns	0,7	ns

Weight (kg)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	63,8	10,8	63,1	64,4	***	64,9	12,6	64,1	65,6	***	64,8	12,9	63,8	65,7	***	1,0	ns	-0,1	ns
Lower education	66,6	12,6	66,0	67,2		68,3	13,2	67,5	69,1		70,2	14,2	68,7	71,8		3,6	***	1,9	*

Waist to Hip circumferences ratio																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	0,82	0,06	0,82	0,83	***	0,84	0,08	0,84	0,85	***	0,83	0,07	0,82	0,83	***	1,00	ns	-0,01	***
Lower education	0,84	0,06	0,84	0,85		0,86	0,08	0,85	0,86		0,85	0,07	0,85	0,86		0,01	*	-0,01	ns

Waist circumferences (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	81,5	10,3	80,9	82,1	***	84,4	12,0	83,7	85,1	***	83,8	12,1	82,9	84,7	***	2,3	***	-0,6	ns
Lower education	85,9	12,0	85,4	86,4		88,7	13,0	87,9	89,5		90,3	13,3	88,9	91,7		4,4	***	1,6	ns

Hip circumferences (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	98,7	9,7	98,1	99,3	***	100,3	10,5	99,7	100,9	***	101,0	10,3	100,3	101,8	***	2,3	***	0,7	ns
Lower education	101,7	11,4	101,1	102,2		103,4	11,1	102,7	104,1		105,6	11,3	104,4	106,8		3,9	***	2,2	**

Higher education—high school or university; lower education—primary or middle school. SD: standard deviation; CI: confidence interval. Means and standard deviations were age-standardized using the Italian National Institute of Statistics-ISTAT Italian population 2000, 2010, and 2019, respectively. ANOVA: Analysis of Variance to compare variables between educational levels within periods. t-test was used to compare variables between periods. *** p < 0.0001; ** p < 0.01; *p < 0.05; ns: not significant p-value. 1998–2002 number of women in the higher and lower class of education: 1050 and 1878. 2008–2012 number of women in the higher and lower class of education: 1153 and 1014. 2018–2019 number of women in the higher and lower class of education: 722 and 341. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S6. Prevalence of body mass index and waist and hip circumferences classes based on measurements, by age class and period. Italian resident men aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

MEN																
Underweight																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	0,7	0,1	1,3	-	0,6	0,0	1,2	-	0,8	0,0	1,9	-	0,1	ns	0,2	ns
45-54	0,5	0,0	1,0		0,0	-	-		0,4	0,0	1,2		-0,1	ns	0,4	ns
55-64	0,4	0,0	0,8		0,0	-	-		0,0	-	-		-0,4	-	0,0	-
65-74	0,8	0,2	1,5		0,8	0,0	1,5		0,8	0,0	1,8		0,0	ns	0,0	ns
Normal weight																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	38	35	42	**	37	33	41	***	43	37	49	***	4	ns	6	ns
45-54	32	29	36		30	26	34		35	29	41		3	ns	5	ns
55-64	29	26	32		23	19	26		34	28	39		5	ns	11	**
65-74	31	27	34		22	19	26		22	17	27		-9	**	0	ns
Overweight																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	46	43	50	ns	43	39	48	**	40	34	46	*	-6	ns	-3	ns
45-54	50	46	53		45	41	49		47	40	53		-3	ns	2	ns
55-64	51	48	55		52	48	56		44	39	50		-7	ns	-8	*
65-74	49	46	53		50	46	54		54	48	60		5	ns	4	ns
Obesity																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	14	12	17	*	19	16	23	*	16	12	21	ns	2	ns	-3	ns
45-54	17	15	20		25	21	28		18	13	22		1	ns	-7	*
55-64	20	17	22		25	21	28		22	17	27		2	ns	-3	ns
65-74	19	17	22		27	23	31		24	19	29		5	ns	-3	ns
Severe obesity																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	0,0	-	-	ns	1,5	0,5	2,5	ns	0,8	0,0	1,9	ns	0,8	*	-0,7	ns
45-54	0,5	0,0	1,0		1,4	0,4	2,3		2,4	0,5	4,3		1,9	**	1,0	ns
55-64	0,6	0,1	1,2		1,4	0,4	2,4		0,7	0,0	1,7		0,1	ns	-0,7	ns
65-74	0,3	0,0	0,6		1,1	0,2	2,0		0,8	0,0	1,8		0,5	ns	-0,3	ns
High waist-to-hip ratio																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	72	69	75	***	69	65	73	***	63	57	69	***	-9	**	-6	ns
45-54	81	78	84		83	79	86		76	71	81		-5	ns	-7	*
55-64	85	82	87		89	87	92		83	79	87		-2	ns	-6	*
65-74	84	82	87		92	89	94		93	90	96		7	**	1	ns
Abdominal obesity																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	16	13	19	***	23	19	26	***	16	11	21	***	0	ns	-7	*
45-54	25	22	28		31	27	34		23	18	29		-2	ns	-8	*
55-64	28	25	31		34	30	38		30	25	36		2	ns	-4	ns
65-74	34	30	37		43	39	47		38	33	44		4	ns	-5	ns

