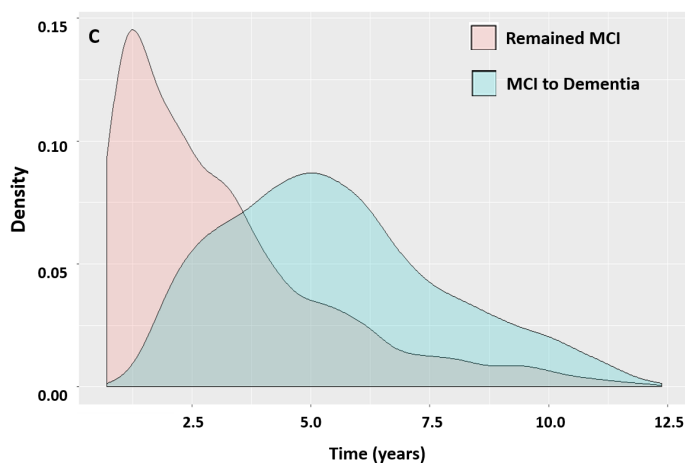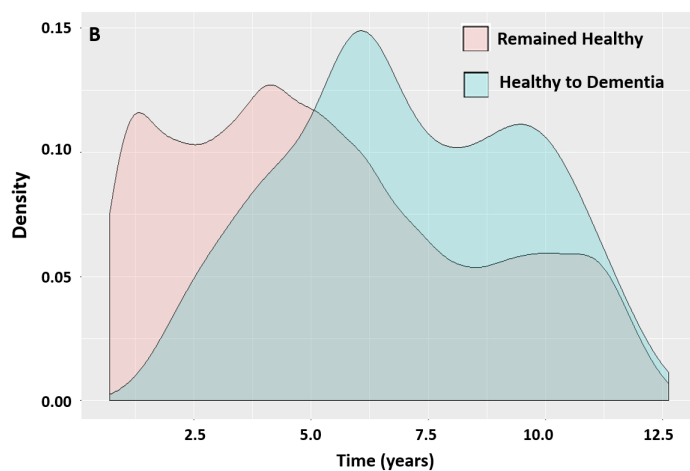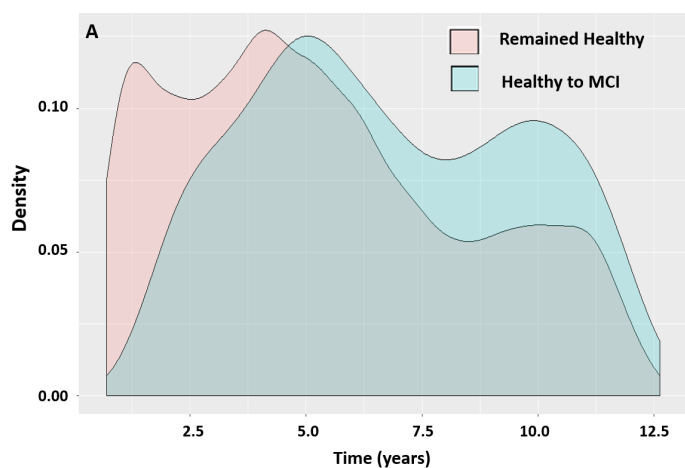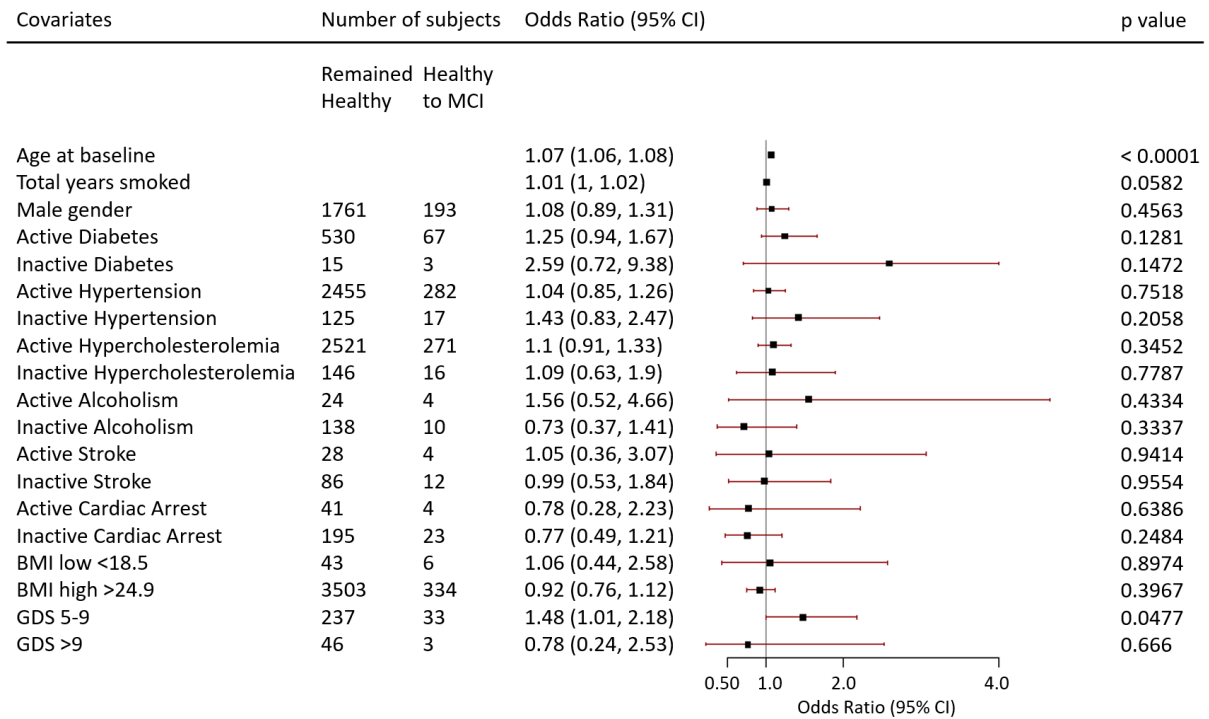## Supplementary information

