

Supplemental Figure S1

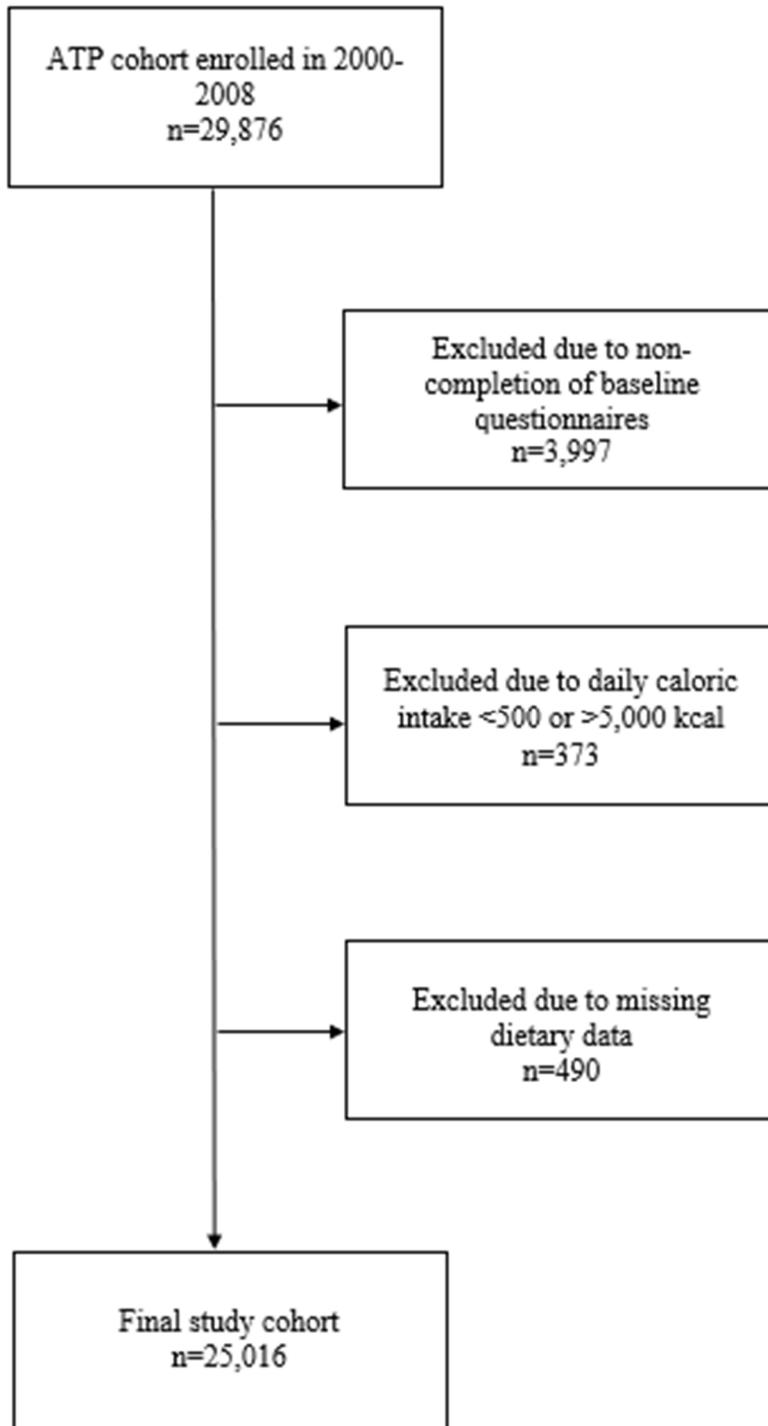


Figure S1. Flow chart for the inclusion and exclusion of Alberta's Tomorrow Project (ATP) cohort (2000-2008)

