SUPPLEMENTARY TABLES

Supplementary Table S1. Lifestyle and metabolic features before lockdown, according to age (< or > 67 years).

Variable	Age < 67 ys (N= 222)	Age ≥ 67 ys (N= 135)	P value
LIFESTYLE CHARACTERISITCS			
Current smokers, n (%)	28 (13)	10 (8)	0.15
Light drinkers, n (%)	37 (17)	42 (31)	**0.01**
Alcohol intake, g/day	6 [6–12]	12 [6–24]	**0.008**
MD, n (%)	118 (56)	68 (54)	1.00
Regular PA, n (%)	82 (38)	46 (35)	
➤ **Aerobic, n (%)**	77 (36)	46 (35)	
➤ **Resistance, n (%)**	5 (2)	0 (0)	0.57
Inactive, n (%)	133 (62)	87 (65)	
METABOLIC FEATURES			
BMI, kg/m2	28.4 ± 4.4	28.3 ± 3.8	0.76
➤ **Overweight, n (%)**	108 (50)	71 (54)	0.58
➤ **Obese, n (%)**	66 (31)	38 (29)	0.72
Hypertension, n (%)	101 (45)	97 (72)	**<0.001**
T2DM, n (%)	40 (18)	43 (32)	**0.004**
Dyslipidemia, n (%)	104 (47)	84 (62)	**0.008**
Glycemia, mg/dL	102 ± 21	113 ± 26	**<0.001**
HDL cholesterol, mg/dL	49 ± 14	52 ± 12	*0.05*
LDL cholesterol, mg/dL	109 ± 34	90 ± 28	**<0.001**
Triglycerides, mg/dL	119 [92–174]	110 [85–148]	0.18
LIVER DISEASE			
Increased ALT, n (%)	60 (29)	22 (17)	**0.01**
Increased AST, n (%)	23 (11)	9 (7)	0.25
Increased GGT, n (%)	63 (32)	33 (27)	0.45
US steatosis, grade			
➤ **1, n (%)**	91 (41)	67 (50)	
➤ **2, n (%)**	93 (42)	53 (39)	0.06
➤ **3, n (%)**	38 (17)	15 (11)	

§FIB4 not shown because age is part of the formula.

MD, Mediterranean diet. PA, physical activity. BMI, body mass index. T2DM, type 2 diabetes. HDL, high-density lipoprotein. LDL, low-density lipoprotein. ALT, alanine aminotransferase. AST, aspartate aminotransferase. GGT, gamma-glutamyltransferase. US, ultrasound. FIB-4, fibrosis 4 score.

Supplementary Table S2. Differences in lifestyle, metabolic features, and laboratory data before and after the lockdown, according to weight change and age (< or ≥ 67 years).