Supplementary Fig.1: Density plots of duration of progression from baseline to the first visit when a change in diagnosis was reported. (A) Remained Healthy vs. Healthy-to-MCI. (B) Remained Healthy vs. Healthy-to-Dementia. (C) Remained MCI vs. MCI-to-Dementia.

Supplementary Fig.2: Sensitivity analyses; forest plot of adjusted odds ratios for potential risk factors at baseline, associated with progression to MCI and Dementia. (A) Outcome: Remained Healthy vs. Healthy-to-MCI progression; (B) Remained Healthy vs. Healthy-to-Dementia progression; (C) Outcome: Remained MCI vs. MCI-to-Dementia progression.

A

Covariates	Number of subjects		Odds Ratio (95% CI)	p value
	Remained Healthy	Healthy to MCI		
Age at baseline			1.07 (1.06, 1.08)	< 0.0001
Total years smoked			1.01 (1, 1.02)	0.0582
Male gender	1761	193	1.08 (0.89, 1.31)	0.4563
Active Diabetes	530	67	1.25 (0.94, 1.67)	0.1281
Inactive Diabetes	15	3	2.59 (0.72, 9.38)	0.1472
Active Hypertension	2455	282	1.04 (0.85, 1.26)	0.7518
Inactive Hypertension	125	17	1.43 (0.83, 2.47)	0.2058
Active Hypercholesterolemia	2521	271	1.1 (0.91, 1.33)	0.3452
Inactive Hypercholesterolemia	146	16	1.09 (0.63, 1.9)	0.7787
Active Alcoholism	24	4	1.56 (0.52, 4.66)	0.4334
Inactive Alcoholism	138	10	0.73 (0.37, 1.41)	0.3337
Active Stroke	28	4	1.05 (0.36, 3.07)	0.9414
Inactive Stroke	86	12	0.99 (0.53, 1.84)	0.9554
Active Cardiac Arrest	41	4	0.78 (0.28, 2.23)	0.6386
Inactive Cardiac Arrest	195	23	0.77 (0.49, 1.21)	0.2484
BMI low <18.5	43	6	1.06 (0.44, 2.58)	0.8974
BMI high >24.9	3503	334	0.92 (0.76, 1.12)	0.3967
GDS 5-9	237	33	1.48 (1.01, 2.18)	0.0477
GDS >9	46	3	0.78 (0.24, 2.53)	0.666