Table S1. Scoring Criteria for the Healthy Eating Index-Canada 2015

Maximum Points	Component	Standard for Maximum Points	Standard for Minimum Score of Zero
<i>Adequacy</i>			
10	Total Fruits and Vegetables	7-8 servings	No Fruits and Vegetables
5	Whole Fruits	1.47-1.68 servings	No Whole Fruits
5	Greens and Beans	0.74-0.84 servings	No Dark Green Vegetables or Legumes
10	Whole Grains	3-4 servings	No Whole Grains
10	Dairy	2-3 servings	No Dairy
5	Total Protein Foods	2-3 servings	No Protein Foods
5	Seafood and Plant Proteins	0.64-0.96 servings	No Seafood or Plant Proteins
10	Fatty Acids	(PUFA+MUFA)/SFA $\geq$ 2.5	(PUFA+MUFA)/SFA $\leq$ 1.2
<i>Moderation</i>			
10	Refined Grains	<50% of grains refined	100% of grains refined
10	Sodium	$\leq$ UL	$\geq$ 2x UL
10	Added Sugars	$\leq$ 6.5% of energy	$\geq$ 26% of energy
10	Saturated Fats	$\leq$ 8% of energy	$\geq$ 16% of energy

**Abbreviations:** HEI-C 2015, Healthy Eating Index Canada 2015; MUFA, Monounsaturated Fatty Acids; PUFA, Polyunsaturated Fatty Acids; SFA, Saturated Fatty Acids; UL, Tolerable Upper Intake Level

Table S2. ICD 9/10 and ATC Codes Identifying Physician Visits for Depression

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**ICD-9/10 and ATC codes**

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Inpatient data  
ICD-9: 296.2-296.8; 300.4; 309; 311;  
ICD-10: F31; F32; F33; F34.1; F38.0; F38.1; F41.2; F43.1; F43.2; F43.8; F53.0; F93.0  
**OR**  
Claim data  
ICD-9: 296; 309; 311  
**OR**  
Inpatient data  
ICD-9: 300;  
ICD-10: F32.0; F34.1; F40; F41; F42; F44; F45.0; F45.1; F45.2; F48; F68.0; F99  
**AND**  
ABC/PIN dispense data within 6 months of hospitalization  
ATC: N03AB02; N03AB52; N03AF01; N05AN01; N06A  
**OR**  
Claim data  
ICD-9: 300  
**AND**  
ABC/PIN dispense data within 6 months of claims  
ATC: N03AB02; N03AB52; N03AF01; N05AN01; N06A

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**Abbreviations:** ABC, Alberta Blue Cross; ATC, Anatomical Therapeutic Chemical Classification; ICD, International Classification of Diseases; PIN, Pharmaceutical Information Network

Table S3. ICD 9/10 and ATC Codes Identifying Physician Visits for Mental Illness<sup>a</sup>

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**ICD-9/10 and ATC codes**

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Inpatient data  
ICD-9: 296.2-296.8; 300.4; 309; 311;  
ICD-10: F31; F32; F33; F34.1; F38.0; F38.1;  
F41.2; F43.1; F43.2; F43.8; F53.0; F93.0  
**OR**  
Claim data  
ICD-9: 291; 292; 293; 294; 295; 296; 297; 298; 300  
excluding 300.14, 300.15, 300.16, 300.19, 300.8,  
300.81, 300.82; 301.1; 303; 304; 305.2-305.9; 309;  
311  
**OR**  
Inpatient data  
ICD-9: 300;  
ICD-10: F32.0; F34.1; F40; F41; F42; F44; F45.0;  
F45.1; F45.2; F48; F68.0; F99  
**AND**  
ABC/PIN dispense data within 6 months of  
hospitalization  
ATC: N03AB02; N03AB52; N03AF01; N05AN01;  
N06A  
**OR**  
Claim data  
ICD-9: 300  
**AND**  
ABC/PIN dispense data within 6 months of claims  
ATC: N03AB02; N03AB52; N03AF01; N05AN01;  
N06A

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**Abbreviations:** ABC, Alberta Blue Cross; ATC, Anatomical Therapeutic Chemical Classification; ICD, International Classification of Diseases; PIN, Pharmaceutical Information Network

<sup>a</sup> Includes visits for depression, anxiety disorders, affective disorders, organic and non-organic psychoses, and substance use disorders.