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

			ME	N		
	1998-	2002	2008-	2012	2018-	2019
Age class (years)						
	n	%	n	%	n	%
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
			WON	ЛEN		
	1998-	2002	2008-	2012	2018-	2019
	1998-	2002		2012	2018-	2019
Age class (years)	1998-				2018-	
	n	%	2008- n	%	n	%
35-44	n 711	% 24	2008- n 504	% 23	n 232	% 22
35-44 45-54	n	% 24 26	2008- n	% 23 26	n	% 22 26
35-44	n 711	% 24	2008- n 504	% 23	n 232	% 22
35-44 45-54	n 711 767	% 24 26	2008- n 504 569	% 23 26	n 232 272	% 22 26
35-44 45-54 55-64	n 711 767 777	% 24 26 26	n 504 569 584	% 23 26 27	n 232 272 282	% 22 26 26
35-44 45-54 55-64 65-74	n 711 767 777	% 24 26 26	n 504 569 584	% 23 26 27	n 232 272 282	% 22 26 26
35-44 45-54 55-64 65-74	n 711 767 777 689	% 24 26 26 23	n 504 569 584 531	% 23 26 27 24	n 232 272 282 279	% 22 26 26 26 26

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.

													- 2							
									В	ody ma	ass inde	x (kg/r	n²)							
			199	8-2002		within		2008	3-2012		within		2018	3-2019		within				
25-44 26.2 3.6 25.9 26.4 26.9 47 27.6 27.3 26.3 3.4 25.8 26.9 0.2 15 0.6 0.6	The second second	mean	SD	95%	6 CI	sign	mean	SD	959	% CI	sign	mean	SD	959	6 CI	sign	Diff		Diff	t-test sign
See 17,1 3,8 26,9 27,4 28,1 4,2 27,5 28,2 27,2 4,0 27,6 28,7 27,6 0,9 ** 0,2	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
Height (cm) 1998-2002									,	,				,						*
Age class (years) Marola (years) M	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
Age class (years) mean SD 95% CI sign Diff sig										Н	eight (d	m)								
Age class Cyears Particle			199	8-2002				2008	3-2012				2018	3-2019						
Section Sect	Age class					period					period					period	10 200		10 200	t-test
45-54 171,6 7,5 171,0 172,1 170,3 6,6 169,8 170,0 8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,8 173,1 7,2 172,2 174,0 3,9 2,1 1,1 1,1 1,1 1,1 1,1 1,1 1,1 1,1 1,1	(years)	mean	SD	95%	6 CI		mean	SD	959	% CI		mean	SD	959	6 CI		Diff	sign	Diff	sign
169.2 6.9 168.8 169.7 170.3 6.6 169.8 170.8 173.1 7.2 172.2 172.0 174.0 3.9 1.1 1.5	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
										,										*
See class See				,														***		***
Age class (years) mean SD 95% CI	65-74	107,9	7,1	107,4	100,4		107,5	0,0	107,0	100, 1		109,0	0,0	100,2	109,9		1,1		1,5	
Age class (years) mean SD 95% CI										V	Veight (kg)								
Age class (years) mean SD 95% Cl 95% C			199	8-2002				2008	3-2012				2018	3-2019						
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 1,3 ns -1,6			CD	050	(6)	period		CD	050	V 61	period		CD	050	V CI	period	Diff		D:#	t-test
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 3,6 3,6 0.6 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 3,6 3,6 0.6 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 3 0.0,7 **Waist to Hip circumferences ratio** **Waist to Hip circumferences (cm) **Provided Park To No.6 9,9 9,9 9,5 9,8 9,8 9,4 99,0 100,6 9,9 10,0 9,5 9,7 10,8 9,9 10,8 9,7 101	(years)	mean	SD	95%	CI	***	mean	SD	95%	% CI	***	mean	SD	95%	6 CI	ns	Diff	sign	Diff	sign
Second Time	35-44								,			80,7	14,1	,			1,3		-1,6	ns
Total Tota				FELDER VIS	201000 000			4.00	100000000000000000000000000000000000000				1000000		,					ns
1998-2002 Allovia 2008-2012 Allovia 2018-2019 2018-201					,					,				,						ns
Age class (years) mean SD 95% CI sign DIff sign Diff sign Diff sign Diff sign Diff sig		,			,					, , , , ,					,-		0,0		٠,,	
Age class (years) mean SD 95% CI sign Diff sig									Waist	to Hip	circum	terence	es ra	tio			2010	2010	2010	2010
Test Sign			199	8-2002		within	×	2008	3-2012	•	within		2018	3-2019		within		8-2002		8-2012
35-44 0,93 0,06 0,92 0,93 0,94 0,96 0,08 0,95 0,96 0,94 0,06 0,94 0,95 0,90 ns -0,01 s	_	mean	SD	95%	6 CI	sign	mean	SD	959	% CI	sign	mean	SD	959	6 CI	sign	Diff		Diff	t-test sign
45-54 0,94 0,06 0,93 0,94 0,95 0,96 0,98 0,97 0,97 0,98 0,96 0,96 0,06 0,94 0,95 0,01 ** -0,01 55-64 0,95 0,06 0,94 0,95 0,98 0,07 0,98 0,99 0,99 0,99 0,06 0,98 1,00 0,04 *** 0,01 ** -0,01 65-74 0,95 0,06 0,94 0,95 0,98 0,07 0,98 0,99 0,99 0,99 0,06 0,98 1,00 0,04 *** 0,01 ** -0,01 0,04 *** 0,01 0,04 0,04 0,05 0,04 0,05 0,09 0,09 0,06 0,09 0,09 0,06 0,09 0,09	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	*
Solution			000					0 0707					10 10 10 10 10	700 700 700			15			**
Nove	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	**
1998-2002	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
Age class (vears) mean SD 95% CI sign Diff sig									W	aist cir	cumfer	ences (cm)							
(vears) mean SD 95% CI sign Diff sig			199	8-2002		within		2008	3-2012		within		2018	3-2019		within				
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 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 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 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 **	7	mean	SD	95%	6 CI		mean	SD	95%	% CI		mean	SD	959	6 CI		Diff		Diff	t-test sign
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 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 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 Hip circumferences (cm) Age class (years) mean SD 95% CI sign mean SD 95% CI sign mean SD 95% CI sign period sign mean SD 99,8 9,4 99,0 100,6 100,7 8,4 99,7 101,8 1,2 * 0,9	25.44	02.1	10 1	01 1	02.0	***	02.2	12.4	02.2	011	***	02.1	11 2	017	015	***	1.0	200	0.3	200
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 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 Hip circumferences (cm) 2008-2012 ANOVA within period sign mean SD 95% CI sign mean SD 95% CI sign period sign mean SD 95% CI sign Diff sig										,					,					ns
Hip circumferences (cm) 1998-2002 ANOVA within period sign mean SD 95% CI *** 35-44 99,5 8,5 98,9 100,1 Hip circumferences (cm) 2008-2012 ANOVA within period sign mean SD 95% CI ** *** 99,8 9,4 99,0 100,6 Hip circumferences (cm) ANOVA within period sign mean SD 95% CI ** *** 100,7 100,7 100,7 100,8 4,4 4,4 4,4 4,4 4,4 4,4 4,4																				ns
Age class (years) mean SD 95% CI sign mean SD 95% CI *** 99,8 8,5 98,9 100,1 99,8 9,4 99,0 100,6 100,7 8,4 99,7 101,8 12 ** 2018-2019 ANOVA within period sign mean SD 95% CI sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign period sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998-2002 vs 2008-2018 to the sign mean SD 95% CI ns 1,2 ** 1018-2019 vs 1998	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
Age class (years) mean SD 95% CI *** Mean SD 95, 8,5 98,9 100,1 99,8 9,4 99,0 100,6 100,7 8,4 99,7 101,8 1,2 ** 0,9		-							Н	lip circu	umfere	nces (c	m)							
Age class (years) mean SD 95% CI sign mean SD 95% CI *** 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 1,2 * 0,9		1009.2002				ANOVA		2009	2012		ANOVA		2019	2-2010		ANOVA	2018	-2019		
(years) mean SD 95% CI sign was assign with the sign was assign with the sign was assign with the sign was assign was as a sign was assign was as a sign was a sign was as a sign was as a sign was as a sign was a sign wa	Age class		199	J-2002		within		2000	2012		within		2010	. 2013		within	vs 199		vs 200	1000 E 021
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 1,2 * 0,9	1	mean	SD	95%	6 CI	sign	mean	SD	959	% CI	sign	mean	SD	959	6 CI	sign	Diff		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
																				ns
STATION RESIDENCE SECURITION SECU																	-0,7		-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	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

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.

