

Supplementary Material: Specific criteria and thresholds for variables used to classify each participant into one of the five EOSS categories

Criteria	EOSS categories and criteria				
	0	1	2	3	4
Fasting plasma glucose (FPG) diabetes status (mmol/L)					
<6.1	x				
6.1 - <7.0		x			
≥7.0			x		
HbA1c diabetes status (%)					
<6.0	x				
6.0 - <6.5		x			
≥6.5			x		
Systolic Blood Pressure (mmHg)					
<130	x				
≥130 - 139.9		x			
≥140			x		
Diastolic Blood Pressure (mmHg)					
<85	x				
≥85 - 89.9		x			
≥90			x		
Total Cholesterol (mmol/L)					
<5.0	x				
5.0 - <6.0		x			
≥6.0			x		
Fasting triglycerides (mmol/L)					
<1.5	x				
1.5 - <2.5		x			
≥2.5			x		
Fasting LDL cholesterol - ranged (mmol/L)					
<2.5	x				
2.5 - <4.0		x			
≥4.0			x		
HDL cholesterol - ranged (mmol/L)					
≥1.5	x				
1.0 - <1.5		x			
<1.0			x		
Alanine aminotransferase (ALT) - categories (U/L) MALES					
<30	x				
30 - <40		x			
≥40			x		
Alanine aminotransferase (ALT) - categories (U/L) FEMALES					
<25	x				
25 - <35		x			

≥35			x		
Gamma glutamyl transferase (GGT) - ranged (U/L) MALES					
≤30	x				
30 - <50		x			
≥50			x		
Gamma glutamyl transferase (GGT) - ranged (U/L) FEMALES					
≤20	x				
20 - <35		x			
≥35			x		
Chronic Kidney Disease (CKD) stages					
No indicators of CKD	x				
Stage 1		x			
Stage 2			x		
Stage 3a + 3b				x	
Stages 4 - 5					x
Self-reported weight related chronic diseases			x		
Other endocrine nutritional metabolic diseases			x		
Diabetes mellitus - Type 2			x		
Diabetes mellitus - Type 1			x		
Diabetes mellitus - Type unknown			x		
High sugar levels in blood/urine			x		
High cholesterol			x		
Gestational diabetes			x		
Anxiety related problems			x		
Depression			x		
Other diseases of veins lymphatic vessels				x	
Diseases of arteries arterioles & capillaries				x	
Angina		x			
Oedema			x		
Other signs symptoms involving circulatory system			x		
Tachycardia			x		
Other diseases of circulatory system			x		
Other heart diseases				x	
Other Ischaemic heart diseases				x	
Heart attack				x	
Heart failure				x	
Cardiac murmurs and cardiac sounds			x		
Hypertensive disease			x		
Other cerebrovascular diseases			x		
Stroke (including after effects of stroke)				x	
Varicose veins		x			
Haemorrhoids		x			
Sciatica		x			
Arthritis - Osteoarthritis			x		

Gout			x		
Back pain/problems not elsewhere classified		x			
Kidney disease			x		
Bronchitis			x		
Emphysema			x		
Asthma		x			
Other diseases of the oesophagus, stomach & duodenum		x			
All other diseases of the digestive system		x			
Diseases of the oesophagus		x			
Stomach/duodenal/gastrointestinal ulcer		x			
Hernia		x			
Gallstones		x			
Other arthropathies		x			
Other soft tissue disorders		x			
Disc disorders		x			
Other diseases musculoskeletal system & connective tissue		x			
Rheumatism			x		
Diseases of female pelvic organs & genital tract		x			
Diseases of male genital organs		x			
Incontinence: urine		x			
Sprains & Strains & Tears of ligament, muscle or tendon		x			
Injury joint, knee not elsewhere classified		x			
Fluid retention (non circulatory)		x			
Kessler Psychological Distress Scale-10 (K10) score categories					
10	x				
>10 - 15		x			
16 - 21			x		
22 - 29				x	
30 - 50					x
Self-assessed health (SF-12 or other)					
1. Excellent	x				
2. Very good	x				
3. Good	x				
4. Fair		x			
5. Poor			x		
Disability status					
1. Has profound core activity limitation					x
2. Has severe core activity limitation				x	
3. Has moderate core activity limitation			x		
4. Has mild core activity limitation		x			
5. Has a schooling/employment restriction only		x			
6. Has no limitation or specific restriction	x				
7. Has no disability or long-term health condition	x				
Bodily pain experienced in the last four weeks					

1. None	x				
2. Very mild		x			
3. Mild		x			
4. Moderate			x		
5. Severe				x	
6. Very severe					x