CI: confidence interval. Chi-squared test was used to compare prevalence between periods and among age classes within the period. Underweight: body mass index < 18.5 kg/m². Normal weight: 18.5 ≤ body mass index < 25.0 kg/m². Overweight: 25.0 ≤ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². Severe obesity: body mass index ≥ 40.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** p < 0.0001; ** p < 0.01; * p < 0.05; ns: not significant p-value. 1998–2002 number of men in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 717, 752, 784, and 731. 2008–2012 number of men in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 532, 589, 567, and 536. 2018–2019 number of men in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 249, 249, 277, and 260. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S7. Prevalence of body mass index and waist and hip circumferences classes based on measurements, by age class and period. Italian resident women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

WOMEN																
Underweight																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	3,5	2,2	4,9	***	3,0	1,5	4,5	**	3,9	1,4	6,4	ns	0,4	ns	0,9	ns
45-54	0,9	0,2	1,6		1,6	0,6	2,6		2,6	0,7	4,5		1,7	*	1,0	ns
55-64	2,1	1,1	3,1		0,3	0,0	0,8		1,4	0,0	2,8		-0,6	ns	1,1	ns
65-74	0,6	0,0	1,1		0,9	0,1	1,8		1,1	0,0	2,3		0,5	ns	0,1	ns
Normalweight																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	64	60	68	***	59	55	63	***	60	54	67	***	-4	ns	1	ns
45-54	47	43	50		46	42	50		49	43	54		2	ns	2	ns
55-64	31	28	34		36	32	40		43	37	49		12	**	7	ns
65-74	30	26	33		25	22	29		30	24	35		0	ns	5	ns
Overweight																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	22	19	25	***	24	20	28	***	21	16	26	**	-1	ns	-3	ns
45-54	33	30	37		33	29	37		25	20	30		-8	**	-8	*
55-64	41	38	45		32	28	36		32	26	37		-9	**	0	ns
65-74	38	34	42		41	37	45		38	32	43		0	ns	-3	ns
Obesity																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	11	8	13	***	14	11	17	***	15	10	19	**	4	ns	1	ns
45-54	19	16	22		19	16	22		24	19	29		5	ns	5	ns
55-64	26	23	29		31	27	35		24	19	29		-2	ns	-7	*
65-74	32	28	35		33	29	37		32	26	37		0	ns	-1	ns
Severe obesity																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	1,3	0,4	2,1	ns	1,6	0,5	2,7	ns	1,3	0,0	2,7	ns	0,0	ns	-0,3	ns
45-54	2,1	1,1	3,1		2,8	1,5	4,2		3,7	1,4	5,9		1,6	ns	0,9	ns
55-64	2,3	1,3	3,4		2,2	1,0	3,4		1,1	0,0	2,3		-1,2	ns	-1,1	ns
65-74	1,7	0,8	2,7		2,3	1,0	3,5		2,2	0,4	3,9		0,5	ns	-0,1	ns
High waist-to-hip ratio																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	30	26	33	***	38	34	42	***	22	17	27	***	-8	*	-16	***
45-54	38	34	41		45	41	49		34	29	40		-4	ns	-11	**
55-64	52	48	56		55	51	59		45	40	51		-7	ns	-10	**
65-74	61	58	65		66	62	70		67	62	73		6	ns	1	ns
Abdominal obesity																
Age class (years)	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
35-44	16	14	19	***	28	24	32	***	21	15	26	***	5	ns	-7	*
45-54	29	26	32		38	34	42		34	29	40		5	ns	-4	ns
55-64	46	43	50		51	46	55		47	41	53		1	ns	-4	ns
65-74	59	55	62		63	59	67		62	57	68		3	ns	-1	ns

CI: confidence interval. Chi-squared test was used to compare prevalence between periods and among age classes within the period. Underweight: body mass index < 18.5 kg/m². Normal weight: 18.5 ≤ body mass index < 25.0 kg/m². Overweight: 25.0 ≤ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². Severe obesity: body mass index ≥ 40.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** p < 0.0001; ** p < 0.01; * p < 0.05; ns: not significant p-value. 1998–2002 number of women in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 711, 767, 777, and 689. 2008–2012 number of women in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 504, 569, 584, and 531. 2018–2019 number of women in the 35–44, 45–54, 55–64, and 65–74 age classes (years): 232, 272, 282, and 279. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S8. Prevalence of body mass index and waist and hip circumferences classes based on measurements, by educational level and period (age-adjusted using the Italian population). Italian resident men aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