									10	WON	1EN								
									Body n	nass in	dex (k	g/m²)							
		199	8-2002		ANOVA within		2008	-2012		ANOVA within		2018	3-2019	((ANOVA within	2018- vs 1998		2018 vs 200	
Age class (years)	mean	SD	959	6 CI	period sign	mean	SD	959	6 CI	period sign	mean	SD	959	% CI	period sign ***	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)								
		199	8-2002		ANOVA		2008	-2012		ANOVA		2018	3-2019		ANOVA within	2018- vs 1998		2018 vs 200	
Age class					within period					within period					period	****	t-test	10 200	t-test
(years)	mean	SD	959	6 CI	sign	mean	SD	959	6 CI	sign	mean	SD	959	% CI	sign	Diff	sign	Diff	sign
22.2	460.2	C 2	450.0	160.0	***	460.0	CE	160.3	161 1	***	464.4	6.0	160.6	160.0	***		*	0.6	72.0
35-44 45-54	160,3 158,4		159,9 158.0	160,8 158.9		160,8 159,2		158,7	,		161,4 160,3	6,2	160,6 159,6	162,2 161,1		1,1 1,9	***	0,6 1,1	ns *
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		155,4	156,4		154,7		154.1	,		155,0	6.1	154,3	155,8		-0.9	ns	0,4	ns
								,			,			,		-,-		-,.	
										Weight	t (kg)								
																2018-	2010	2018	2010
		199	8-2002		ANOVA within		2008	-2012		ANOVA within		2018	3-2019		ANOVA within	vs 1998		vs 200	
Age class					period					period	<u> </u>				period		t-test		t-test
(years)	mean	SD	959	6 CI	sign	mean	SD	959	6 CI	sign	mean	SD	959	% CI	sign	Diff	sign	Diff	sign
	62.0	110	61.1	62.0	***	GAE	12.4	63.3	65.7	***	644	14.2	62.2	65.0	*		*	0.4	
35-44 45-54		11,9 12.5	61,1 64.7	62,9 66.5			13,4 12.9	65.0	65,7 67.1		64,1 67,1	14,2 15.0	65.3	65,9 68,9		2,1		-0,4	ns
45-54 55-64	1000100	12,5	66.5	68.2		68.0	13.7	66.9	69.1		67.0	13.0	65.5	68.5		1,5 -0,3	ns ns	1,0	ns ns
65-74	,-	11,6	66,6	68.4			12,2	66.9	69.0		67,0	12,1	65,6	68,5		-0,5	ns	-1,0 -1,0	ns
03 74	01,0	11,0	00,0	00, 1		00,0	-,-	00,0	00,0		01,0		00,0	00,0		-0,3	113	-1,0	113
								Wais	t to Hi	n circu		nces	ratio						
								vvais		Penea	mierei								
		100			ANOVA		2000				mierei		2010		ANOVA	2018-	-2019	2018	-2019
		199	8-2002		ANOVA within		2008	-2012		ANOVA within	mierei		3-2019		ANOVA within	2018- vs 1998		2018- vs 200	
Age class								3-2012		ANOVA		2018		V 61		vs 1998	8-2002 t-test	vs 200	8-2012 t-test
Age class (years)	mean	199	959		within period	mean	2008			ANOVA within period	mean			% CI	within period		8-2002		8-2012
()	mean	SD	959		within period sign	mean 0,82	SD	3-2012	6 CI	ANOVA within period sign		2018			within period sign	vs 1998	8-2002 t-test	vs 200	8-2012 t-test
(years)	0,82	SD	959 0,81	6 CI	within period sign	0,82	SD	959	6 CI 0,83	ANOVA within period sign	mean	2018	959 0,79		within period sign	vs 1998	t-test sign	vs 200	t-test sign
(years) 35-44	0,82	SD 0,06 0,06	959 0,81 0,83	% CI 0,82	within period sign	0,82	SD 0,08 0,08	959 0,82	6 CI 0,83 0,85	ANOVA within period sign	mean 0,80	2018 SD 0,07	959 0,79 0,82	0,81	within period sign	vs 1998 Diff -0,02	t-test sign	vs 2000 Diff -0,02	t-test sign
(years) 35-44 45-54	0,82 0,83	SD 0,06 0,06 0,06	959 0,81 0,83 0,84	6 CI 0,82 0,83	within period sign	0,82 0,84	SD 0,08 0,08 0,08	959 0,82 0,83	6 CI 0,83 0,85 0,87	ANOVA within period sign	mean 0,80 0,82 0,85	SD 0,07 0,06 0,07	959 0,79 0,82	0,81 0,83 0,85	within period sign	Diff -0,02 -0,01	t-test sign **	Diff -0,02 -0,02	t-test sign **
(years) 35-44 45-54 55-64	0,82 0,83 0,85	SD 0,06 0,06 0,06	959 0,81 0,83 0,84	0,82 0,83 0,85	within period sign	0,82 0,84 0,86	SD 0,08 0,08 0,08	959 0,82 0,83 0,85 0,88	0,83 0,85 0,87 0,89	ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88	SD 0,07 0,06 0,07 0,07	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85	within period sign	Diff -0,02 -0,01 0,00	t-test sign **	Diff -0,02 -0,02 -0,01	t-test sign ** **
(years) 35-44 45-54 55-64	0,82 0,83 0,85	SD 0,06 0,06 0,06	959 0,81 0,83 0,84	0,82 0,83 0,85	within period sign	0,82 0,84 0,86	SD 0,08 0,08 0,08	959 0,82 0,83 0,85 0,88	0,83 0,85 0,87 0,89	ANOVA within period sign	mean 0,80 0,82 0,85 0,88	SD 0,07 0,06 0,07 0,07	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85	within period sign	Diff -0,02 -0,01 0,00	t-test sign **	Diff -0,02 -0,02 -0,01	t-test sign ** **
(years) 35-44 45-54 55-64	0,82 0,83 0,85	SD 0,06 0,06 0,06 0,06	95% 0,81 0,83 0,84 0,86	0,82 0,83 0,85 0,86	within period sign	0,82 0,84 0,86	SD 0,08 0,08 0,08 0,08	959 0,82 0,83 0,85 0,88	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88	2018 SD 0,07 0,06 0,07 0,07	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85 0,89	within period sign	Diff -0,02 -0,01 0,00 0,02	t-test sign ** ns ns ***	Diff -0,02 -0,02 -0,01 0,00	t-test sign ** ** ns
(years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85	SD 0,06 0,06 0,06 0,06	959 0,81 0,83 0,84	0,82 0,83 0,85 0,86	within period sign ****	0,82 0,84 0,86	SD 0,08 0,08 0,08 0,08	959 0,82 0,83 0,85 0,88	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign *** rcumfe	mean 0,80 0,82 0,85 0,88	2018 SD 0,07 0,06 0,07 0,07	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85 0,89	within period sign	Diff -0,02 -0,01 0,00 0,02	t-test sign ** ns ns ***	Diff -0,02 -0,02 -0,01 0,00	t-test sign ** ** ns
(years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86	SD 0,06 0,06 0,06 0,06	959 0,81 0,83 0,84 0,86	0,82 0,83 0,85 0,86	within period sign ***	0,82 0,84 0,86 0,88	SD 0,08 0,08 0,08 0,08	959 0,82 0,83 0,85 0,88 V	0,83 0,85 0,87 0,89 Vaist c	ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88	2018 SD 0,07 0,06 0,07 0,07 s (cm	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85 0,89	within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1996	8-2002 t-test sign ** ns ns ***	vs 2000 Diff -0,02 -0,02 -0,01 0,00	** ** ns ** ** 1.2019 ** 1
(years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85	SD 0,06 0,06 0,06 0,06	95% 0,81 0,83 0,84 0,86	0,82 0,83 0,85 0,86	within period sign **** ANOVA within period	0,82 0,84 0,86	SD 0,08 0,08 0,08 0,08	959 0,82 0,83 0,85 0,88	0,83 0,85 0,87 0,89 Vaist c	ANOVA within period sign *** rcumfe	mean 0,80 0,82 0,85 0,88	2018 SD 0,07 0,06 0,07 0,07	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85 0,89	within period sign **** ANOVA within period	Diff -0,02 -0,01 0,00 0,02	t-test sign ** ns ns ***	Diff -0,02 -0,02 -0,01 0,00	t-test sign ** ** ns
(years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86	SD 0,06 0,06 0,06 0,06 SD	95% 0,81 0,83 0,84 0,86	0,82 0,83 0,85 0,86	within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88	SD 0,08 0,08 0,08 0,08 0,08 SD	959 0,82 0,83 0,85 0,88 V	0,83 0,85 0,87 0,89 Vaist c	ANOVA within period sign **** rcumfe	mean 0,80 0,82 0,85 0,88	SD 0,07 0,06 0,07 0,07 s (cm 2018	959 0,79 0,82 0,84 0,87	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign	Diff -0,02 -0,01 0,00 0,02 2018- vs 1996	8-2002 t-test sign ** ns ns ***	vs 2000 Diff -0,02 -0,02 -0,01 0,00	** ** ns ** ** 1.2019 ** 1
(years) 35-44 45-54 55-64 65-74 Age class (years)	0,82 0,83 0,85 0,86	SD 0,06 0,06 0,06 0,06 1999	95% 0,81 0,83 0,84 0,86	0,82 0,83 0,85 0,86	within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9	959 0,82 0,83 0,85 0,88 W 3-2012 959 80,8 84,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign **** rcumfe	mean 0,80 0,82 0,85 0,88 erence	SD 0,07 0,06 0,07 0,07 s (cm 2018	959 0,79 0,82 0,84 0,87 0)	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign	vs 1996 Diff -0,02 -0,01 0,00 0,02 2018- vs 1996 Diff	8-2002 t-test sign ** ns ns ** ** -2019 8-2002 t-test sign	vs 2000 Diff -0,02 -0,02 -0,01 0,00 2018 vs 2000	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign
