

Online Supplementary Material

Supplementary Table 1. Age distribution, education level, body mass index and smoking status of the Cohort of Swedish Men, aged 45-79 years

Characteristics	Original COSM 1997	Analytical COSM 1997*	Swedish male population 1997†
Age group, ages 45-79 years			
Total no. of men	45 906	44 335	1 594 952
45-49	15.9	16.2	19.5
50-54	18.8	19.1	20.8
55-59	15.9	16.1	15.6
60-64	13.1	13.1	12.5
65-69	14.1	14.0	11.6
70-74	12.4	12.1	10.8
75-79	9.9	9.4	9.2
Education, ages 45-74 years‡			
Total no. of men	41 382	40 148	1 448 585
≤ 12 years	82.7	82.5	77.1
> 12 years	17.3	17.5	21.0
Body mass index (> 25 kg/m ²), by age groups (years)§			
45-54	54.5	54.5	57.2
55-64	59.1	59.1	60.3
65-74	56.8	56.7	57.0
75-84	47.5	47.3	43.0
Smoking status			
Current smokers, by age groups (years)			
45-49	28.1	28.0	25.5#
50-54	27.3	27.2	24.5
55-59	24.2	24.0	25.5
60-64	23.1	22.8	22.5
65-69	22.3	22.0	22.0
70-74	22.5	21.8	17.0
75-79	22.3	21.5	16.0
Former	38.3	38.5	no data
Never	35.6	35.9	no data

Abbreviations: COSM, Cohort of Swedish Men.

Values are percentages unless indicated otherwise.

* Analytical cohort obtain after exclusion of those with COPD diagnosis before baseline (n=281), those with implausible values for total energy intake (n=567) and missing data about fruit and vegetable consumption (n=723).

† Data from: the Official Statistics of Sweden ^{1,2} and a Swedish national survey ³.

‡ Educational level reported for those age 74 years or less as data not available from the Official Statistics of Sweden for older men; percentages not add up to 100 owing to missing values.

§ Proportion overweight (body mass index more than 25 kg/m²) within each age group

Data for population in 1997 was presented as a mean from 1995 and 2000 year and based on the Official Statistics of Sweden ².

REFERENCES

1. Official Statistics of Sweden. Statistisk årsbok 1999, Statistical Yearbook of Sweden 1999. Statistics Sweden: vol 85 Örebro; 1999.

2. Official Statistics of Sweden: Health and medical care. Statistisk årsbok 2010, Statistical Yearbook of Sweden 2010.
3. Johansson SE, Qvist J. Fetma en tickande bomb också i Sverige? (Obesity - a ticking bomb even in Sweden?) Vårdförändringen 1998;4:14-16.

Supplementary Table 2. Multivariate hazard ratios (95% CI)* of chronic obstructive pulmonary disease (COPD) by quintiles of total fruit and vegetable consumption stratified by time of diagnosis

Time of COPD diagnose, years	Total fruits and vegetables, servings/day				
	< 2.0	2.0 – 2.9	3.0 – 3.9	4.0 – 5.2	≥ 5.3
1998 – 2002 (<i>n</i> =493 events)	1.00	0.93 (0.72-1.13)	0.83 (0.63-1.10)	0.88 (0.66-1.18)	0.78 (0.57-1.06)
2003 – 2007 (<i>n</i> =657 events)	1.00	0.85 (0.68-1.05)	0.75 (0.59-0.96)	0.70 (0.54-0.91)	0.68 (0.52-0.89)
2008 – 2012 (<i>n</i> =768 events)	1.00	0.83 (0.68-1.02)	0.92 (0.74-1.14)	0.73 (0.58-0.93)	0.55 (0.43-0.72)

*Adjusted for age, education, BMI, total physical activity, smoking status and pack-years of smoking, intake of energy, alcohol consumption, and modified Recommended Food Score and Non-Recommended Food Score

Supplementary Table 3. Multivariate hazard ratios (95% CI)* of chronic obstructive pulmonary disease (COPD) by quintiles of fruit consumption stratified by quintiles of vegetable consumption

Vegetable consumption, servings/day	Fruit consumption, servings/day		
	≤ 0.7**	0.8 – 1.1	≥ 1.2**
<i>Current smokers</i>			
≤ 1.8**	1.00	0.94 (0.74-1.19)	0.86 (0.68-1.08)
1.9 – 2.5	0.85 (0.66-1.08)	0.95 (0.70-1.32)	0.77 (0.57-1.04)
≥ 2.6**	0.80 (0.63-1.02)	0.75 (0.56-1.02)	0.71 (0.57-0.88)
<i>Ex-smokers</i>			
≤ 1.8**	1.00	0.67 (0.50-0.92)	0.74 (0.57-0.96)
1.9 – 2.5	0.85 (0.63-1.16)	0.95 (0.67-1.35)	0.87 (0.66-1.16)
≥ 2.6**	0.69 (0.50-0.94)	0.82 (0.59-1.12)	0.70 (0.56-0.88)

*Adjusted for age, education, BMI, total physical activity, intake of energy, alcohol consumption, and modified Recommended Food Score and Non-Recommended Food Score

**The first and the second quintiles as well as the fourth and the fifth quintiles of fruit and vegetable consumption were combined