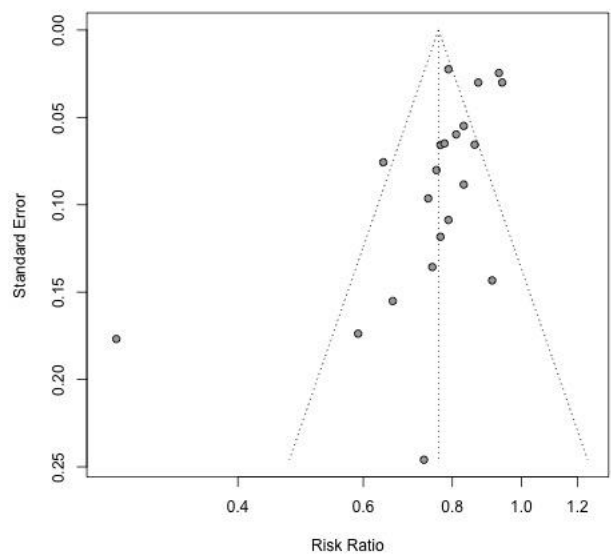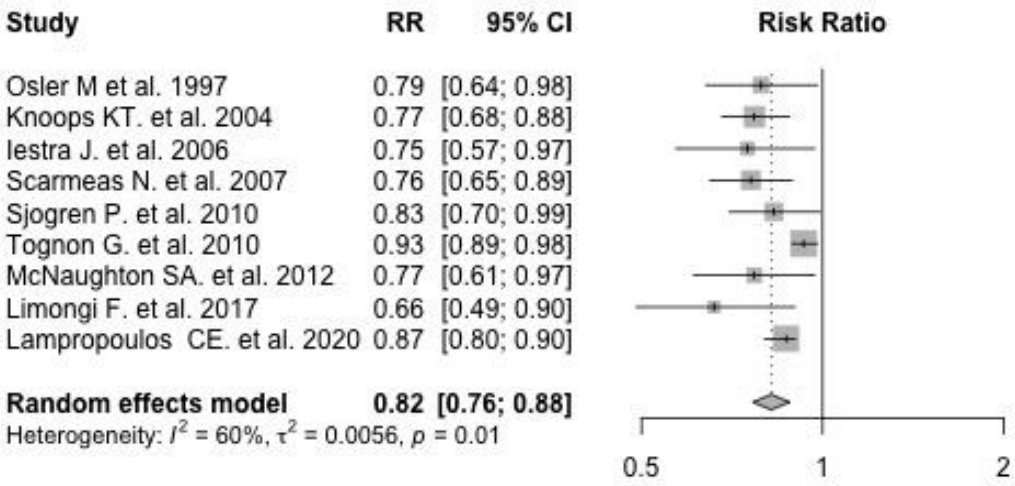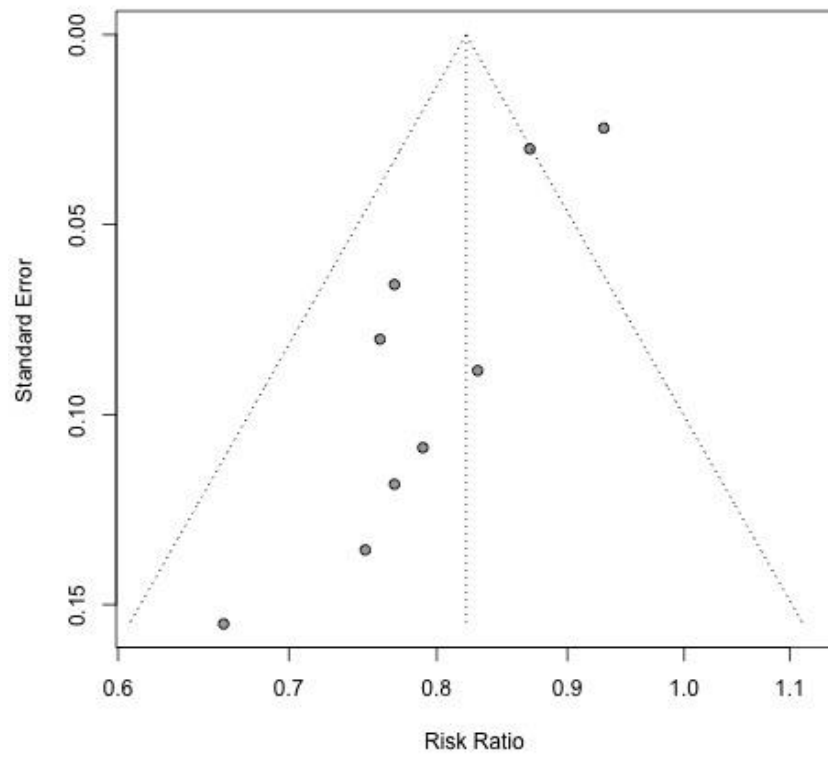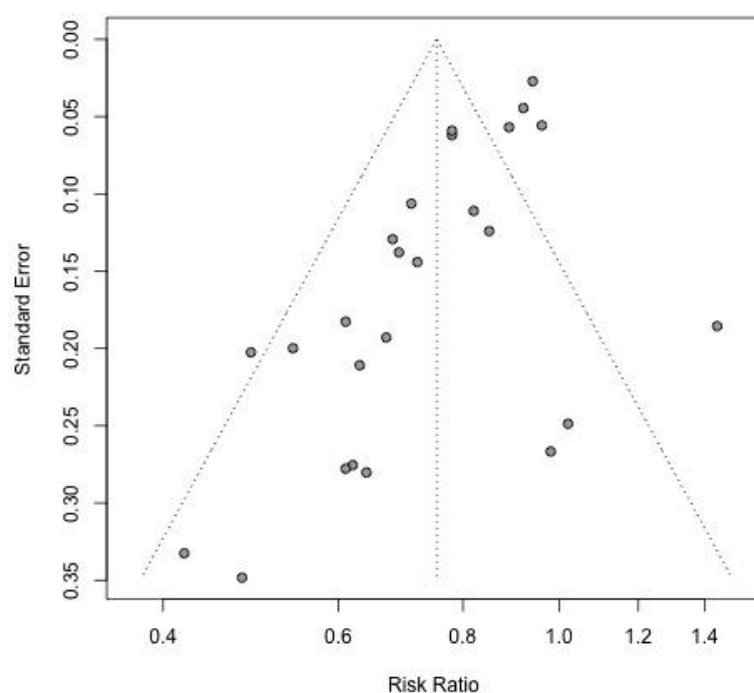FIGURES