(years) 35-44 45-54 55-64 65-74 Age class (years)	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 11,0 11,5 12,4	959 0,81 0,83 0,84 0,86 28-2002 959 77,0 82,1 86,8	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5	within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1	959 0,82 0,83 0,85 0,88 W 23-2012 959 80,8 84,0 88,1	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign **** rcumfe	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5	2018 SD 0,07 0,06 0,07 0,07 0,07 s (cm 2018 SD 12,8 13,7 12,4	959 0,79 0,82 0,84 0,87 0) 3-2019 959 78,6 82,8 86,0	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4	8-2002 t-test sign ** ns ns *** -2019 8-2002 t-test sign **	vs 2000 Diff -0,02 -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 11,0 11,5 12,4	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7	within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1	959 0,82 0,83 0,85 0,88 W 3-2012 959 80,8 84,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign **** rcumfe	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5	2018 SD 0,07 0,06 0,07 0,07 0,07 s (cm 2018 SD 12,8 13,7 12,4	959 0,79 0,82 0,84 0,87 0) 3-2019 959 78,6 82,8	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4 1,5	8-2002 t-test sign ** ns ns *** -2019 8-2002 t-test sign **	vs 2000 Diff -0,02 -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 11,0 11,5 12,4	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5	within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1	959 0,82 0,83 0,85 0,88 W 23-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign *** rcumfe ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	SD 0,07 0,06 0,07 0,07 s (cm 2018 13,7 12,4 12,7	959 0,79 0,82 0,84 0,87 0) 3-2019 959 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4 1,5 -0,1	8-2002 t-test sign ** ns ns *** -2019 8-2002 t-test sign ** ns	vs 2000 Diff -0,02 -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6 -1,7	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns ns
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 11,0 11,5 12,4	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5	within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1	959 0,82 0,83 0,85 0,88 W 23-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci	ANOVA within period sign **** rcumfe	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	SD 0,07 0,06 0,07 0,07 s (cm 2018 13,7 12,4 12,7	959 0,79 0,82 0,84 0,87 0) 3-2019 959 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4 1,5 -0,1	8-2002 t-test sign ** ns ns *** -2019 8-2002 t-test sign ** ns	vs 2000 Diff -0,02 -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6 -1,7	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns ns
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 1999 SD 11,0 11,5 12,4 11,6	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	within period sign *** ANOVA ANOVA within period sign ***	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6	959 0,82 0,83 0,85 0,88 W 3:-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 6 CI 83,0 86,1 90,3 93,1	ANOVA within period sign *** rcumfe ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	2018 SD 0,07 0,06 0,07 0,07 0,07 2018 SD 12,8 13,7 12,4 12,7 (cm)	959 0,79 0,82 0,84 0,87 3-2019 959 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89 % CI 81,9 86,0 88,9 93,4	within period sign *** ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4 1,5 -0,1 1,4	8-2002 t-test sign ** ns ns *** 2019 8-2002 t-test sign ** ns ns ns	vs 2000 Diff -0,02 -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6 -1,7	### 1.50 ### 1.
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 1999 SD 11,0 11,5 12,4 11,6	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	ANOVA within period sign *** ANOVA within period sign ***	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6	959 0,82 0,83 0,85 0,88 W 23-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 6 CI 83,0 86,1 90,3 93,1	ANOVA within period sign *** rcumfe ANOVA within period sign *** ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	2018 SD 0,07 0,06 0,07 0,07 0,07 2018 SD 12,8 13,7 12,4 12,7 (cm)	959 0,79 0,82 0,84 0,87 0) 3-2019 959 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89 % CI 81,9 86,0 88,9 93,4	ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4 1,5 -0,1 1,4	8-2002 t-test sign ** ns ns *** 2019 8-2002 t-test sign ** ns ns ns	Diff -0,02 -0,01 0,00 Diff -1,6 -0,6 -1,7 -0,1	8-2012 t-test sign ** ** ns 2019 8-2012 t-test sign ns ns ns
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6 90,5	SD 0,06 0,06 0,06 0,06 1999 SD 11,0 11,5 12,4 11,6	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	ANOVA ANOVA within period sign ***	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2 92,0	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6 2008	959 0,82 0,83 0,85 0,88 V 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 83,0 86,1 90,3 93,1 Hip cir	ANOVA within period sign *** ANOVA within period sign *** ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	2018 SD 0,07 0,06 0,07 0,07 s (cm 2018 13,7 12,4 12,7 (cm) 2018	959 0,79 0,82 0,84 0,87 0) 3-2019 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1998 Diff 2,4 1,5 -0,1 1,4 2018- vs 1998	8-2002 t-test sign ** ns ns *** 2019 8-2002 t-test sign ** ns ns ns self self self self self self self sel	Diff -0,02 -0,01 0,00 Diff -1,6 -0,6 -1,7 -0,1	8-2012 t-test sign ** ** ns 2019 8-2012 t-test sign ns ns ns ns ns the second sign sign sign sign sign sign sign sign
(years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6	SD 0,06 0,06 0,06 0,06 1999 SD 11,0 11,5 12,4 11,6	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	ANOVA within period sign *** ANOVA within period sign ***	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6	959 0,82 0,83 0,85 0,88 W 3:-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 83,0 86,1 90,3 93,1 Hip cir	ANOVA within period sign *** ANOVA within period sign *** ANOVA within period within period	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	2018 SD 0,07 0,06 0,07 0,07 0,07 2018 SD 12,8 13,7 12,4 12,7 (cm)	959 0,79 0,82 0,84 0,87 3-2019 959 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89	ANOVA within period sign ANOVA within period sign ANOVA within period period sign	Diff -0,02 -0,01 0,00 0,02 2018- vs 1999 Diff 2,4 1,5 -0,1 1,4	8-2002 t-test sign ** ns ns *** 2019 8-2002 t-test sign ** ns ns ns s s s s s s s s s s s s s	Diff -0,02 -0,01 0,00 Diff -1,6 -0,6 -1,7 -0,1	8-2012 t-test sign ** ** ns 2019 8-2012 t-test sign ns ns ns ns 9-2019 8-2012
Age class (years) 35-44 45-54 55-64 65-74 Age class (years) Age class (years)	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6 90,5	SD 0,06 0,06 0,06 0,06 1999 SD 11,0 11,5 12,4 11,6 1999 SD SD	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	ANOVA within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2 92,0	SD 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6 2008 SD	959 0,82 0,83 0,85 0,88 V 3-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 83,0 86,1 90,3 93,1 Hip cir	ANOVA within period sign *** ANOVA within period sign *** ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9	2018 SD 0,07 0,06 0,07 0,07 0,07 s (cm 2018 SD 12,8 13,7 12,4 12,7 (cm) 2018	959 0,79 0,82 0,84 0,87 3-2019 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89	within period sign *** ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1998 Diff 2,4 1,5 -0,1 1,4 2018- vs 1998 Diff	8-2002 t-test sign ** ns ns *** 2019 8-2002 t-test sign ** ns ns ns self self self self self self self sel	vs 2000 Diff -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6 -1,7 -0,1 2018 vs 2000 Diff	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns ns ns -2019 8-2012 t-test sign
Age class (years) 35-44 45-54 55-64 65-74 Age class (years) Age class (years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6 90,5	SD 0,06 0,06 0,06 0,06 0,06 11,0 11,5 12,4 11,6 199 SD 10,7	959 0,81 0,83 0,84 0,86 08-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	ANOVA within period sign *** ANOVA within period sign	0,82 0,84 0,86 0,88 mean 81,9 85,0 89,2 92,0	SD 0,08 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6 2008 SD 10,9	959 0,82 0,83 0,85 0,88 W -2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 6 CI 83,0 86,1 90,3 93,1 Hip cir	ANOVA within period sign *** ANOVA within period sign *** ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9 rences	2018 SD 0,07 0,06 0,07 0,07 s (cm) 12,8 13,7 12,4 12,7 (cm) 2018 SD 10,6	959 0,79 0,82 0,84 0,87 0) 3-2019 959 78,6 82,8 86,0 90,4 3-2019 959 98,5	0,81 0,83 0,85 0,89 % CI 81,9 86,0 88,9 93,4	within period sign *** ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1998 Diff 2,4 1,5 -0,1 1,4 2018- vs 1998 Diff 4,5	8-2002 t-test sign ** ns ns ** *-2019 8-2002 t-test sign ** ns ns ns ns t-test sign ** ns ns ns ns ns t-test sign ** ns ns ns ns t-test sign ** t-test sign ** t-test sign	vs 2000 Diff -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6 -1,7 -0,1 2018 vs 2000 Diff 0,4	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns ns ns ns ns ns -2019 8-2012 t-test sign ns ns
