

Table S2. Association between sociodemographic factors and positive changes of cardiovascular-related health behaviors after the end of social distancing

Variable	Positive change																																																																																																																																																																																																																																																																																																									
	Smoking		Drinking		Diet		Exercise		Stress		Healthcare service use																																																																																																																																																																																																																																																																																															
	aOR	95% CI	aOR	95% CI	aOR	95% CI	aOR	95% CI	aOR	95% CI	aOR	95% CI																																																																																																																																																																																																																																																																																														
Age (yr)													20-29	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	30-39	0.554*	0.415-0.740*	0.570*	0.427-0.762*	0.758	0.554-1.039	0.802	0.600-1.072	0.841	0.573-1.234	1.082	0.802-1.461	40-49	0.596*	0.437-0.815*	0.697*	0.511-0.952*	1.000	0.717-1.395	0.851	0.622-1.164	0.947	0.632-1.419	1.033	0.748-1.428	≥50	0.552*	0.396-0.769*	0.726	0.522-1.010	1.476*	1.041-2.093*	1.130	0.811-1.575	1.202	0.790-1.831	1.011	0.718-1.425	Sex													Male	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Female	1.406*	1.171-1.689*	1.135	0.944-1.363	1.286*	1.059-1.563*	1.095	0.911-1.317	1.492*	1.184-1.881*	1.800*	1.490-2.175*	Marital status													Married	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Single	0.641*	0.499-0.823*	0.824	0.641-1.059	0.963	0.737-1.258	0.920	0.716-1.184	0.817	0.593-1.127	0.706*	0.547-0.912*	Bereaved/ separated/ divorced	0.849	0.553-1.303	1.041	0.679-1.596	0.738	0.465-1.171	0.684	0.438-1.068	0.977	0.587-1.627	1.089	0.707-1.676	Education													Middle school or lower	0.904	0.329-2.481	0.905	0.331-2.476	1.265	0.457-3.506	1.254	0.460-3.418	2.036	0.719-5.764	1.497	0.536-4.187	High school graduate	0.825	0.658-1.034	0.905	0.722-1.135	0.780*	0.612-0.995*	0.710*	0.563-0.895*	0.897	0.674-1.194	0.799	0.631-1.010	College graduate or higher	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Monthly house- hold income (KRW)													<3 million	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	3 to <6 million	0.801*	0.645-0.995*	0.919	0.741-1.142	0.942	0.748-1.186	0.808	0.650-1.006	1.080	0.821-1.420	0.980	0.785-1.225	≥6 million	0.761*	0.585-0.990*	0.747*	0.574-0.973*	0.945	0.716-1.248	0.928	0.713-1.207	1.012	0.727-1.407	0.822	0.627-1.077	Cardiometabolic disease													Yes	1.199	0.981-1.465	1.247*	1.020-1.524*	1.153	0.933-1.424	0.966	0.789-1.183	1.123	0.875-1.442	1.505*	1.226-1.848*	No	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-
20-29	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-																																																																																																																																																																																																																																																																																														
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Sex													Male	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Female	1.406*	1.171-1.689*	1.135	0.944-1.363	1.286*	1.059-1.563*	1.095	0.911-1.317	1.492*	1.184-1.881*	1.800*	1.490-2.175*	Marital status													Married	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Single	0.641*	0.499-0.823*	0.824	0.641-1.059	0.963	0.737-1.258	0.920	0.716-1.184	0.817	0.593-1.127	0.706*	0.547-0.912*	Bereaved/ separated/ divorced	0.849	0.553-1.303	1.041	0.679-1.596	0.738	0.465-1.171	0.684	0.438-1.068	0.977	0.587-1.627	1.089	0.707-1.676	Education													Middle school or lower	0.904	0.329-2.481	0.905	0.331-2.476	1.265	0.457-3.506	1.254	0.460-3.418	2.036	0.719-5.764	1.497	0.536-4.187	High school graduate	0.825	0.658-1.034	0.905	0.722-1.135	0.780*	0.612-0.995*	0.710*	0.563-0.895*	0.897	0.674-1.194	0.799	0.631-1.010	College graduate or higher	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Monthly house- hold income (KRW)													<3 million	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	3 to <6 million	0.801*	0.645-0.995*	0.919	0.741-1.142	0.942	0.748-1.186	0.808	0.650-1.006	1.080	0.821-1.420	0.980	0.785-1.225	≥6 million	0.761*	0.585-0.990*	0.747*	0.574-0.973*	0.945	0.716-1.248	0.928	0.713-1.207	1.012	0.727-1.407	0.822	0.627-1.077	Cardiometabolic disease													Yes	1.199	0.981-1.465	1.247*	1.020-1.524*	1.153	0.933-1.424	0.966	0.789-1.183	1.123	0.875-1.442	1.505*	1.226-1.848*	No	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-																																																																	
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Marital status													Married	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Single	0.641*	0.499-0.823*	0.824	0.641-1.059	0.963	0.737-1.258	0.920	0.716-1.184	0.817	0.593-1.127	0.706*	0.547-0.912*	Bereaved/ separated/ divorced	0.849	0.553-1.303	1.041	0.679-1.596	0.738	0.465-1.171	0.684	0.438-1.068	0.977	0.587-1.627	1.089	0.707-1.676	Education													Middle school or lower	0.904	0.329-2.481	0.905	0.331-2.476	1.265	0.457-3.506	1.254	0.460-3.418	2.036	0.719-5.764	1.497	0.536-4.187	High school graduate	0.825	0.658-1.034	0.905	0.722-1.135	0.780*	0.612-0.995*	0.710*	0.563-0.895*	0.897	0.674-1.194	0.799	0.631-1.010	College graduate or higher	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	Monthly house- hold income (KRW)													<3 million	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	3 to <6 million	0.801*	0.645-0.995*	0.919	0.741-1.142	0.942	0.748-1.186	0.808	0.650-1.006	1.080	0.821-1.420	0.980	0.785-1.225	≥6 million	0.761*	0.585-0.990*	0.747*	0.574-0.973*	0.945	0.716-1.248	0.928	0.713-1.207	1.012	0.727-1.407	0.822	0.627-1.077	Cardiometabolic disease													Yes	1.199	0.981-1.465	1.247*	1.020-1.524*	1.153	0.933-1.424	0.966	0.789-1.183	1.123	0.875-1.442	1.505*	1.226-1.848*	No	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-	1.000	-																																																																																																								
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Models were assessed using multivariable logistic regression and were adjusted for other sociodemographic factors.

aOR, adjusted odds ratio; CI, confidence interval.

*P<0.05 (statistically significant).