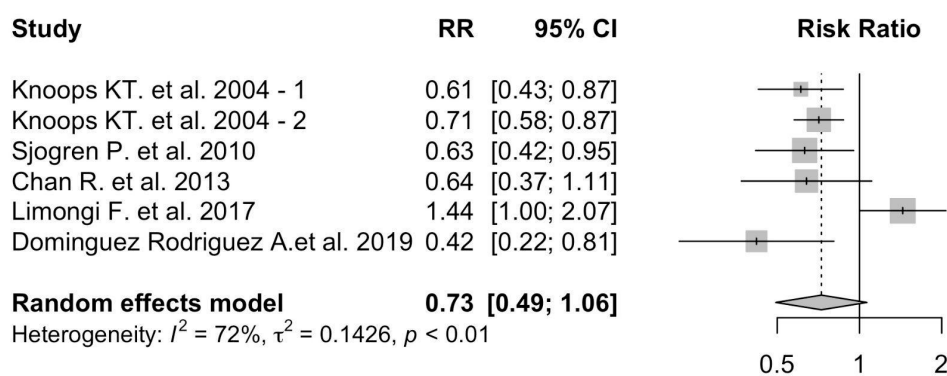**Figure S1.** Funnel plot of studies on all-cause mortality outcome

Figure S2. MD adherence and all-cause mortality over 70 years of age

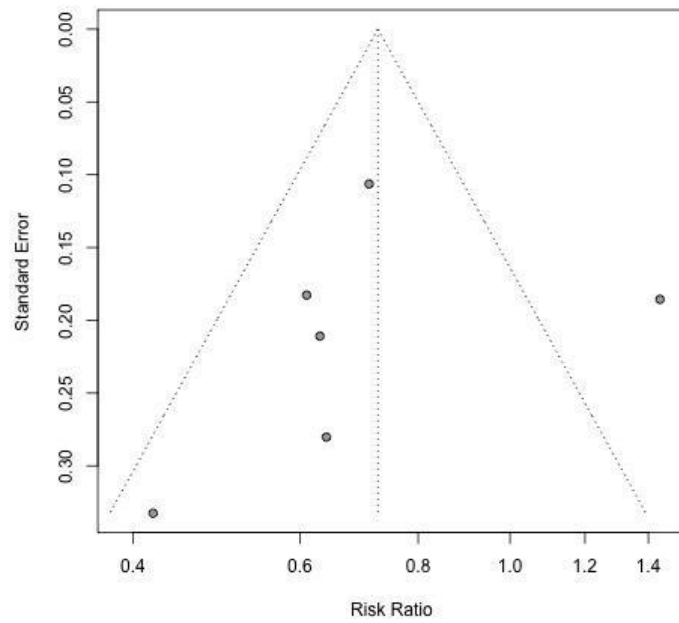**Figure S3.** Funnel plot of studies on all-cause mortality outcome in subjects >70 years old