Age class (years) 35-44 45-54 55-64 65-74 Age class (years) Age class (years)	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6 90,5	SD 0,06 0,06 0,06 0,06 0,06 11,0 11,5 12,4 11,6 1999 SD 10,7 11,1	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4	ANOVA within period sign *** ANOVA within period sign	mean 81,9 85,0 89,2 92,0	SD 0,08 0,08 0,08 0,08 0,08 2008 SD 12,3 12,9 13,1 12,6 2008 SD 10,9 10,6	959 0,82 0,83 0,85 0,88 V 3-2012 959 80,8 84,0 88,1 91,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 6 CI 83,0 86,1 90,3 93,1 Hip cir	ANOVA within period sign *** ANOVA within period sign *** ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9 rences mean 99,8 102,2	2018 SD 0,07 0,06 0,07 0,07 s (cm) 12,8 13,7 12,4 12,7 (cm) 2018 SD 10,6 11,8	959 0,79 0,82 0,84 0,87 3-2019 78,6 82,8 86,0 90,4	0,81 0,83 0,85 0,89 % CI 81,9 86,0 88,9 93,4	within period sign *** ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1998 2,4 1,5 -0,1 1,4 2018- vs 1998 Diff 4,5 2,3	8-2002 t-test sign ** ns ns *** -2019 8-2002 t-test sign ** ns ns ns ** -2019 8-2002 t-test sign ** ns ns ns **	Diff -0,02 -0,01 0,00 Diff -1,6 -0,6 -1,7 -0,1 Diff 0,4 1,3	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns ns ns -2019 8-2012 t-test sign
Age class (years) 35-44 45-54 55-64 65-74 Age class (years) 35-44 45-54 55-64 65-74	0,82 0,83 0,85 0,86 mean 77,9 82,9 87,6 90,5	SD 0,06 0,06 0,06 0,06 0,06 11,0 11,5 12,4 11,6 1999 SD 10,7 11,1 11,2	959 0,81 0,83 0,84 0,86 98-2002 959 77,0 82,1 86,8 89,6	6 CI 0,82 0,83 0,85 0,86 6 CI 78,7 83,7 88,5 91,4 6 CI 96,1 100,5	ANOVA within period sign *** ANOVA within period sign	mean 81,9 85,0 89,2 92,0	SD 0,08 0,08 0,08 0,08 0,08 0,08 0,08 0,0	959 0,82 0,83 0,85 0,88 W 2:-2012 959 80,8 84,0 88,1 91,0 959 98,4 100,0	6 CI 0,83 0,85 0,87 0,89 Vaist ci 6 CI 83,0 86,1 90,3 93,1 Hip cir 100,3 101,8 104,5	ANOVA within period sign *** ANOVA within period sign *** ANOVA within period sign ***	mean 0,80 0,82 0,85 0,88 erence mean 80,3 84,4 87,5 91,9 rences mean 99,8 102,2 103,1	SD 0,07 0,06 0,07 0,07 s (cm) 12,8 13,7 12,4 12,7 (cm) 2018 SD 10,6 11,8 10,2	959 0,79 0,82 0,84 0,87 3-2019 959 78,6 82,8 86,0 90,4 3-2019 959 98,5 100,8	0,81 0,83 0,85 0,89 % CI 81,9 86,0 88,9 93,4	within period sign *** ANOVA within period sign ***	Diff -0,02 -0,01 0,00 0,02 2018- vs 1998 Diff 2,4 1,5 -0,1 1,4 2018- vs 1998 Diff 4,5	8-2002 t-test sign ** ns ns ** ** -2019 8-2002 t-test sign ** ns ns ns ** ** ** ** ** ** ** ** ** ** ** ** **	vs 2000 Diff -0,02 -0,01 0,00 2018 vs 2000 Diff -1,6 -0,6 -1,7 -0,1 2018 vs 2000 Diff 0,4	8-2012 t-test sign ** ** ns -2019 8-2012 t-test sign ns ns ns ns ns ns ns -2019 8-2012 t-test sign ns ns 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 < 0.001; *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	N			
			Body mas	ss inde	lex (kg/m²)			
	1998-2002	ANOVA within	2008-2012	ANOVA within	2018-2019	ANOVA within	2018-2019 vs 1998-2002	2018-2019 vs 2008-2012
Educational level	mean SD95% CI	period sign	ean SD95% Cl	period sign	mean SD 95% CI	period sign	t-test Diff sign	t-test Diff sign
Higher education Lower education	26,4 3,7 26,2 26,6 27,0 3,8 26,8 27,2		7,2 4,2 27,0 27,5 8,0 4,3 27,7 28,2		26,7 4,0 26,4 27,0 27,7 4,5 27,2 28,2		0,3 ns 0,7 **	-0,5 ** -0,3 ns
			He	eight ((cm)			
	1998-2002	ANOVA within	2008-2012	ANOVA within	2018-2019	ANOVA within	2018-2019 vs 1998-2002	2018-2019 vs 2008-2012
Educational level	mean SD95% CI	period sign me	ean SD95% Cl	period sign	mean SD <u>95% CI</u>	period sign	t-test biff sign	t-test Diff sign
Higher education Lower education	172,6 7,1 172,2 173,0 170,1 6,9 169,8 170,4		3,3 6,7 173,0 173,7 0,2 6,5 169,8 170,6		173,9 6,5 <i>173,4 174,3</i> 171,3 7,0 <i>170,5 172,1</i>		1,3 *** 1,2 **	0,4 ns 1,1 *
			W	eight ((kg)			
	1998-2002		2008-2012		2018-2019		2018-2019 vs 1998-2002	2018-2019 vs 2008-2012
Educational level	mean SD95% Cl	ANOVA within period me	ean SD95% Cl	ANOVA within period sign	mean SD95% CI	ANOVA within period — sign	t-test sign	t-test sign
Higher education	78,6 12,2 77,9 79,3	81	1,9 14,2 <i>81,1 82,7</i>		80,8 13,1 79,8 81,7		2,2 **	-1,1 ns
Lower education	78,1 12,3 77,5 78,7	81	1,1 13,4 80,3 82,0		81,4 14,3 79,8 83,0		3,3 **	0,3 ns
			Waist to Hip	circum	mferences ratio			
	1998-2002		2008-2012		2018-2019		2018-2019 vs 1998-2002	2018-2019 vs 2008-2012
Educational level	mean SD <u>95% CI</u>	ANOVA within period me sign	ean SD <u>95% CI</u>	ANOVA within period sign	mean SD <u>95% CI</u>	ANOVA within period sign	t-test Diff sign	t-test Diff sign
Higher education	0,93 0,06 0,93 0,93		95 0,08 <i>0,95 0,96</i>		0,94 0,06 <i>0,94 0,95</i>		0,01 ***	-0,01 *
Lower education	0,94 0,06 0,94 0,98	U,S	.97 0,07 <i>0</i> ,96 <i>0</i> ,97		0,97 0,07 0,96 0,97		0,03 ***	0,00 ns
			Waist circ	umfer	rences (cm)			
	1998-2002	ANOVA within	2008-2012	ANOVA within	2018-2019	ANOVA – within	2018-2019 vs 1998-2002	2018-2019 vs 2008-2012
Educational level	mean SD <u>95% CI</u>	period sign me	ean SD <u>95% CI</u>	period sign	mean SD <u>95% CI</u>	period sign	t-test sign	t-test Sign
Higher education	94,2 10,4 93,6 94,8	96	6,0 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	7,4 11,6 <i>96,7 98,1</i>		97,7 11,9 96,3 99,0		2,5 **	0,3 ns
			Hip circu	mfere	ences (cm)			
	1998-2002	ANOVA within	2008-2012	ANOVA within	2018-2019	ANOVA within	2018-2019 vs 1998-2002	2018-2019 vs 2008-2012
Educational level	mean SD <u>95% CI</u>	period sign — me — ns	ean SD95% Cl	period sign	mean SD <u>95% Cl</u>	period sign – ns	t-test Diff sign	t-test Diff sign
Higher education Lower education	101,1 8,5 100,6 101,6 100,8 8,7 100,4 101,2	100	0,9 9,1 100,3 101,4 0,6 8,3 100,1 101,1	113	100,7 7,5 100,2 101,3 100,9 8,8 99,9 101,9		-0,4 ns 0,1 ns	-0,2 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 < 0.001; ** 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: 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/m²) 2018-2019 2018-2019 1998-2002 2008-2012 2018-2019 ANOVA ANOVA ANOVA vs 1998-2002 vs 2008-2012 withir within period period period t-test t-test **Educational level** sign sign 95% CI sign sign SD 95% CI SD 95% CI Diff Diff mean SD mean mean Higher education 25,1 4.2 24.8 25,4 25,6 5.0 25,3 25,9 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) 2018-2019 2018-2019 1998-2002 2008-2012 2018-2019 ANOVA ANOVA ANOVA vs 2008-2012 vs 1998-2002 within within within period period period t-test t-test Educational level sign sign sign sign sign mean SD 95% CI SD 95% CI SD 95% CI Diff Diff 159,2 159,3 6,0 158,9 159,6 159,3 160,2 159.6 6.3 159.9 159.8 5.8 Higher education 0,2 0,5 ns ns 157,3 6,2 157,0 157,6 156,8 6,4 156,4 157,2 157,5 6,4 156,8 158,2 Lower education 0,2 ns 0,7 ns Weight (kg) 2018-2019 2018-2019 1998-2002 2008-2012 ANOVA 2018-2019 ANOVA vs 1998-2002 vs 2008-2012 within within within period t-test t-test **Educational level** sign sign sign SD 95% CI 95% CI SD 95% CI Diff sign sign mean mean 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 -0,1 1.0 ns 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 2018-2019 2018-2019 1998-2002 2008-2012 2018-2019 ANOVA ANOVA ANOVA vs 1998-2002 vs 2008-2012 period period period t-test t-test **Educational level** sign sign sign sign Diff 95% CI 95% CI 95% CI Diff SD SD SD mean mean mean 0,84 0,08 0,84 0,82 Higher education 0.82 0.06 0.82 0.83 0.85 0.83 0.07 0.83 1,00 ns -0,01 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 Lower education 0,01 ns Waist circumferences (cm) 2018-2019 2018-2019 1998-2002 2008-2012 2018-2019 ANOVA ANOVA ANOVA vs 2008-2012 vs 1998-2002 within within within period period period t-test t-test sign Educational level sign sign sign SD 95% CI SD 95% CI SD 95% CI Diff Diff Higher education 81.5 10.3 80.9 84.4 12.0 83.7 82.9 82.1 85.1 83.8 12.1 84.7 2.3 -0.6ns 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) 2018-2019 2018-2019 1998-2002 2008-2012 2018-2019 ANOVA ANOVA ANOVA vs 1998-2002 vs 2008-2012 within within within t-test t-test Educational level sign sign sign 95% CI SD 95% CI SD 95% CI Diff sign sign mean 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

