### eTable 1. Prevalence ratio (95% Confidence Interval) for the low diet variety score (DVS) for the covariates

|               | n=1103 | Crude PR (95% CI) | Adjusted model<sup>a</sup> PR (95% CI) |
|---------------|--------|-------------------|----------------------------------------|
| **Sex**       |        |                   |                                        |
| Men           | 69.4   | 1 (ref.)          | 1 (ref.)                               |
| female        | 50.2   | 0.72 (0.65–0.80)**| 0.70 (0.63–0.79)**                     |
| **Age**       |        |                   |                                        |
| 60s           | 63.7   | 1 (ref.)          | 1 (ref.)                               |
| 70s or older  | 56.4   | 0.89 (0.80–0.98)**| 0.89 (0.80–0.98)*                      |
| **Body mass index, kg/m<sup>2</sup>** |        |                   |                                        |
| ≤21.4         | 57.8   | 1 (ref.)          | 1 (ref.)                               |
| 21.5–24.9     | 59.6   | 1.03 (0.92–1.15)  | 1.02 (0.92–1.14)                       |
| ≥25.0         | 62.0   | 1.07 (0.94–1.23)  | 1.05 (0.92–1.20)                       |
| **Disease history, yes** |        |                   |                                        |
| Not having    | 59.6   | 1 (ref.)          | 1 (ref.)                               |
| Having one or more | 59.3 | 1.00 (0.89–1.12)  | 0.97 (0.85–1.10)                       |
| **Medication use** |        |                   |                                        |
| None          | 59.3   | 1 (ref.)          | 1 (ref.)                               |
| 0–4           | 60.5   | 1.02 (0.90–1.15)  | 1.05 (0.91–1.21)                       |
| 5 or over     | 56.1   | 0.95 (0.81–1.11)  | 0.95 (0.79–1.14)                       |
| **Depressive symptoms, yes** |        |                   |                                        |
| No            | 58.8   | 1 (ref.)          | 1 (ref.)                               |
| Yes           | 62.6   | 1.07 (0.94–1.21)  | 1.02 (0.90–1.16)                       |
| **Perceived chewing ability, low** |        |                   |                                        |
| Moderate      | 55.4   | 1 (ref.)          | 1 (ref.)                               |
| Low           | 66.2   | 1.19 (1.08–1.31)**| 1.15 (1.05–1.27)**                     |
| **Smoking, yes** |        |                   |                                        |
| No smoking    | 58.3   | 1 (ref.)          | 1 (ref.)                               |
| Smoking       | 70.4   | 1.21 (1.05–1.39)**| 1.02 (0.88–1.18)                       |
| **Physical activity levels** |        |                   |                                        |
| Low           | 60.9   | 1 (ref.)          | 1 (ref.)                               |
| Modelate      | 57.5   | 0.94 (0.83–1.07)  | 0.91 (0.80–1.03)                       |
| High          | 47.1   | 0.77 (0.60–1.00)  | 0.67 (0.51–0.88)**                     |
| **Living alone** |        |                   |                                        |
| No            | 58.9   | 1 (ref.)          | 1 (ref.)                               |
| Yes           | 65.8   | 1.12 (0.95–1.32)  | 1.11 (0.94–1.29)                       |
| **Food service use, yes** |        |                   |                                        |
| No using      | 59.7   | 1 (ref.)          | 1 (ref.)                               |
| Using         | 53.3   | 0.89 (0.70–1.14)  | 0.87 (0.69–1.09)                       |
| **Years of education** |        |                   |                                        |
| More than 12 years | 51.5 | 1 (ref.)          | 1 (ref.)                               |
| 12 years or less | 61.1 | 1.18 (1.02–1.37)**| 1.17 (1.01–1.36)*                      |
| **Employment status** |        |                   |                                        |
| No            | 57.3   | 1 (ref.)          | 1 (ref.)                               |
| Yes           | 61.9   | 1.08 (0.98–1.19)  | 1.02 (0.92–1.13)                       |
| **Driving license** |        |                   |                                        |
| Having        | 59.9   | 1 (ref.)          | 1 (ref.)                               |
| Not having    | 55.3   | 0.92 (0.79–1.09)  | 1.12 (0.94–1.33)                       |

CI, confidence interval; DVS, Diet variety score; PR, prevalence ratio.

<sup>a</sup>Adjusted for distance to the nearest food store by quartiles, sex, age, body mass index, disease history, medication use, depressive symptoms, perceived chewing ability, smoking, physical activity levels, living alone, food service use, years of education, employment status, driving license.

<sup>b</sup>Prevalence ratio calculated by Poisson regression. <sup>*P < 0.05</sup>, <sup>**P < 0.01</sup>. 

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