Figure S4. Funnel plot of studies on overall cardiovascular events

Figure S5. MD adherence and overall cardiovascular events over 70 years of age

Figure S6. Funnel plot of studies on overall cardiovascular events in subjects >70 years old

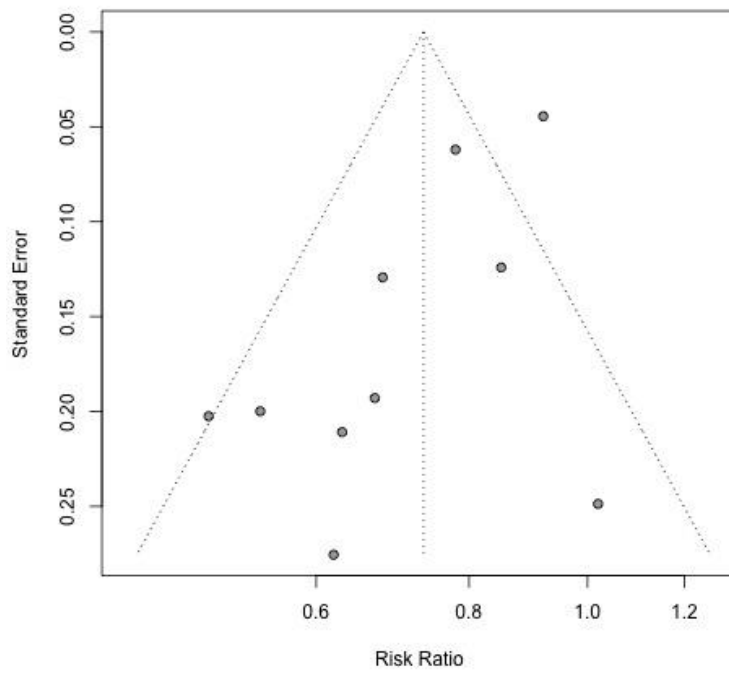**Figure S7**. Funnel plot of studies on cardiovascular mortality