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 < 0.001; **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: 722 and 341.Pool of the following Italian regions: Piedmont, Lombardy, Liguria, Emilia Romagna, Tuscany, Lazio, Abruzzo, Basilicata, Calabria, and Sicily.

104.1

105,6 11,3 104,4 106,8

3,9

2,2

103,4 11,1 *102,7*

Lower education

101,7 11,4 101,1 102,2

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.

Second S							r	νEΝ						
							Unde	erweig	ght					
Septemble Sep		199	8-2002	test within	200	8-2012	test within	201	8-2019	test within		98-2002		08-2012
49-8-4 0,5 0,0 1,0 1,0 0,0 0,0 0,0 0,0 0,0 0,0 0,0		%	95% CI		%	95% CI		%	95% CI		Diff	squared	Diff	squared
1	35-44		0,1 1,3			0,0 1,2			0,0 1,9		0,1	ns	0,2	ns
1									0,0 1,2					ns
Age class (years) 1998-2002 Contemporal properties 1998-2002 Contemporal p						0.0 1.5			0.0 1.8					ns
1998-2002 199							Norm	al we	ight					
Commonweight Comm											201	8-2019	201	8-2019
Section Sect		199	8-2002		200	8-2012		201	8-2019		vs 19		vs 20	
Section Sect														chi- squared
43-54 38 35 42 37 33 41 43 37 49 41 3 3 5 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	(years)	%	95% CI		%	95% CI		%	95% CI		Diff		Diff	
49-54 32 29 36	35-44	38	35 42	**	37	33 41	***	43	37 49	***	4	ns	6	ns
Second S	45-54										3	ns		ns
Table	65-74	31	27 34		22	19 20	0				-9		U	ns
Age class (years)							Ove	weig	nt					
Secondary Seco		199	8-2002		200	8-2012		201	8-2019					
Section Sect	Age class			period			period			period				
45-54 4 6 53 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 8 -6	(years)	%	95% CI	sign	%	95% CI		%	95% CI		Diff		Diff	
45-54 50 46 53 47 49 46 53 50 46 54 47 49 65 54 48 56 44 39 50 57 7 ns 4 ns 4 ns 55 48 56 48 50 55 ns 4 ns 55 48 56 48 50 55 ns 4 ns 55 48 56 48 50 55 ns 4 ns 55 ns 55 ns 4 ns 55 ns 55 ns 4 ns 55 ns 55 ns 4 ns 55 ns 4 ns 55 ns	35-44	46	43 50	ns	43	39 48	**	40	34 46	*	-6	ns	-3	ns
1998-2002 Chi-quared test within spring from the start within spring f	45-54										-3	ns		
1998-2002 Chi-quared test within period fight 1998-2002 Chi-quared test within period fi														
1998-2002 Chi-squared test within principal sign Septend test within principal	03 74		70 00				0	70.7				113	-	113
Age class (years) Age class (ye								Sesicy			201	9 2010	201	9 2010
Period Sign Period Sign Period Sign Squared Square		199	8-2002		200	8-2012		201	8-2019					
Second S	Age class			period			period			period				
35-44		%	95% CI	sign	%	95% CI	sign	%	95% CI	sign	Diff		Diff	
As-54				*			*			ns				
Severobesity Seve														
1998-2002 Chi-squared 2008-2012 Chi-squared 2018-2019 Chi-squared test within period sign Sign Diff sign Diff sign Diff sign	55-64		17 22			21 28			17 27					ns
Age class (years) 1998-2002 Chi-squared test within period sign % 95% CI NS NS NS NS NS NS NS N	65-74	19	17 22		27	23 31		24	19 29		5	ns	-3	ns
Age class (years) Age class (ye							Sever	e obe	sity					
Age class (years) % 95% CI ns		199	8-2002	Chi-squared	200	8-2012	Chi-squared	201	8-2019	Chi-squared				
Section Sign	Ago class			test within			test within			test within				
Age class (years) Page P	The second second second second	9/	05% CI		9/	05% (1		9/	05% CI		Diff		Diff	squared
45-54 0,5 0,0 1,0 1,1 0,4 2,3 1,4 0,4 2,3 1,4 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		70	93% CI	ns	70	93% CI	ns	70	93% (1	ns	Dill	J.g.,	Dill	o.g.,
45-54 0,5 0,0 1,0 1,1 0,4 2,3 1,4 0,4 2,3 1,4 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	35-44	0.0			1.5	0.5 25		0.8	0.0 10		0.8	*	-0.7	ns
High waist-to-hip ratio High waist-to-hip ratio			0,0 1,0									**		
Age class (years) 1998-2002 Chi-squared test within period sign 1998-2002 1998-200														
1998-2002 Chi-squared test within period sign	65-74	0,3	0,0 0,6		1,1		l liab				0,5	ris	-0,3	IIS
Age class (years)							nign wais	ι-το-h	ip ratio					
Age class (years) % 95% CI		199	8-2002	Chi-squared	200	8-2012	Chi-squared	201	8-2019	Chi-squared				
Sign	Age class			test within period			test within period			test within period				
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		9/2	95% CI	sign	9/	95% CI	sign	%	95% (1	sign	Diff		Diff	squared sign
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) % 95% CI *** % 95% CI *** *** *** *** 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				***			***		100000000000000000000000000000000000000	***				
S5-64 85 82 87 89 87 92 83 79 87 97 87 88 87 92 89 94 93 90 96 7 ** 1 ns											1			ns *
Age class (years)														*
1998-2002 Chi-squared test within period sign	65-74	84	82 87		92	89 94		93	90 96		7	**	1	ns
Age class (vears) % 95% CI							Abdomi	inal ol	pesity					
Age class (years) % 95% Cl *** 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		199	8-2002	Chi	200	8-2012	Chi	201	8-2019	Chicama				
(years) % 95% CI *** 95% CI *** 95% CI *** Diff sign squared squared squared squared squared squared squared sign Diff sign <th>0.000</th> <th></th> <th></th> <th>test within</th> <th></th> <th></th> <th>test within</th> <th></th> <th></th> <th>test within</th> <th>vs 19</th> <th></th> <th>vs 20</th> <th></th>	0.000			test within			test within			test within	vs 19		vs 20	
***	1000	9/	05% (1		0/	05% (1		9/	05% (1		Diff		Diff	squared
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				***			***			***		Sigil		sign
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														
co interval. Chi squared test was used to compare provalence between periods and among age classes within the period. Underweight: body ma					7.7						3.7			

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: $18.5 \le 10.5 \le 1$

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.