MEN

Normal weight

Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
	Higher education	37	34 39	**	31	28 33	*	36	33 40	**	-1	ns	5
Lower education	30	28 33		26	24 29		28	23 33		-2	ns	2	ns

Overweight

Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
	Higher education	49	46 51	ns	48	45 51	ns	46	42 49	ns	-3	ns	-2
Lower education	50	47 52		46	43 49		47	41 52		-3	ns	1	ns

Obesity

Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
	Higher education	14	12 16	**	21	19 24	**	17	15 20	**	3	ns	-4
Lower education	19	18 21		27	25 30		25	20 30		6	*	-2	ns

High waist-to-hip ratio

Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
	Higher education	77	75 80	**	79	77 82	**	76	73 79	**	-1	ns	-3
Lower education	82	81 84		85	83 88		84	80 88		2	ns	-1	ns

Abdominal obesity

Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
	Higher education	21	19 24	**	29	26 32	**	23	20 26	**	2	ns	-6
Lower education	26	24 28		34	31 37		32	27 38		6	*	-2	ns

Higher education—high school or university; lower education—primary or middle school. Prevalence were age-standardized using the Italian National Institute of Statistics-ISTAT Italian population 2000, 2010, and 2019, respectively. Chi-squared test was used to compare prevalence between periods and among educational levels within the period. Normal weight: $18.5 \leq$ body mass index < 25.0 kg/m². Overweight: $25.0 \leq$ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** $p < 0.0001$; ** $p < 0.01$; * $p < 0.05$; ns: not significant p-value. 1998–2002 number of men in the higher and lower class of education: 1249 and 1727. 2008–2012 number of men in the higher and lower class of education: 1186 and 1020. 2018–2019 number of men in the higher and lower class of education: 728 and 304. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S9. Prevalence of body mass index and waist and hip circumferences classes based on measurements, by educational level and period (age-adjusted using the Italian population). Italian resident women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

WOMEN																
Normal weight																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012		
	%	95% CI			%	95% CI			%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign	
Higher education	55	52	58	***	51	48	54	***	54	50	58	***	-1	ns	3	ns
Lower education	38	36	40		34	31	37		27	22	31		-11	**	-7	*
Overweight																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012		
	%	95% CI			%	95% CI			%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign	
Higher education	29	27	32	**	32	29	34	ns	25	22	28	***	-4	*	-7	**
Lower education	36	33	38		34	31	37		38	33	43		2	ns	4	ns
Obesity																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012		
	%	95% CI			%	95% CI			%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign	
Higher education	14	12	16	***	15	13	18	***	19	16	22	***	5	**	4	*
Lower education	25	23	27		31	28	34		33	28	38		8	**	2	ns
High waist-to-hip ratio																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012		
	%	95% CI			%	95% CI			%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign	
Higher education	35	32	38	***	44	41	47	***	36	33	40	***	1	ns	-8	**
Lower education	49	46	51		56	53	59		52	47	57		3	ns	-4	ns
Abdominal obesity																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012		
	%	95% CI			%	95% CI			%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign	
Higher education	26	23	29	***	35	33	38	***	34	31	37	***	8	**	-1	ns
Lower education	41	39	43		53	49	56		54	49	59		13	***	1	ns

Higher education—high school or university; lower education—primary or middle school. Chi-squared test was used to compare prevalence between periods and among educational levels within the period. Normal weight: $18.5 \leq$ body mass index < 25.0 kg/m². Overweight: $25.0 \leq$ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** $p < 0.0001$; ** $p < 0.01$; * $p < 0.05$; ns: not significant p-value. 1998-2002 number of women in the higher and lower class of education: 1050 and 1878. 2008–2012 number of women in the higher and lower class of education: 1153 and 1014. 2018–2019 number of women in the higher and lower class of education: 722 and 341. Prevalence were age-standardized using the Italian National Institute of Statistics-ISTAT Italian population 2000, 2010, and 2019, respectively. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S10. Body mass index, normal weight, overweight and obesity based on measurements, by sex and Italian region (age-adjusted using the Italian population). Italian resident men and women aged 35–74 years, the CUORE Project Survey 2018–2019.

