

Table S1. Comparison of catchment area demographics with study population demographics.

		Catchment area	Study population
Total, no. (%)		685,860 (100)	267,838 (100)
Sex, no. (%)	Female	351,150 (51)	118,509 (44)
	Male	334,710 (49)	149,329 (56)
Race, no. (%)	Chinese	475,030 (69)	177,427 (66)
	Malay	125,900 (18)	48,533 (18)
	Indian	59,590 (9)	21,795 (8)
	Others	25,380 (4)	20,083 (7)
Age, no. (%)	Below 40	319,310 (47)	95,284 (36)
	40–49	95,500 (14)	35,916 (13)
	50–59	109,370 (16)	48,163 (18)
	60–69	95,730 (14)	48,521 (18)
	70–79	45,240 (7)	26,560 (10)
	80 and above	20,740 (3)	13,394 (5)

In the demographics data obtained from OneMap API,³³ population data from year 2020 were compared with this study’s population. Slightly more males were observed in the study population compared to the catchment area (56% [versus] vs 49%), similar race distribution and smaller proportion of after below 40 years in the study population (36% vs 47%), suggesting that older individuals may be overrepresented in our cohort—possibly due to higher healthcare utilisation needs in this age group. These differences should be considered when interpreting the generalisability of our findings.

Note: For in-text citations, please refer to the References section in the main article.