								wo	MEI	V						
								Under	weig	ht						
	19	98-20	002	Chi-squared test within	20	008-20	012	Chi-squared test within	20	18-20	019	Chi-squared test within		3-2019 98-2002		3-2019 08-2012
Age class (years)	%	959	6 CI	period sign	%	959	% CI	period sign	%	959	% CI	period sign	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 55-64	0,9	0,2	1,6 3.1		1,6	0,6	2,6		2,6	0,7	4,5 2.8		1,7 -0,6	* ns	1,0 1,1	ns 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
								Norma	alwei	ght						
	19	98-20	002		20	008-20	012		20	18-20	019			8-2019 98-2002		3-2019
Age class				Chi-squared test within period				Chi-squared test within period				Chi-squared test within period	vs 19	chi-	vs 200	08-2012 chi-
(years)	%	959	6 CI	sign	%	959	6 CI	sign	%	9.59	% CI	sign	Diff	squared sign	Diff	squared sign
	64		68	***	59	55	63	***	60	54	67	***				
35-44 45-54	47	60 43	50		46	42	50		49	43	54		-4 2	ns ns	1 2	ns 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
								Over	weigl	nt						
	19	98-20	002	Chi-squared	20	008-20	012	Chi-squared	20	18-20	019	Chi-squared		3-2019 98-2002		3-2019 08-2012
Age class				test within period				test within period				test within period	V3 13.	chi-	V3 200	chi-
(years)	%	959	6 CI	sign - ***	%	959	6 CI	sign ***	%	959	% CI	sign - **	Diff	squared sign	Diff	squared sign
35-44	33	19 30	25 37		24 33	20 29	28 37		21 25	16 20	26 30		-1	ns **	-3	ns *
45-54 55-64	41	38	45		32	28	36		32	26	37		-8 -9	**	-8 0	ns
65-74	38	34	42		41	37	45		38	32	43		0	ns	-3	ns
								Ob	esity							
	19	98-20	002		20	008-20	112		20	18-20	019			3-2019		3-2019
	- 13	30-20	,UZ	Chi-squared test within period		00-20	,12	Chi-squared test within period		10-20	J13	Chi-squared test within	vs 199	98-2002 chi-	vs 200	08-2012 chi-
Age class (years)	%	959	<i>(C)</i>	sign	%	959	V 61	sign	%	050	% CI	period sign	Diff	squared sign	Diff	squared sign
				***				***			1770	**	Dill	sign	Dill	sign
35-44 45-54	11 19	8 16	13 22		14 19	11	17 22		15 24	10 19	19 29		4	ns	1 5	ns
55-64	26	23	29		31	27	35		24	19	29		-2	ns ns	-7	ns *
65-74	32	28	35		33	29	37		32	26	37		0	ns	-1	ns
								Severe	obe:	sity						
	19	98-20	002	Chi-squared test within	20	08-20	012	Chi-squared test within	20	18-20	019	Chi-squared test within		8-2019 98-2002		3-2019 08-2012
Age class (years)				period sign				period sign				period sign		chi- squared		chi- squared
(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	%	959	6 CI	ns	%	959	6 CI	ns	%	959	% CI	ns ns	Diff	sign	Diff	sign
35-44	1,3	0,4	2,1		1,6	0,5	2,7		1,3	0,0	2,7		0,0	ns	-0,3	ns
45-54 55-64	2,1	1,1 1,3	3,1 3,4		2,8	1,5	4,2 3,4		3,7 1,1	1,4 0,0	5,9 2,3		1,6 -1,2	ns ns	0,9 -1,1	ns 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
							H	High waist	-to-h	ip rat	io					
	19	98-20	002		20	08-20	012		20	18-20	019			3-2019		3-2019
				Chi-squared test within period				Chi-squared test within period				Chi-squared test within period	vs 199	98-2002 chi-	vs 200	08-2012 chi-
Age class (years)	%	050		sign	07	050	V 61	sign	%	0.50	% CI	sign	D:11	squared sign	D:#	squared sign
		959		***	%	959	o CI	***		937	o CI	***	Diff		Diff	
35-44 45-54	30 38	26 34	33 41		38 45	34 41	42 49		22 34	17 29	27 40		-8 -4	* ns	-16 -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
								Abdomin	al ob	esity						
	19	98-20	002	Chi-squared test within	20	008-20	012	Chi-squared test within	20	18-20	019	Chi-squared test within		8-2019 98-2002		3-2019 08-2012
Age class				period sign				period sign				period sign		chi- squared		chi- squared
(years)	%	959	6 CI	***	%	959	6 CI	***	%	959	% CI	***	Diff	sign	Diff	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 65-74	46 59	43 55	50 62		51 63	46 59	55 67		47 62	41 57	53 68		1 3	ns ns	-4 -1	ns
	Chico				anara			ween neriods						المطمسية		

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: $18.5 \le \text{body mass index} < 25.0 \text{ kg/m²}$. Overweight: $25.0 \le \text{body mass index} < 30.0 \text{ kg/m²}$. Obesity: body mass index $\ge 30.0 \text{ kg/m²}$. Severe obesity: body mass index $\ge 40.0 \text{ kg/m²}$. High waist-to-hip ratio: waist-to-hip ratio $\ge 0.90 \text{ in men}$ and $\ge 0.85 \text{ in women}$. 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.

								N	ΛEΝ							
								Norm	al w	eight						
	199	98-20	002	Chi-squared test within	20	08-20	012	Chi-squared test within	20	18-20	019	Chi-squared test within		18-2019 998-2002		18-2019 008-2012
Educational level	%	95%	6 CI	period sign	%	95%	% CI	period sign - - *	%	95%	6 CI	period sign - **	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
								Ove	rwei	ght						
	199	98-20	002	Chi-squared	20	08-20	012	Chi-squared	20	18-20	019	Chi-squared test within		18-2019 998-2002		18-2019 008-2012
				period				period				period		chi-		chi-
Educational level	%	95%	6 CI	sign	%	959	% CI	sign	%	95%	6 CI	sign	Diff	squared sign	Diff	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	49		47	41	52		-3	ns	1	ns
								Ol	besit	v						
										,			20	18-2019	20	18-2019
	199	98-20	002	Chi-squared	20	08-2	012	Chi-squared	20	18-20	019	Chi-squared		998-2002		008-2012
				test within period				test within period				test within period		chi-		chi-
Educational level				sign				sign				sign		squared		squared
	%	95%	6 CI	**	%	959	% CI	**	%	95%	6 CI	- **	Diff	sign	Diff	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	t-to-	hip r	atio					
	10	00.20	202		20	20.2	013		20	10.3/	210		20	18-2019	20	18-2019
	19	98-20	JU2	Chi-squared	20	08-20	012	Chi-squared test within	20	18-20)19	Chi-squared test within	vs 1	998-2002	vs 2	008-2012
Education allowed				test within period				period				period		chi-		chi-
Educational level	%	95%	6 CI	sign	%	959	% CI	sign	%	959	6 CI	sign	Diff	squared sign	Diff	squared sign
				**		307		**				**		_		
Higher education	77	75	80		79	77	82		76	73	79		-1	ns	-3	ns
Lower education	82	81	84		85	83	88		84	80	88		2	ns	-1	ns
								Abdomi	nal c	besi	ty					
	190	98-20	102		20	08-2	012		20	18-20	119		20	18-2019	20	18-2019
				Chi-squared test within				Chi-squared test within				Chi-squared test within	vs 1	998-2002	vs 2	008-2012
Educational level				period sign				period sign				period sign		chi- squared		chi- squared
	%	95%	6 CI		%	959	% CI	_	%	95%	6 CI	_	Diff	sign	Diff	sign
Diskarada et	24	10	24	**	20	26	20	**	22	20	26	**	-	n.c	_	**
Higher education Lower education	21	19 24	24 28		29 34	26 31	32 37		23 32	20	26 38		6	ns *	-6 -2	ns
LOTTO, CAUCATION	20				0.1	-,	-1		UL		-		0		_	113

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: $18.5 \le \text{body mass index} < 25.0 \text{ kg/m}^2$. Overweight: $25.0 \le \text{body mass index} < 30.0 \text{ kg/m}^2$. Obesity: body mass index $< 30.0 \text{ kg/m}^2$. 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: 7186 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.

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					wo	MEN						
					Norma	l weig	ht					
	1998-2002	Chi-squared	200	8-2012	Chi-squared	201	8-2019	Chi-squared		.8-2019 98-2002		8-2019 08-2012
Educational level	% 95% CI	test within period sign	%	95% CI	test within period sign	%	95% CI	test within period sign	Diff	chi- squared sign	Diff	chi- squared sign
Higher education Lower education	55 52 58 38 36 40		51 34	48 54 31 37		54 27	50 58 22 31		-1 -11	ns **	3 -7	ns *
					Overv	weigh	t					
	1998-2002	Chi-squared	200	8-2012	Chi-squared test within	201	8-2019	Chi-squared test within		8-2019 98-2002		8-2019 08-2012
Educational level	% 95% CI	period sign	%	95% CI	period sign	%	95% CI	period sign	Diff	chi- squared sign	Diff	chi- squared sign
Higher education	29 27 32 36 33 38		32 34	29 34 31 37		25 38	22 28 33 43		-4 2	* ns	-7 4	**
Lower caddation	00 00 00				Obe	esity			-			
	1998-2002	Chi-squared	200	8-2012	Chi-squared	201	8-2019	Chi-squared		.8-2019 98-2002		8-2019 08-2012
Educational level	% 95% CI	test within period sign	%	95% CI	test within period sign	%	95% CI	test within period sign	Diff	chi- squared sign	Diff	chi- squared sign
Higher education Lower education	14 12 16 25 23 27	***	15 31	13 18 28 34	***	19 33	16 22 28 38	***	5	**	4 2	*
				Н	ligh waist-	to-hip	ratio					
	1998-2002	Chi-squared	200	8-2012	Chi-squared	201	8-2019	Chi-squared	100	.8-2019 98-2002		8-2019 08-2012
Educational level	% 95% CI	test within period sign	%	95% CI	test within period sign	%	95% CI	test within period sign	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
					Abdomin	al obe	esity					
	1998-2002	Chi-squared test within	200	8-2012	Chi-squared test within	201	8-2019	Chi-squared test within		.8-2019 98-2002		8-2019 08-2012
Educational level	% 95% CI	period sign ***	%	95% CI	period sign	%	95% CI	period sign	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: $18.5 \le \text{body mass index} < 25.0 \text{ kg/m}^2$. Overweight: $25.0 \le \text{body mass index} < 30.0 \text{ kg/m}^2$. Obesity: body mass index $\ge 30.0 \text{ kg/m}^2$. High waist-to-hip ratio: waist-to-hip ratio $\ge 0.90 \text{ in men and } \ge 0.85 \text{ in women}$. Abdominal obesity: waist circumference > 102 cm in men and > 88 cm in women. *** p < 0.001; ** 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.

