

Participant characteristics		Univariate analysis		Multivariate analysis	
		OR	P value	OR	P value
(A)	Demographics				
	Age				
	45–59 years old	1.00		-	
	60 years old and above	0.93	0.557	-	-
	Sex				
	Male	1.00		-	
	Female	1.04	0.744	-	-
	Ethnicity				
	Chinese	1.00		1.00	
	Malay	1.98	<0.001	1.80	<0.001
	Indian	1.63	0.002	1.48	0.022
	Others	1.14	0.651	0.97	0.934
	Citizenship status				
	Singapore citizen	1.00		1.00	
	Singapore permanent resident	1.79	0.005	3.39	<0.001

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Lived in Singapore most of the time in the past 5 years				
Yes	1.00		-	
No	0.50	0.225	-	-
Education				
Has formal education	1.00		1.00	
No formal education	3.44	<0.001	3.38	<0.001
Work status				
Employed, unemployed, retired or full-time student	1.00		-	
Housewife	1.40	0.026	-	-
Marital status				
Single, married, divorced or separated	1.00		1.00	
Widowed	1.86	<0.001	1.56	0.017
Children				
No children	1.00		-	
Have children	1.16	0.345	-	-
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	1.75	<0.001	-	-
Socioeconomic status				
Higher socioeconomic status	1.00		1.00	
Lower socioeconomic status	1.55	<0.001	1.40	0.008
(B) Disease management				
Regular doctor				
Have a regular doctor	1.00		-	
No regular doctor	1.06	0.649	-	-
Health plan				
Have a health plan	1.00		-	
No health plan	1.10	0.400	-	-

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(C)	Healthcare utilisation				
	1-year hospitalisation				
	Never hospitalised in the past year	1.00		-	
	Hospitalised at least once in the past year	1.38	0.018	-	-
	Total no. of nights spent in the hospital in the past year				
	0–7 days	1.00		1.00	
	More than 7 days	2.13	<0.001	1.70	0.030
	One-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	0.96	0.800	-	-
	Total no. of emergency visit in the past year	0.98	0.877	-	-
	1-year primary care visit				
	Visited a primary care provider at least once in the past year	1.00		-	
	Never visited a primary care provider in the past year	1.65	0.003	-	-
(D)	Health characteristics				
	EQ-5D mobility dimension				
	No problem	1.00		-	
	Have problem	1.77	<0.001	-	-
	EQ-5D self-care dimension				
	No problem	1.00		-	
	Have problem	2.13	<0.001	-	-
	EQ-5D usual activities dimension				
	No problem	1.00		1.00	
	Have problem	1.93	<0.001	1.46	0.018
	EQ-5D pain/discomfort dimension				
	No problem	1.00		-	
	Have problem	1.16	0.176	-	-

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EQ-5D anxiety/depression dimension				
No problem	1.00		-	
Have problem	1.13	0.377	-	-
EQ VAS score	0.99	0.015	-	-
BMI category				
Underweight (<18.5 kg/m ²)	1.00		-	
Low cardiovascular disease risk (18.5–22.9 kg/m ²)	0.84	0.564	-	-
Moderate cardiovascular disease risk (23.0–27.4 kg/m ²)	0.89	0.681	-	-
High or very high cardiovascular disease risk (≥27.5 kg/m ²)	1.04	0.884	-	-
(E) Lifestyle				
Smoking status				
Never smoker	1.00		1.00	
Current or ex-smoker	1.83	<0.001	1.88	<0.001
Alcohol consumption behaviour in the past month				
Non-drinker	1.00		-	
Drinker who did not engage in binge drinking	0.89	0.514	-	-
Binge drinker	1.18	0.689	-	-

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