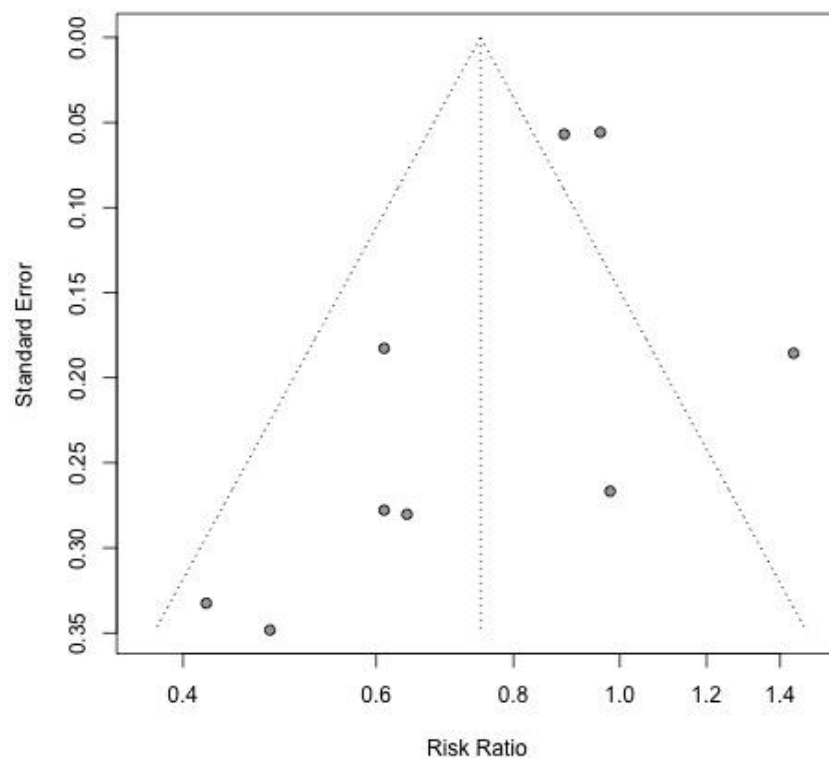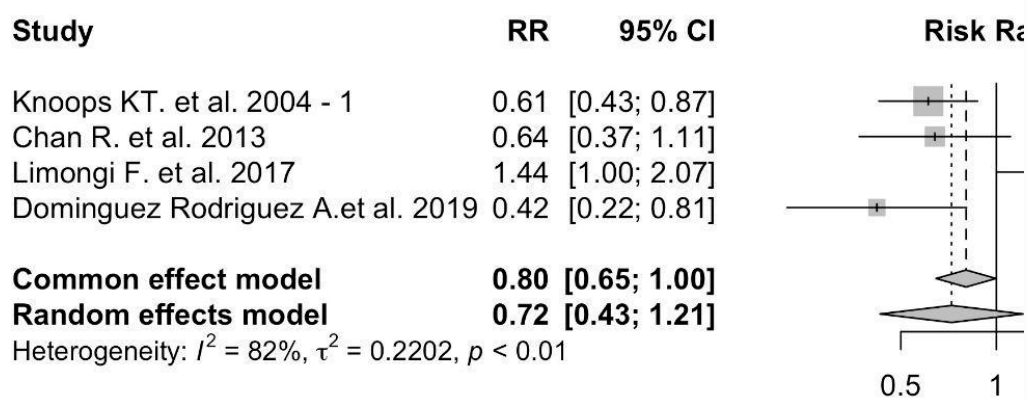**Figure S8.** Funnel plot of studies on cardiovascular non-fatal events

Figure S9. MD adherence and cardiovascular non-fatal events over 70 years of age

Figure S10. Funnel plot of studies on cardiovascular non-fatal events over 70 years of age

TABLES

Table S1. RoB2 risk assessment tool

Unique ID	Study ID	D1	D2	D3	D4	D5	Overall
1	Estruch R. et al, 2018	+	!	+	+	+	!
2	Papadaki et al, 2017	+	!	+	+	!	!

- (red)	High risk
D2	Deviations from the intended interventions
D3	Missing outcome data
D4	Measurement of the outcome
D5	Selection of the reported result

Table S2. NOS risk assessment tool

Cohort studies	Newcastle-Ottawa Quality Assessment Scale				
	Selection (4)	Comparability (2)	Outcome (3)	Total score (9)	Risk
Limongi F. et al., 2017	***	**	**	7	Low
Sjogren P. et al., 2010	***	**	**	7	Low
Knoops KT. et al., 2004	***	**	**	7	Low
Iestra J. et al., 2006	**	**	***	7	Low
Lampropoulos CE. et al., 2020	***	*	**	6	Medium
Corley J., 2020	****	**	**	8	Low
Hershey MS. et al., 2020	***	**	**	7	Low
Tognon G. et al., 2010	***	**	**	7	Low
Trichopoulou A. et al., 2005	***	*	**	6	Medium
Bertoia ML. et al., 2014	**	**	**	6	Medium
Tognon G. et al., 2014	***	*	**	6	Medium
Mitrou PN. et al., 2007	***	*	**	6	Medium
Van Den Brandt, 2011	***	*	***	7	Low
Kouris-Blazos A. et al., 1999	*	*	*	3	High
Scarmeas N. et al., 2007	**	*	**	5	Medium
Lopez Garcia E. et al., 2014	*	*	***	5	Medium
McNaughton SA. et al., 2012	***	**	**	7	Low
Whalen KA. et al., 2017	***	**	***	8	Low
Trichopoulou A. et al., 2007	*	*	**	4	Medium
Dilis V. et al., 2012	**	*	***	6	Medium
Dominguez Rodriguez A. et al., 2019	**	*	**	5	Medium
Gardener H. et al. 2011	**	*	**	5	Medium

Lau KK. et al. 2015	***	**	***	8	Low
Chan R. et al. 2013	**	*	**	5	Medium
Cardenas Fuertes G. et al., 2018	***	*	**	6	Medium
Osler M. et al., Denmark, 1997	*	*	*	3	Low

0-3 points: high risk of bias; 4-6 points: medium risk of bias; 7-9 low risk of bias
follow up considered adequate if >1 year