		Body m	ass index (kg/m²)	Nor	mal we	eight	Ov	erwei	ght		Obesit	у
Italian Region	n	mean	SD 95	%CI	%	95%	6 CI	%	95%	6 CI	%	95%	6 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

		Body m	ass index (kg/m^2)	Nor	mal w	eight	Ov	erwei	ght		Obesit	y
Italian Region	n	mean	SD 95	%CI	%	95%	6 CI	%	95%	6 CI	%	95%	6 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: $18.5 \le \text{body mass index} < 25.0 \text{ kg/m}^2$. Overweight: $25.0 \le \text{body mass index} < 30.0 \text{ kg/m}^2$. Obesity: body mass index $\ge 30.0 \text{ kg/m}^2$. 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.

			Heignt (cm)				Weigl	nt (kg)		Waist o	ircum	ferenc	ce (cm)	Hip c	ircum	ference	e (cm)	Wa	ist to	hip ra	tio
Italian Region	n	mean	SD	95	%CI	mean	SD	95	%CI	mean	SD	95	%CI	mean	SD	955	%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

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			Heignt (cm)				Weigh	nt (kg)		Waist o	ircum	ferenc	ce (cm)	Hip o	ircum	ference	e (cm)	Wa	ist to	hip ra	tio
Italian Region	n	mean	SD	955	%СІ	mean	SD	955	%СІ	mean	SD	95	%CI	mean	SD	95	%СІ	mean	SD	959	%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.

		1998	-2002			2008	-2012			2018	-2019		2018	3-2019	2018-2019		
		n=2	984			n=2	2224			n=1	035		vs 19	98-2002	vs 20	08-2012	
	mean	SD	95%	% CI	mean	SD	959	% CI	mean	SD	959	% CI	Diff	t-test p-value	Diff	t-test p-value	
BMI (kg/m²)	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	
														chi-		chi-	
	0/	0.5			0/		0. 0.		0/					squared		squared	
	% 33	31	% CI 35		% 28	27	% CI 30	- 2	% 34	31	% CI 37	-3	Diff 1	p-value	Diff 6	p-value	
Normalweight Overweight	49	47	51		47	45	50		46	43	49		-3	ns ns	-1	***	
Obese	18	16	19		24	22	26		23	21	26		5	***	-1	***	
	00	70	82		02	01	84		77	75	90				_	***	
High waist-to-hip ratio Abdominal obesity	80 25	79 23	27		82 32	81 30	34		77 26	23	80 29		-3 1	ns ns	-5 -6	***	
Asachina osciny										-				113	-		
								WC	MEN								
	1998-2002					-2012			2018	-2019			3-2019		B- <mark>2019</mark>		
		n=2	2944			2188			n=1	065		vs 19	98-2002	vs 20	08-2012		
														,			
	mean	SD	95%	6 CI	mean	SD	959	% CI	mean	SD	959	% CI	Diff	t-test	Diff	t-test	
BMI (kg/m²)	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	p-value	-0,5	p-value	
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	
														1.		-1.	
	%	95	% CI		%	95	% CI	->	%	95	% CI	- 7	Diff	chi- squared	Diff	chi- squared	
Normalweight	44	42	46		43	41	45		47	44	50		3	p-value	4	p-value	
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: $18.5 \le \text{body}$ mass index $< 25.0 \text{ kg/m}^2$. Overweight: $25.0 \le \text{body}$ mass index $< 30.0 \text{ kg/m}^2$. Obesity: body mass index $\ge 30.0 \text{ kg/m}^2$. High waist-to-hip ratio: waist-to-h

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																					
								В	ody ma	ss inde	ex (kg/	m²)										
		1998	3-2002		ANOVA within		200	8-2012	2	ANOVA within		201	3-2019)	ANOVA within	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012				
Educational level	mean	SD	95%	6 CI	period sign	mean	SD	955	% CI	period sign -	mean	SD	955	% CI	period sign	Diff	t-test sign	Diff	t-test sign			
Higher education Lower education	26,4 27,0	3,7 3,8	26,2 26,8	26,6 27,2	***	27,3 28,0	4,2 4,3	27,1 27,7	27,5 28,3	***	26,7 27,7	4,0 4,5	26,4 27,2	27,0 28,2	***	0,3 0,7	ns *	-0,6 -0,3	** ns			
	Height (cm)																					
		1998-2002			ANOVA within	2008-2012			ithin				ANOVA within	2018-2019				ANOVA within		-2019 8-2002		-2019 8-2012
Educational level	mean	SD	95%	6 CI	period sign	mean	SD	955	% CI	period sign ***	mean	SD	955	% CI	period sign	Diff	t-test sign	Diff	t-test sign			
Higher education Lower education	172,4 169,9	7,1 6,9	172,0 169,6			173,1 170,1	6,7 6,5	172,7 169,7	173,5 170,5		173,8 171,2	6,5 7,0	,	174,3 172,0		1,4 1,3	***	0,7 1,1	*			
	Weight (kg)																					
	1998-2002			899237		200	8-2012	2	10000000		201	3-2019		1000000		-2019	2018-2019 vs 2008-2012					
27					ANOVA within period			ANOVA within period					ANOVA within period	VS 199	8-2002 t-test	VS 200	t-test					
Educational level	mean	SD	95%	6 CI	sign *	mean	SD	955	% CI	sign **	mean	SD	955	% CI	sign ns	Diff	sign	Diff	sign			
Higher education		12,2 12,3	77,9 77,4	79,2 78,6		81,9 81,0	14,1 13,4		82,7 81,8		80,8 81,3	13,1 14,2	79,8 79,7	81,7 82,9		2,3 3,3	**	-1,1 0,3	ns ns			
	Waist to Hip circumferences ratio																					
		1998	3-2002			2008-2012				2018-2019						-2019 8-2002		-2019				
Educational level	mean	SD	95%	4 CI	ANOVA within period sign	mean	SD	059	% CI	ANOVA within period sign	mean	SD	059	% CI	ANOVA within period sign	Diff	t-test sign	Diff	t-test sign			
Higher education	0,93	0.06	0.93	0.94	***		0.08	3410000340	0.96	***		0.06	0.94	0,95	***	0,01	***	-0,01	**			
Lower education		0,06	0,94	0,95		100	0,07		0,97		0,97	0,07	0,96	0,97		0,02	***	0,00	ns			
								W	aist circ	cumfer	ences	(cm)										
		1998	3-2002		ANOVA within		200	8-2012		ANOVA within		2018	3-2019		ANOVA within		-2019 8-2002		-2019 8-2012			
Educational level	mean	SD	95%	6 CI	period sign	mean	SD	959	% CI	period sign	mean	SD	959	% CI	period sign	Diff	t-test sign	Diff	t-test sign			
Higher education Lower education		10,4 10,7	93,8 94,9	94,9 95,9		96,3 97,6	11,7 11,6	,	97,0 98,3			10,5 11,8	94,5 96,3	96,0 98,9		0,8 2,2	ns **	-1,1 0,0	* ns			
								ŀ	lip circu	ımfere	nces (d	cm)										
		1998	3-2002		ANOVA within		200	8-2012	2	ANOVA within		2018	3-2019		ANOVA within		-2019 8-2002		-2019 8-2012			
Educational level	mean	SD	95%	6 CI	period sign	mean	SD	959	% CI	period sign	mean	SD	95	% CI	period sign	Diff	t-test sign	Diff	t-test sign			
Higher education Lower education	101,2 100,9		100,7 100,5		ns	100,9 100,7			101,5 101,2	ns	100,7 100,9	7,5 8,8	100,2 99,9	101,3 101,9	ns	-0,5 0,0	ns ns	-0,2 0,2	ns 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 < 0.001; ** 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: 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																		
								В	ody ma	ss ind	ex (kg	/m²)							
		199	8-2002		ANOVA within		2008-2012			ANOVA within		2018	3-2019		ANOVA within	2018-2 vs 1998		2018- vs 2008	
Educational level	mean	SD _	95%	s CI	period sign	mean	SD	95%	% CI	period sign	mean	SD	959	% CI	period sign	Diff	t-test sign	Diff	t-test sign
Higher education	25,1 27,0	4,2 5,1	24,9 26,8	25,4 27,2		25,6 27,9	5,0 5,5	25,4 27,6	25,9 28,3		25,4 28,3	5,0 5,6	25,0 27,7	25,7 28,9		0,3 1,3	ns ***	-0,2 0,4	ns ns
						Height (cm)												•	
		199	8-2002		ANOVA				ANOVA		2018	3-2019		ANOVA	2018-2 vs 1998		2018- vs 2008		
Educational level	mean	SD	95%	s cı	within period sign	mean	SD	95%	6 CI	within period sign	mean	SD	95%	6 CI	within period sign	Diff	t-test sign	Diff	t-test sign
Higher education Lower education	159,6 157,3		159,2 157,0	159,9 157,6	***	159,2 156,7		158,9 156,3	159,6 157,1		159,8 157,6		159,4 156,9	,	***	0,2 0,3	ns ns	0,6 0,9	*
	Weight (kg)																		
					ANOVA within	2008-2012						2018-2019				2018-2 vs 1998		2018- vs 2008	
Educational level Higher education	mean	SD _	95% 63.1	6 CI 64,4	period sign	mean 64,9	SD 12,6	95% 64,2	6 CI 65,6	within period sign	mean	SD .	959 63 ,7	6 CI 65,6	within period sign	Diff 0,9	t-test sign	Diff -0,2	t-test sign
Lower education	66,7	and the same	66,1	67,2		68,4			69,2			and the same of th	68,7	71,8		3,5	***	1,8	*
	Waist to Hip circumferences ratio																		
		199	8-2002	8	ANOVA within					ANOVA within	2018-2019			ANOVA within	2018-2 vs 1998		2018- vs 2008		
Educational level	mean	-	95%		period sign	mean	SD	95%		period sign	mean	SD	95%		period sign	Diff	t-test sign	Diff	t-test sign
Higher education Lower education	0,82 0,84	0,06	0,82 0,84	0,83 0,85			80,0	0,84 0,85	0,85 0,86		0,83 0,85			0,83 0,86		0,01	ns ns	-0,01 -0,02	ns
								W	aist cir	cumfe	rences	(cm))
		199	8-2002		ANOVA within		200	8-2012		ANOVA within		2018	3-2019		ANOVA within	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012	
Educational level	mean	SD	95%	s cı	period sign	mean	SD	95%	% CI	period sign	mean	SD	95%	% CI	period sign	Diff	t-test sign	Diff	t-test sign
Higher education Lower education	81,5 85,9		80,9 85,4	82,1 86,5	***			83,8 88,1	85,2 89,7	***			82,7 88,7	84,5 91,5	***	2,1 4,2	**	-0,9 1,2	ns ns
								Н	lip circu	ımfere	ences (cm)							
	1998-2002			ANOVA within	2008-2012			ANOVA within		2018	3-2019		ANOVA within	2018-2 vs 1998		2018- vs 2008			
Educational level	mean	SD	95%	ś CI	period sign	mean	SD	95%	% CI	period sign	mean	SD	95%	% CI	period sign	Diff	t-test sign	Diff	t-test sign
Higher education Lower education	98,8 101,7	9,8 11,4	98,2 101,2	99,3 102,2		100,4 103,5		99,8 102,8	101,0 104,1				100,2 104,4			2,1 3,9	***	0,5 2,1	ns **