		MEN												
Italian Region	n	Body mass index (kg/m²)			Normal weight			Overweight			Obesity			
		mean	SD	95%CI	%	95% CI		%	95% CI		%	95% CI		
Abruzzo	105	28,3	3,8	27,6	29,1	23,3	15,2	31,3	49,8	40,3	59,4	26,9	18,4	35,4
Calabria	102	28,5	3,7	27,7	29,2	15,7	8,6	22,8	56,6	47,0	66,2	27,7	19,0	36,4
Liguria	104	26,6	3,4	25,9	27,2	36,0	26,8	45,2	44,1	34,6	53,6	19,0	11,4	26,5
Lazio	99	26,7	3,3	26,1	27,4	31,2	22,1	40,3	50,1	40,3	60,0	17,5	10,0	25,0
Lombardy	98	25,4	3,7	24,7	26,2	48,1	38,2	58,0	37,0	27,4	46,6	13,6	6,8	20,3
Piedmont	104	25,7	3,5	25,0	26,4	45,3	35,8	54,9	42,1	32,6	51,6	11,3	5,2	17,4
Emilia Romagna	104	27,3	4,1	26,5	28,1	32,6	23,6	41,6	46,4	36,8	56,0	21,0	13,2	28,8
Basilicata	106	27,9	4,1	27,2	28,7	31,5	22,6	40,3	44,0	34,6	53,5	24,5	16,3	32,7
Tuscany	108	25,6	3,1	25,0	26,2	48,7	39,2	58,1	42,3	33,0	51,6	8,2	3,0	13,4
Sicily	105	28,2	5,2	27,2	29,2	29,3	20,6	38,0	42,0	32,6	51,4	28,7	20,0	37,3

		WOMEN												
Italian Region	n	Body mass index (kg/m²)			Normal weight			Overweight			Obesity			
		mean	SD	95%CI	%	95% CI		%	95% CI		%	95% CI		
Abruzzo	106	26,0	5,0	25,0	26,9	54,2	44,7	63,7	22,2	14,3	30,1	22,5	14,6	30,5
Calabria	108	28,8	6,2	27,6	29,9	26,1	17,9	34,4	36,9	27,8	46,0	35,2	26,1	44,2
Liguria	107	24,4	4,3	23,6	25,3	59,9	50,6	69,2	27,2	18,8	35,6	9,8	4,2	15,4
Lazio	113	25,8	4,5	25,0	26,6	51,2	42,0	60,5	29,3	20,9	37,7	18,3	11,1	25,4
Lombardy	100	25,4	4,6	24,4	26,3	49,5	39,7	59,3	28,3	19,4	37,1	18,5	10,9	26,1
Piedmont	113	23,8	4,0	23,1	24,6	64,0	55,1	72,8	20,2	12,8	27,7	12,3	6,2	18,4
Emilia Romagna	105	28,3	5,7	27,2	29,4	27,6	19,1	36,2	32,5	23,5	41,5	37,0	27,7	46,2
Basilicata	112	28,1	5,2	27,1	29,0	30,7	22,2	39,3	28,6	20,2	36,9	37,9	29,0	46,9
Tuscany	98	25,2	4,6	24,3	26,1	56,2	46,4	66,0	25,1	16,5	33,7	17,7	10,2	25,3
Sicily	103	26,7	4,4	25,9	27,6	39,8	30,4	49,3	33,8	24,6	42,9	24,6	16,3	32,9

Means, standard deviations, and prevalence were age-standardized using the Italian National Institute of Statistics-ISTAT Italian population 2019. SD: standard deviation; CI: confidence interval. Normal weight: $18.5 \leq$ body mass index < 25.0 kg/m². Overweight: $25.0 \leq$ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². Regional data for 1998–2002 and 2008–2012. CUORE Project surveys were available at <http://www.cuore.iss.it/eng/survey/cuoredata>.

Table S11. Height, weight, waist and hip circumferences, and waist to hip ratio based on measurements, by sex and Italian region (age-adjusted using the Italian population). Italian resident men and women aged 35–74 years, the CUORE Project Survey 2018–2019.

		MEN																			
Italian Region	n	Height (cm)			Weight (kg)			Waist circumference (cm)			Hip circumference (cm)			Waist to hip ratio							
		mean	SD	95%CI	mean	SD	95%CI	mean	SD	95%CI	mean	SD	95%CI	mean	SD	95%CI					
Abruzzo	105	172,9	5,8	171,8	174,1	84,7	12,1	82,4	87,1	100,3	9,6	98,5	102,2	102,4	7,3	101,0	103,8	0,98	0,06	0,97	0,99
Calabria	102	171,3	6,2	170,1	172,5	83,6	12,0	81,2	85,9	98,0	9,3	96,2	99,8	101,3	7,4	99,9	102,8	0,97	0,05	0,96	0,98
Liguria	104	173,7	6,0	172,5	174,8	80,4	12,3	78,0	82,7	94,6	9,6	92,8	96,5	100,5	6,9	99,2	101,9	0,94	0,05	0,93	0,95
Lazio	99	172,0	6,7	170,7	173,4	79,1	11,2	76,9	81,3	95,6	9,3	93,8	97,4	100,8	6,5	99,5	102,1	0,95	0,06	0,94	0,96
Lombardy	98	173,5	6,0	172,3	174,7	76,6	12,6	74,1	79,1	92,3	10,6	90,2	94,4	97,8	6,9	96,5	99,2	0,94	0,06	0,93	0,95
Piedmont	104	176,1	6,6	174,9	177,4	79,6	11,2	77,5	81,8	92,4	9,9	90,5	94,3	99,9	6,0	98,7	101,0	0,92	0,07	0,91	0,94
Emilia Romagna	104	174,9	6,7	173,6	176,2	83,6	14,5	80,8	86,4	95,9	10,8	93,9	98,0	102,2	8,7	100,5	103,9	0,94	0,06	0,93	0,95
Basilicata	106	171,2	6,2	170,0	172,4	82,1	13,5	79,5	84,6	98,9	10,3	96,9	100,9	101,7	7,4	100,3	103,2	0,97	0,06	0,96	0,98
Tuscany	108	175,3	6,1	174,1	176,4	78,6	10,4	76,7	80,6	93,7	8,9	92,0	95,3	100,0	6,4	98,8	101,3	0,94	0,06	0,92	0,95
Sicily	105	170,6	6,5	169,4	171,9	82,1	15,8	79,1	85,1	98,0	13,4	95,5	100,6	101,4	10,2	99,4	103,3	0,97	0,06	0,95	0,98