Odds Ratio (95% CI)
0.50 1.0 2.0 4.0

B

Covariates	Remained Healthy	Healthy to Dementia	Odds Ratio (95% CI)		p value
Age at baseline			1.11 (1.1, 1.13)		< 0.0001
Total years smoked			1.01 (0.99, 1.01)		0.7716
Male gender	1761	142	1.07 (0.85, 1.33)		0.6103
Active Diabetes	530	41	1.1 (0.77, 1.56)		0.6334
Inactive Diabetes	15	0	0 (0, 4.3E+299)		0.9727
Active Hypertension	2455	216	1.09 (0.87, 1.36)		0.5025
Inactive Hypertension	125	12	1.45 (0.75, 2.81)		0.2773
Active Hypercholesterolemia	2521	172	0.83 (0.66, 1.04)		0.0912
Inactive Hypercholesterolemia	146	8	0.74 (0.35, 1.57)		0.4235
Active Alcoholism	24	2	1.24 (0.27, 5.8)		0.7886
Inactive Alcoholism	138	6	0.7 (0.3, 1.63)		0.399
Active Stroke	28	4	1.07 (0.35, 3.28)		0.9085
Inactive Stroke	86	8	0.75 (0.35, 1.59)		0.4413
Active Cardiac Arrest	41	2	0.56 (0.13, 2.42)		0.4353
Inactive Cardiac Arrest	195	26	1.15 (0.73, 1.81)		0.5623
BMI low <18.5	43	3	0.54 (0.16, 1.83)		0.3166
BMI high >24.9	3503	224	0.81 (0.65, 1.01)		0.0606
GDS 5-9	237	23	1.35 (0.84, 2.16)		0.2197
GDS >9	46	2	0.75 (0.18, 3.2)		0.6918

Odds Ratio (95% CI): 0.50 1.0 2.0 4.0

C

Covariates	Remained MCI	MCI to Dementia	Odds Ratio (95% CI)		p value
Age at baseline			1.03 (1.02, 1.04)		< 0.0001
Total years smoked			1 (0.99, 1.01)		0.1224
Male gender	587	435	1.16 (0.96, 1.4)		0.1325
Active Diabetes	182	90	0.76 (0.57, 1.01)		0.0582
Inactive Diabetes	6	5	1.15 (0.32, 4.1)		0.8385
Active Hypertension	616	396	0.85 (0.7, 1.05)		0.1153
Inactive Hypertension	41	19	0.44 (0.24, 0.81)		0.0085
Active Hypercholesterolemia	610	428	1.13 (0.93, 1.38)		0.2389
Inactive Hypercholesterolemia	24	30	2.48 (1.34, 4.61)		0.0041
Active Alcoholism	8	7	1.58 (0.55, 4.54)		0.3962
Inactive Alcoholism	56	31	0.93 (0.59, 1.48)		0.7469
Active Stroke	15	6	0.53 (0.2, 1.4)		0.1957
Inactive Stroke	60	31	0.78 (0.49, 1.23)		0.2737
Active Cardiac Arrest	10	6	0.76 (0.27, 2.16)		0.603
Inactive Cardiac Arrest	61	43	1 (0.65, 1.52)		0.9639
BMI low <18.5	11	12	1.24 (0.53, 2.88)		0.6259
BMI high >24.9	774	466	0.71 (0.58, 0.86)		0.0006
GDS 5-9	151	93	0.92 (0.7, 1.23)		0.5591
GDS >9	30	13	0.78 (0.4, 1.52)		0.4542

Odds Ratio (95% CI): 0.50 1.0 2.0 4.0