

	Participant characteristics	Univariate analysis		Multivariate analysis	
		OR	P value	OR	P value
(A)	Demographics				
	Age				
	Below 60 years old	1.00		-	
	60 years old and above	0.78	0.175	-	-
	Sex				
	Male	1.00		-	
	Female	0.77	0.136	-	-
	Ethnicity				
	Chinese	1.00		-	
	Malay	1.56	0.071	-	-
	Indian	1.15	0.602	-	-
	Others	0.92	0.861	-	-
	Citizenship status				
	Singapore citizens	1.00		-	
	Singapore permanent resident	1.11	0.782	-	-
	Lived in Singapore most of the time in the past 5 years				
	Yes	1.00		-	
	No	0.81	0.782	-	-
	Education				
	Has formal education	1.00		-	
	No formal education	0.91	0.699	-	-
	Work status				
	Employed, unemployed, retired or full-time student	1.00		-	
	Housewife	1.24	0.397	-	-
	Marital status				
	Single, married, divorced or separated	1.00		-	
	Widowed	1.01	0.977	-	-
	Children				
	No children	1.00		-	
	Have children	0.85	0.478	-	-

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Housing				
5-room public housing flat, private condominium or flat, or bungalow or semi-detached house	1.00		-	
1-, 2-, 3-, 4-room public housing flat	1.03	0.889	-	-
Socioeconomic status				
Higher socioeconomic status	1.00		-	
Lower socioeconomic status	1.00	0.980	-	-
(B) Disease management				
Regular doctor				
Have a regular doctor	1.00		1.00	
No regular doctor	1.71	0.005	1.55	0.023
Health plan				
No health plan	1.00		-	
Have a health plan	1.01	0.966	-	-
(C) Healthcare utilisation				
One-year hospitalisation				
Never hospitalised in the past year	1.00		-	
Hospitalised at least once in the past year	0.95	0.829	-	-
Total no. of nights spent in the hospital in the past year				
0–7 days	1.00		-	
More than 7 days	1.82	0.097	-	-
1-year emergency visit				
Never visited the emergency department in the past year	1.00		-	
Visited the emergency department at least once in the past year	0.74	0.333	-	-
Total no. of emergency visit in the past year	1.03	0.847	-	-

Participant characteristics	Univariate analysis		Multivariate analysis	
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1-year primary care visit				
Visited a primary care provider at least once in the past year	1.00		1.00	
Have not visited a primary care provider in the past year	2.61	<0.001	2.38	0.001
(D) Health characteristics				
EQ-5D mobility dimension				
No problem	1.00		-	
Have problem	0.99	0.947	-	-
EQ-5D self-care dimension				
No problem	1.00		-	
Have problem	1.08	0.827	-	-
EQ-5D usual activities dimension				
No problem	1.00		-	
Have problem	0.89	0.673	-	-
EQ-5D pain/discomfort dimension				
No problem	1.00		-	
Have problem	0.88	0.459	-	-
EQ-5D anxiety/depression dimension				
No problem	1.00		-	
Have problem	1.46	0.085	-	-
EQ VAS score	1.00	0.937	-	-
BMI category				
Underweight (<18.5 kg/m ²)	1.00		-	
Low cardiovascular disease risk (18.5–22.9 kg/m ²)	2.27	0.186	-	-
Moderate cardiovascular disease risk (23.0–27.4 kg/m ²)	2.21	0.200	-	-
High or very high cardiovascular disease risk (≥27.5 kg/m ²)	2.16	0.221	-	-

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(E) Lifestyle				
Smoking status				
Never smoker	1.00		-	
Current or ex-smoker	1.36	0.175	-	-
Alcohol consumption behaviour in the past month				
Non-drinker	1.00		-	
Drinker who did not engage in binge drinking	1.20	0.488	-	-
Binge drinker	1.25	0.731	-	-

BMI: body mass index; EQ VAS: EQ visual analogue scale;
 OR: odds ratio