		WOMEN																			
Italian Region	n	Height (cm)			Weight (kg)			Waist circumference (cm)			Hip circumference (cm)			Waist to hip ratio							
		mean	SD	95%CI	mean	SD	95%CI	mean	SD	95%CI	mean	SD	95%CI	mean	SD	95%CI					
Abruzzo	106	158,8	5,0	157,8	159,7	65,4	12,5	63,0	67,8	85,8	13,0	83,3	88,3	101,1	10,3	99,1	103,1	0,85	0,06	0,83	0,86
Calabria	108	157,6	5,7	156,5	158,7	71,4	16,1	68,4	74,4	90,9	14,3	88,2	93,6	105,4	11,5	103,3	107,6	0,86	0,07	0,85	0,87
Liguria	107	160,7	5,8	159,6	161,8	62,9	10,1	61,0	64,8	81,5	10,1	79,6	83,4	99,5	8,8	97,8	101,2	0,82	0,05	0,81	0,83
Lazio	113	160,0	5,3	159,0	161,0	65,9	11,5	63,8	68,0	86,6	10,8	84,6	88,6	102,9	9,5	101,1	104,6	0,84	0,06	0,83	0,85
Lombardy	100	159,6	6,0	158,4	160,8	64,4	11,2	62,2	66,6	83,9	12,1	81,5	86,3	100,3	9,9	98,4	102,3	0,83	0,07	0,82	0,85
Piedmont	113	161,2	6,0	160,1	162,3	61,8	10,3	59,9	63,7	78,4	9,9	76,5	80,2	99,1	8,3	97,6	100,6	0,79	0,06	0,78	0,80
Emilia Romagna	105	159,1	5,6	158,0	160,2	71,6	15,4	68,7	74,6	87,9	13,0	85,4	90,4	106,0	11,6	103,7	108,2	0,83	0,06	0,82	0,84
Basilicata	112	157,3	5,8	156,2	158,4	69,4	13,8	66,8	71,9	91,5	12,4	89,3	93,8	105,7	11,1	103,6	107,7	0,87	0,06	0,85	0,88
Tuscany	98	159,5	5,3	158,5	160,6	64,1	11,7	61,8	66,5	85,9	12,2	83,5	88,3	100,9	9,7	99,0	102,8	0,85	0,07	0,84	0,86
Sicily	103	156,5	6,8	155,2	157,8	65,5	12,1	63,1	67,8	84,3	10,1	82,3	86,2	101,6	9,6	99,7	103,4	0,83	0,05	0,82	0,84

Means, standard deviations, and prevalence were age-standardized using the Italian National Institute of Statistics-ISTAT Italian population 2019. SD: standard deviation; CI: confidence interval. Regional data for 1998–2002 and 2008–2012. CUORE Project surveys were available at <http://www.cuore.iss.it/eng/survey/cuoredata>.

Table S12. Anthropometric measurements by sex and period (age-adjusted using the European standard population). Italian resident men and women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