Variable	Patients without increased weight (n=184; n=102<67ys and n=82≥ 67 ys)			Patients with increased weight (n=170; n=117<67ys and n=53≥ 67 ys)		
	Before lockdown	After lockdown	P value	Before lockdown	After lockdown	P value
LIFESTYLE CHARACTERISTICS						
Current smokers, n (%)						
➢ Age < 67 ys	13 (13)	10 (10)	0.08	15 (14)	15 (14)	1.00
➢ Age ≥ 67 ys	7 (9)	4 (5)	0.08	3 (6)	1 (2)	0.16
Light drinkers, n (%)						
➢ Age < 67 ys	20 (18)	22 (14)	0.83	22 (16)	23 (14)	0.49
➢ Age ≥ 67 ys	34 (38)	37 (34)	0.17	15 (24)	17 (22)	0.57
MD, n (%)						
➢ Age < 67 ys	53 (54)	62 (67)	*0.05*	64 (58)	49 (44)	**0.001**
➢ Age ≥ 67 ys	38 (50)	38 (54)	0.83	30 (65)	23 (49)	**0.03**
Regular PA, n (%)						
➢ Age < 67 ys	36 (36)	40 (41)	0.41	45 (40)	26 (23)	**0.002**
➢ Age ≥ 67 ys	31 (39)	26 (32)	0.25	15 (28)	17 (32)	0.59
METABOLIC FEATURES						
T2DM, n (%)						
➢ Age < 67 ys	17 (17)	17 (17)	1.00	23 (20)	23 (20)	1.00
➢ Age ≥ 67 ys	24 (29)	24 (29)	1.00	19 (36)	19 (36)	1.00
Hypertension, n (%)						
➢ Age < 67 ys	42 (41)	44 (43)	0.16	57 (49)	57 (49)	1.00
➢ Age ≥ 67 ys	60 (73)	61 (75)	0.32	37 (70)	37 (70)	1.00
Dislipidemia, n (%)						
➢ Age < 67 ys	46 (45)	48 (47)	0.16	56 (49)	60 (52)	0.08
➢ Age ≥ 67 ys	50 (61)	50 (61)	1.00	34 (64)	35 (66)	0.32
Glycemia						
➢ Age < 67 ys	101 ± 18	99 ± 16	0.16	103 ± 23	109 ± 32	**0.004**
➢ Age ≥ 67 ys	111 ± 25	109 ± 24	0.43	115 ± 27	117 ± 31	0.18
HDL cholesterol						
➢ Age < 67 ys	46 ± 12	47 ± 13	0.56	51 ± 14	51 ± 16	0.17
➢ Age ≥ 67 ys	52 ± 12	51 ± 13	0.53	53 ± 12	53 ± 14	0.98
LDL cholesterol						
➢ Age < 67 ys	114 ± 35	114 ± 34	0.65	106 ± 33	112 ± 34	0.24
➢ Age ≥ 67 ys	91 ± 32	93 ± 33	0.74	88 ± 22	89 ± 29	0.49
Triglycerides						
➢ Age < 67 ys	129 [98–187]	128 [97–173]	0.11	114 [89–163]	116 [96–172]	0.32
➢ Age ≥ 67 ys	112 [86–147]	119 [91–134]	0.38	110 [81–159]	123 [94–153]	0.82
LIVER DISEASE						
Increased ALT, n (%)						
➢ Age < 67 ys	32 (33)	26 (28)	0.25	28 (25)	43 (38)	**0.005**
➢ Age ≥ 67 ys	15 (19)	12 (15)	0.18	7 (13)	6 (11)	0.65
Increased AST, n (%)						
➢ Age < 67 ys	13 (13)	12 (13)	0.53	10 (9)	17 (15)	**0.05**
➢ Age ≥ 67 ys	5 (6)	7 (9)	0.16	4 (8)	3 (6)	0.65
Increased GGT, n (%)						
➢ Age < 67 ys	32 (35)	29 (32)	0.71	30 (28)	42 (38)	**0.02**
➢ Age ≥ 67 ys	24 (33)	23 (31)	0.71	9 (18)	13 (27)	0.26
US steatosis						
➢ Age < 67 ys			0.13			0.09

• 0-1, n (%)	52 (51)	44 (43)		41 (35)	33 (28)	
• 2-3, n (%)	50 (49)	58 (57)		76 (65)	84 (72)	
➢ **Age ⩾ 67 ys**						
• 0-1, n (%)						
• 2-3, n (%)	38 (46)	38 (46)	1.00	29 (54)	19 (36)	**0.007**
	44 (54)	44 (54)		24 (46)	34 (64)	
FIB-4						
➢ **Age < 67 ys**	1.06 [0.74-1.44]	1.11 [0.79-1.39]	0.93	1.08 [0.84-1.37]	1.13 [0.83-1.50]	0.07
➢ **Age ⩾ 67 ys**	1.62 [1.26-2.06]	1.75 [1.27-2.13]	*0.05*	1.58 [1.34-2.23]	1.52 [1.29-2.24]	0.98

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