

Appendix 2. Characteristics of Study Participants According to Eating and Living status

Variables	Men					Women				
	Eating alone yet				<i>P</i> value	Eating alone yet				
	Eating and living with others	Eating with others yet living alone	living with others	Eating and living alone		Eating and living with others	Eating with others yet living alone	living with others	Eating and living alone	
	(n= 834)	(n= 12)	(n=64)	(n= 43)		(n=757)	(n= 27)	(n=51)	(n=126)	
Mean±SD or n (%)					Mean±SD or n (%)					
Age	72.8 ± 5.4	73.3 ± 5.2	75.6 ± 6.3	74.7 ± 6.5	<0.001†	72.2 ± 5.3	75.4 ± 5.5	74.8 ± 5.1	74.6 ± 5.9	<0.001*
Education (years)	13.8 ± 2.8	13.1 ± 4.4	12.3 ± 3.5	12.6 ± 3.0	<0.001†	11.9 ± 2.2	11.1 ± 1.8	11.0 ± 2.3	11.6 ± 2.6	0.008†
Family members										
Spouse	801 (96.2)	-	48 (75.0)	-	<0.001	625 (82.6)	-	16 (31.4)	-	<0.001
Children	300 (36.0)	-	34 (53.10)	-	0.006	341 (45.0)	-	42 (82.4)	-	<0.001
Number of family members	1.7 ± 1.2	-	1.9 ± 1.1	-	0.198	1.7 ± 1.2	-	2.2 ± 1.3	-	0.005
Social ties with family	8.0 ± 3.2	8.0 ± 3.6	7.4 ± 3.4	7.8 ± 2.8	0.531	8.9 ± 3.2	8.9 ± 3.0	8.0 ± 3.0	8.3 ± 3.4	0.616
Social ties with friends	8.0 ± 3.6	8.8 ± 3.3	7.6 ± 4.0	8.1 ± 3.7	0.744	8.1 ± 3.6	10.0 ± 3.4	8.1 ± 3.5	8.3 ± 3.7	0.071
Having ≥2 chronic diseases	355 (42.6)	3 (25.0)	27 (42.2)	20 (46.5)	0.617	321 (42.4)	15 (55.6)	28 (54.9)	62 (49.2)	0.110
Cognitive function: MMSE{	29.0 (27,30)	29.0 (27,30)	28.0 (26,29)	29.0 (28,29)	0.173	29.0 (27,30)	28.0 (26,29)	28 (26,29)	29 (27,30)	0.097
Having trouble with shopping	26 (3.1)	0 (0)	5 (7.8)	6 (14.0)	0.001‡	38 (5.0)	3 (11.1)	9 (17.6)	7 (5.6)	0.002†
Preparing food by oneself	63 (7.6)	8 (66.7)	21 (33.3)	40 (93.0)	<0.001*	696 (92.4)	24 (88.9)	48 (94.1)	126 (100.0)	<0.001§
BMI (kg/m ²)	23.3 ± 2.7	24.0 ± 3.6	22.9 ± 3.2	22.4 ± 3.3	0.070	22.4 ± 3.1	24.1 ± 3.7	22.6 ± 3.6	22.1 ± 3.4	0.038
Food diversity	3.8 ± 2.0	3.8 ± 3.1	4.1 ± 2.0	3.7 ± 2.0	0.751	3.8 ± 2.0	3.7 ± 2.3	3.8 ± 2.4	3.3 ± 2.0	0.123
Meat or fish (≥once/2 days)	613 (73.5)	7 (58.3)	35 (54.7)	29 (67.4)	0.008†	585 (77.3)	18 (66.7)	31 (61.8)	90 (71.4)	0.024†
Vegetables or fruits										
(≥once/2 days)	788 (94.5)	12 (100.0)	53 (82.8)	36 (83.7)	<0.001‡	739 (97.6)	27 (100.0)	48 (94.1)	122 (96.8)	0.362
Eating <3 meals/day	19 (2.3)	0 (0)	6 (9.4)	6 (14.0)	<0.001‡	26 (3.4)	1 (3.7)	2 (3.9)	12 (9.5)	0.020§

MNA-SF	12.5 ± 1.5	12.5 ± 1.5	12.4 ± 1.6	12.4 ± 1.6	0.982	12.4 ± 1.5	12.3 ± 1.5	12.4 ± 1.4	12.6 ± 1.3	0.765
Food enjoyment	820 (98.3)	12 (100.0)	57 (89.1)	40 (93.0)	<0.001‡	742 (98.0)	27 (100.0)	44 (86.3)	120 (96.0)	<0.001†
Number of functional teeth	27.3 ± 2.7	26.7 ± 3.6	26.8 ± 4.1	27.0 ± 1.8	0.411	27.0 ± 2.1	27.3 ± 2.0	27.2 ± 1.9	26.9 ± 2.5	0.827
KCL score (1-20)	2.32 ± 2.1	1.75 ± 1.4	3.34 ± 2.8	2.65 ± 2.1	0.001†	2.82 ± 2.4	3.78 ± 2.2	4.18 ± 3.2	3.60 ± 2.7	<0.001‡

BMI, body mass index; MNA-SF, Mini Nutritional Assessment- Short Form; SD, standard deviation; KCL, Kihon Checklist. Chi squared test was used for categorical variables and ANOVA test/ Kruskal-Wallis test were used for continuous variables.

*Significant difference between “eating and living with others” group and other 3 groups ,† significant difference between “eating and living with others” group and “eating alone yet living with others” group, ‡significant difference between “eating and living with others” group and both “eating and living alone” and “eating alone yet living with others” group, §significant difference between “eating and living with others” group and “eating and living alone” group , ||significant difference between “eating and living with others” group and “eating with others yet living alone” group. {Data is shown as median (interquartile range).