		MEN															
		1998-2002			2008-2012			2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012				
		<i>n=2984</i>			<i>n=2224</i>			<i>n=1035</i>									
		mean	SD	95% CI		mean	SD	95% CI		mean	SD	95% CI		Diff	t-test p-value	Diff	t-test p-value
BMI (kg/m ²)		26,8	3,8	26,6	26,9	27,6	4,3	27,4	27,7	27,0	4,2	26,8	27,3	0,2	ns	-0,6	**
Height (cm)		171,0	7,1	170,7	171,2	171,8	6,8	171,5	172,0	173,2	6,8	172,7	173,6	2,2	***	1,4	***
Weight (kg)		78,2	12,3	77,8	78,7	81,3	13,8	80,8	81,9	81,1	13,5	80,2	81,9	2,9	***	-0,2	ns
Waist/Hip		0,94	0,06	0,94	0,94	0,96	0,07	0,96	0,96	0,95	0,06	0,95	0,95	0,01	***	-0,01	**
Waist (cm)		95,0	10,6	94,6	95,4	96,8	11,7	96,3	97,2	96,0	11,0	95,3	96,7	1,0	**	-0,8	ns
Hip (cm)		101,1	8,7	100,8	101,4	100,7	8,7	100,4	101,1	100,9	7,9	100,4	101,3	-0,2	ns	0,2	ns
		%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared p-value	Diff	chi-squared p-value			
Normalweight		33	31	35	28	27	30	34	31	37	1	ns	6	***			
Overweight		49	47	51	47	45	50	46	43	49	-3	ns	-1	***			
Obese		18	16	19	24	22	26	23	21	26	5	***	-1	***			
High waist-to-hip ratio		80	79	82	82	81	84	77	75	80	-3	ns	-5	***			
Abdominal obesity		25	23	27	32	30	34	26	23	29	1	ns	-6	***			

		WOMEN															
		1998-2002			2008-2012			2018-2019			2018-2019 vs 1998-2002		2018-2019 vs 2008-2012				
		<i>n=2944</i>			<i>n=2188</i>			<i>n=1065</i>									
		mean	SD	95% CI		mean	SD	95% CI		mean	SD	95% CI		Diff	t-test p-value	Diff	t-test p-value
BMI (kg/m ²)		26,3	4,9	26,1	26,4	26,7	5,3	26,5	26,9	26,2	5,3	25,9	26,5	-0,1	ns	-0,5	ns
Height (cm)		158,1	6,3	157,8	158,3	158,1	6,3	157,8	158,3	159,1	6,1	158,7	159,5	1,0	***	1,0	***
Weight (kg)		65,4	12,1	65,0	65,9	66,5	13,1	66,0	67,0	66,2	13,6	65,4	67,0	0,8	ns	-0,3	ns
Waist/Hip		0,84	0,06	0,83	0,84	0,85	0,08	0,85	0,85	0,83	0,07	0,83	0,84	-0,01	ns	-0,02	***
Waist (cm)		84,2	11,6	83,8	84,6	86,6	12,7	86,1	87,2	85,5	12,9	84,7	86,3	1,3	**	-1,1	*
Hip (cm)		100,5	10,9	100,1	100,9	101,8	10,9	101,4	102,3	102,2	10,8	101,6	102,9	1,7	***	0,4	ns
		%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared p-value	Diff	chi-squared p-value			
Normalweight		44	42	46	43	41	45	47	44	50	3	ns	4	ns			
Overweight		33	31	35	32	30	34	28	25	31	-5	**	-4	***			
Obese		21	19	22	23	22	25	20	17	22	-1	ns	-3	***			
High waist-to-hip ratio		44	42	46	50	48	52	40	37	43	-4	ns	-10	***			
Abdominal obesity		36	34	38	44	42	46	39	36	42	3	*	-5	***			

SD: standard deviation; CI: confidence interval; BMI: body mass index. Means, standard deviations and prevalence were age-standardized using the European Standard Population 2013. t-test was used to compare variables between periods; chi-squared test was used to compare prevalence between periods. Normal weight: $18.5 \leq$ body mass index < 25.0 kg/m². Overweight: $25.0 \leq$ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** $p < 0.0001$; ** $p < 0.01$; * $p < 0.05$; ns: not significant p-value. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S13. Body mass index and measured height, weight, and waist and hip circumferences mean levels by educational level and period (age-adjusted using the European standard population). Italian resident men aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