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. Cl: 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 < 0.001; *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.

rioject Surveys 13	750-2002	., 2008	–2012, aliu	2010-	2013.									
						M	EN							
						Norma	l weig	ht						
	1998-2002		Chi-squared test within	200	8-2012	Chi-squared test within	201	8-2019	Chi-squared test within		3-2019 98-2002		3-2019 08-2012	
Educational level	% _9)5% CI	period sign	%	95% CI	period sign -	%	95% CI	period sign - **	Diff	chi- squared sign	Diff	chi- squared sign	
Higher education		4 39		30 26	27 33 23 29		37 27	33 40 22 32		1 -3	***	7	** ns	
Lower caucation	30 2	0 02		20	20 20	Over				-3		1	113	
	Overweight 2018-2019 2018													
	1998-2002		Chi-squared test within	200	8-2012	Chi-squared test within	201	8-2019	Chi-squared test within	77.0	98-2002	vs 2008-201		
Educational level	% 9)5% CI	period sign	%	95% CI	period sign - ns	%	95% CI	period sign	Diff	chi- squared sign	Diff	chi- squared sign	
Higher education		6 51	ns	48	45 51	115	46	42 49	ns	-3	ns	-2	ns	
Lower education	50 4	7 52		46	43 50		47	41 52		-3	ns	1	ns	
						Ob	esity							
	1998-2	1998-2002 Chi-squared test within		200	8-2012	Chi-squared test within	2018-2019		Chi-squared test within		3-2019 98-2002		3-2019 08-2012	
Educational level	% 9)5% CI	period sign	%	95% CI	period sign -	%	95% CI	period sign	Diff	chi- squared sign	Diff	chi- squared sign	
Higher education		2 16		22	19 24		17	15 20		3	ns	-5	*	
Lower education	20 1	8 21		27	25 30		25	20 30		5	*	-2	ns	
						High waist-	to-hip	ratio						
	1998-2	2002	Chi-squared test within	200	8-2012	Chi-squared test within	201	8-2019	Chi-squared test within		3-2019 98-2002	2018-2019 vs 2008-2012		
Educational level			period sign			period sign			period sign		chi- squared sign		chi- squared sign	
	% 9	5% CI	**	%	95% CI	**	%	95% CI	- **	Diff		Diff		
Higher education		5 80		80	78 83		76	73 79		-2	ns	-4	*	
Lower education	83 8	1 84		86	84 88		84	80 88		1	ns	-2	ns	
						Abdomin	al obe	esity						
	1998-2	2002	Chi-squared 2008-2012 test within			Chi-squared test within	201	8-2019	Chi-squared test within		3-2019 98-2002		3-2019 08-2012	
Educational level	% 9)5% CI	period sign	%	95% CI	period sign	%	95% CI	period sign	Diff	chi- squared sign	Diff	chi- squared sign	
			**			**			**					

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: $18.5 \le \text{body}$ mass index < 25.0 kg/m^2 . Overweight: $25.0 \le \text{body}$ mass index < 30.0 kg/m^2 . Obesity: body mass index ≥ 30.0 kg/m^2 . 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 < 0.001; ** 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: 1186 and 1020. 2018-2019 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: 1186 and 1020. 2018-2019 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: 1186 and 1020. 2018-2019 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: 1186 and 1020. 2018-2019 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: 1186 and 1020. 2018-2019 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: 1186 and 1020. 2018-2019 number of men in the higher and lower class of education: 1186 and 1020. 2018-2019 number of men in the highe

23

20 26

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ns

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27 32

32 38

20 24

25 29

22

Higher education

Lower education

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.

								WOM	IEN							
								Normal v	veigh	t						
	19			Chi-squared test within	2008-2012			Chi-squared test within	20	18-20	19	Chi-squared test within		18-2019 198-2002		18-2019 008-2012
Educational level	%	959	% CI	period sign	%	% 95% CI		period sign	%	95%	6 CI	period sign ***	Diff	chi- squared sign	Diff	chi- squared sign
Higher education	54	51	58	***	51 48	48	54	***	54	51	58		0	ns	3	ns
Lower education	38	35	40		34	31	37		27	22	32		-11	**	-7	ns
								Overwe	eight							
	19	1998-2002 Chi-squared test within		2008-2012			Chi-squared test within	2018-2019			Chi-squared test within	100	18-2019 998-2002	2018-2019 vs 2008-2012		
Educational level	%	959	% CI	period sign	%	959	95% CI	period sign	%	95%	6 CI	period sign	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															
	19	1998-2002 Chi-squared test within				08-20	12	Chi-squared test within	2018-2019		Chi-squared test within		18-2019 998-2002		18-2019 008-2012	
Educational level	%	959	% CI	period sign	%	959	% CI	period sign	%	95%	6 CI	period sign	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
							Hi	gh waist-to	-hip	ratio						
	19	98-20	002	Chi-squared test within	2008-2012			Chi-squared test within	2018-2019			Chi-squared test within		18-2019 198-2002		18-2019 008-2012
Educational level	%	959	% CI	period sign - ***	%	95%	6 CI	period sign 	%	95%	6 CI	period sign ***	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	obes	ity						
	19	98-20	002	Chi-squared test within	20	08-20	12	Chi-squared test within	2018-2019		Chi-squared test within	2018-2019 vs 1998-2002		2018-2019 vs 2008-2012		
Educational level	%	959	% CI	period sign - ***	%	959	6 CI	period sign ***	%	95%	6 CI	period sign - ***	Diff	chi- squared sign	Diff	chi- squared <i>sign</i>
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: $18.5 \le \text{body}$ mass index < 25.0 kg/m². Overweight: $25.0 \le \text{body}$ 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 = 0.00 = 0.000