MEN																			
Body mass index (kg/m ²)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	26,4	3,7	26,2	26,6	***	27,3	4,2	27,1	27,5	***	26,7	4,0	26,4	27,0	***	0,3	ns	-0,6	**
Lower education	27,0	3,8	26,8	27,2		28,0	4,3	27,7	28,3		27,7	4,5	27,2	28,2		0,7	*	-0,3	ns
Height (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	172,4	7,1	172,0	172,8	***	173,1	6,7	172,7	173,5	***	173,8	6,5	173,4	174,3	***	1,4	***	0,7	*
Lower education	169,9	6,9	169,6	170,3		170,1	6,5	169,7	170,5		171,2	7,0	170,5	172,0		1,3	**	1,1	**
Weight (kg)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	78,5	12,2	77,9	79,2	*	81,9	14,1	81,1	82,7	**	80,8	13,1	79,8	81,7	ns	2,3	**	-1,1	ns
Lower education	78,0	12,3	77,4	78,6		81,0	13,4	80,2	81,8		81,3	14,2	79,7	82,9		3,3	**	0,3	ns
Waist to Hip circumferences ratio																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	0,93	0,06	0,93	0,94	***	0,95	0,08	0,95	0,96	***	0,94	0,06	0,94	0,95	***	0,01	***	-0,01	**
Lower education	0,95	0,06	0,94	0,95		0,97	0,07	0,96	0,97		0,97	0,07	0,96	0,97		0,02	***	0,00	ns
Waist circumferences (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	94,4	10,4	93,8	94,9	***	96,3	11,7	95,6	97,0	***	95,2	10,5	94,5	96,0	***	0,8	ns	-1,1	*
Lower education	95,4	10,7	94,9	95,9		97,6	11,6	96,9	98,3		97,6	11,8	96,3	98,9		2,2	**	0,0	ns
Hip circumferences (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	101,2	8,5	100,7	101,7	ns	100,9	9,1	100,4	101,5	ns	100,7	7,5	100,2	101,3	ns	-0,5	ns	-0,2	ns
Lower education	100,9	8,7	100,5	101,3		100,7	8,3	100,2	101,2		100,9	8,8	99,9	101,9		0,0	ns	0,2	ns

Higher education—high school or university; lower education—primary or middle school. SD: standard deviation; CI: confidence interval; BMI: body mass index. Means and standard deviations were age-standardized using the European Standard Population 2013. ANOVA: Analysis of Variance was used to compare variables between educational levels within periods. t-test was used to compare variables between periods. *** p < 0.0001; ** p < 0.01; * p < 0.05; ns: not significant p-value. 1998–2002 number of men in the higher and lower class of education: 1249 and 1727. 2008–2012 number of men in the higher and lower class of education: 1186 and 1020. 2018–2019 number of men in the higher and lower class of education: 728 and 304. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S14. Body mass index and measured height, weight, and waist and hip circumferences mean levels by educational level and period (age-adjusted using the European standard population). Italian resident women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

WOMEN																			
Body mass index (kg/m ²)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	25,1	4,2	24,9	25,4	***	25,6	5,0	25,4	25,9	***	25,4	5,0	25,0	25,7	***	0,3	ns	-0,2	ns
Lower education	27,0	5,1	26,8	27,2	***	27,9	5,5	27,6	28,3	***	28,3	5,6	27,7	28,9	***	1,3	***	0,4	ns
Height (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	159,6	6,3	159,2	159,9	***	159,2	6,0	158,9	159,6	***	159,8	5,8	159,4	160,2	***	0,2	ns	0,6	*
Lower education	157,3	6,2	157,0	157,6	***	156,7	6,4	156,3	157,1	***	157,6	6,5	156,9	158,3	***	0,3	ns	0,9	*
Weight (kg)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	63,8	10,8	63,1	64,4	***	64,9	12,6	64,2	65,6	***	64,7	12,9	63,7	65,6	***	0,9	ns	-0,2	ns
Lower education	66,7	12,7	66,1	67,2	***	68,4	13,2	67,6	69,2	***	70,2	14,2	68,7	71,8	***	3,5	***	1,8	*
Waist to Hip circumferences ratio																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	0,82	0,06	0,82	0,83	***	0,84	0,08	0,84	0,85	***	0,83	0,07	0,82	0,83	***	0,01	ns	-0,01	***
Lower education	0,84	0,06	0,84	0,85	***	0,86	0,08	0,85	0,86	***	0,85	0,07	0,84	0,86	***	0,01	ns	-0,02	ns
Waist circumferences (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	81,5	10,3	80,9	82,1	***	84,5	12,0	83,8	85,2	***	83,6	12,1	82,7	84,5	***	2,1	**	-0,9	ns
Lower education	85,9	12,0	85,4	86,5	***	88,9	13,1	88,1	89,7	***	90,1	13,3	88,7	91,5	***	4,2	***	1,2	ns
Hip circumferences (cm)																			
Educational level	1998-2002				ANOVA within period sign	2008-2012				ANOVA within period sign	2018-2019				ANOVA within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	mean	SD	95% CI			mean	SD	95% CI			mean	SD	95% CI			Diff	t-test sign	Diff	t-test sign
Higher education	98,8	9,8	98,2	99,3	***	100,4	10,5	99,8	101,0	***	100,9	10,2	100,2	101,7	***	2,1	***	0,5	ns
Lower education	101,7	11,4	101,2	102,2	***	103,5	11,1	102,8	104,1	***	105,6	11,3	104,4	106,8	***	3,9	***	2,1	**

Higher education—high school or university; lower education—primary or middle school. 1998–2002 number of women in the higher and lower class of education: 1050 and 1878. 2008–2012 number of women in the higher and lower class of education: 1153 and 1014. 2018–2019 number of women in the higher and lower class of education: 722 and 341. CI: confidence interval. Means and standard deviations were age-standardized using the European Standard Population 2013. ANOVA: Analysis of Variance was used to compare variables between educational levels within periods. t-test was used to compare variables between periods. *** p < 0.0001; ** p < 0.01; * p < 0.05; ns not significant p-value. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S15. Prevalence of body mass index and waist and hip circumferences classes based on measurements, by educational level and period (age-adjusted using the European standard population). Italian resident men aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

MEN

		Normal weight											
Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
Higher education	36	34 39	**	30	27 33	*	37	33 40	**	1	***	7	**
Lower education	30	28 32		26	23 29		27	22 32		-3	***	1	ns
		Overweight											
Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
Higher education	49	46 51	ns	48	45 51	ns	46	42 49	ns	-3	ns	-2	ns
Lower education	50	47 52		46	43 50		47	41 52		-3	ns	1	ns
		Obesity											
Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
Higher education	14	12 16	**	22	19 24	**	17	15 20	**	3	ns	-5	*
Lower education	20	18 21		27	25 30		25	20 30		5	*	-2	ns
		High waist-to-hip ratio											
Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
Higher education	78	75 80	**	80	78 83	**	76	73 79	**	-2	ns	-4	*
Lower education	83	81 84		86	84 88		84	80 88		1	ns	-2	ns
		Abdominal obesity											
Educational level	1998-2002		Chi-squared test within period sign	2008-2012		Chi-squared test within period sign	2018-2019		Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI		%	95% CI		%	95% CI		Diff	chi-squared sign	Diff	chi-squared sign
Higher education	22	20 24	**	30	27 32	**	23	20 26	**	1	ns	-7	**
Lower education	27	25 29		35	32 38		32	27 37		5	ns	-3	ns

Higher education—high school or university; lower education—primary or middle school. Prevalence were age-standardized using the European Standard Population 2013. Chi-squared test was used to compare prevalence among periods and among educational levels within the period. Normal weight: $18.5 \leq$ body mass index < 25.0 kg/m². Overweight: $25.0 \leq$ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** $p < 0.0001$; ** $p < 0.01$; * $p < 0.05$; ns: not significant p-value. 1998–2002 number of men in the higher and lower class of education: 1249 and 1727. 2008–2012 number of men in the higher and lower class of education: 1186 and 1020. 2018–2019 number of men in the higher and lower class of education: 728 and 304. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

Table S16. Prevalence of body mass index and waist and hip circumferences classes based on measurements, by educational level and period (age-adjusted using the European standard population). Italian resident women aged 35–74 years, the CUORE Project Surveys 1998–2002, 2008–2012, and 2018–2019.

WOMEN																
Normal weight																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
Higher education	54	51	58	***	51	48	54	***	54	51	58	***	0	ns	3	ns
Lower education	38	35	40		34	31	37		27	22	32		-11	**	-7	ns
Overweight																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
Higher education	29	27	32	**	32	29	34	ns	25	21	28	***	-4	*	-7	***
Lower education	36	34	38		34	31	37		38	33	43		2	ns	4	***
Obesity																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
Higher education	14	12	16	***	16	14	18	***	19	16	21	***	5	**	3	ns
Lower education	25	23	27		32	29	34		33	28	38		8	**	1	ns
High waist-to-hip ratio																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
Higher education	35	32	38	***	44	41	47	***	36	32	39	***	1	ns	-8	*
Lower education	49	46	51		56	53	59		51	46	57		2	ns	-5	ns
Abdominal obesity																
Educational level	1998-2002			Chi-squared test within period sign	2008-2012			Chi-squared test within period sign	2018-2019			Chi-squared test within period sign	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
	%	95% CI			%	95% CI			%	95% CI			Diff	chi-squared sign	Diff	chi-squared sign
Higher education	26	23	29	***	36	33	39	***	33	30	37	***	7	**	-3	ns
Lower education	41	39	43		53	50	56		53	48	59		12	***	0	ns

Higher education—high school or university; lower education—primary or middle school. 1 Prevalence were age-standardized using the European Standard Population 2013. Chi-squared test was used to compare prevalence among periods and among educational levels within the period. Normal weight: $18.5 \leq$ body mass index < 25.0 kg/m². Overweight: $25.0 \leq$ body mass index < 30.0 kg/m². Obesity: body mass index ≥ 30.0 kg/m². High waist-to-hip ratio: waist-to-hip ratio ≥ 0.90 in men and ≥ 0.85 in women. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** $p < 0.0001$; ** $p < 0.01$; * $p < 0.05$; ns not significant p-value. 1998–2002 number of women in the higher and lower class of education: 1050 and 1878. 2008–2012 number of women in the higher and lower class of education: 1153 and 1014. 2018–2019 number of women in the higher and lower class of education: 722 and 341. Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.