

Table e-1. Classification of participants according to their alcohol consumption over the 10y period exposure

Alcohol consumption in 1985/88	Alcohol consumption in 1991/93	Alcohol consumption in 1997/99	N men/women	Mean alcohol consumed (g/day) M:men W:women	Category of 10y alcohol consumption
None in the past year	None in the past year	None in the past year	97/89		10y abstainers
Alcohol consumed in the past year	Alcohol consumed in the past year	None in the past year	39/41	M: 5.9 in 85/88 7.7 in 91/93 W: 2.0 in 85/88 2.3 in 91/93	Quitters
Alcohol consumed in the past year	None in the past year	None in the past year	31/22	M: 9.1 in 85/88 W: 0.1 in 85/88	Quitters
None in the past year	Alcohol consumed in the past year	None in the past year	8/7	M: 0.5 in 91/93 W: 1.5 in 91/93	Quitters
Alcohol consumed in the past year but none in the past week	Alcohol consumed in the past year but none in the past week	Alcohol consumed in the past year but none in the past week	110/152		Occasional drinkers
None in the past week	None in the past week	Alcohol consumed in the past week	90/74	M: 5.2 in 97/99 W: 4.2 in 97/99	Drinkers
None in the past week	Alcohol consumed in the past week	Alcohol consumed in the past week	277/182	M: 7.9 in 91/93 9.9 in 97/99 W: 4.0 in 91/93 5.2 in 97/99	Drinkers
Alcohol consumed in the past week	None in the past week	Alcohol consumed in the past week	472/286	M: 10.6 in 85/88 11.5 in 97/99 W: 5.6 in 85/88 4.5 in 97/99	Drinkers
Alcohol consumed in the past week	Alcohol consumed in the past week	Alcohol consumed in the past week	3930/1246	M: 17.3 in 85/88 17.0 in 91/93 21.6 in 97/99 W: 9.6 in 85/88 9.3 in 91/93 11.5 in 97/99	Drinkers

Table e-2. Association between alcohol consumption history (1985-88 to 1997-99) and 10-year cognitive decline (1997-99 to 2007-09) ^a

	Global cognitive score		Executive function		Memory	
	Difference in cognitive change ^b	95% CI	Difference in cognitive change ^b	95% CI	Difference in cognitive change ^b	95% CI
MEN						
10-year abstainers	0.00	-0.14, 0.13	-0.04	-0.18, 0.08	0.13	-0.09, 0.36
Alcohol cessation in the last 10 years	-0.01	-0.17, 0.14	-0.04	-0.18, 0.10	0.01	-0.24, 0.27
Occasional drinkers	-0.02	-0.14, 0.10	0.05	-0.07, 0.17	-0.12	-0.32, 0.09
Drinkers: 0.1-2.9 g/day	-0.03	-0.09, 0.04	0.00	-0.06, 0.06	-0.08	-0.19, 0.04
Drinkers: 3-6.9 g/day	0.01	-0.04, 0.07	0.01	-0.04, 0.06	0.03	-0.07, 0.12
Drinkers: 7-11.9 g/day	0.00	-0.05, 0.05	0.01	-0.04, 0.07	-0.03	-0.12, 0.07
Drinkers: 12-19.9 g/day	0.00	Reference	0.00	Reference	0.00	Reference
Drinkers: 20-35.9 g/day	0.01	-0.05, 0.06	0.01	-0.04, 0.06	-0.01	-0.10, 0.08
Drinkers: 36+ g/day	-0.10^c	-0.17, -0.03	-0.07	-0.13, 0.00	-0.17^c	-0.28, -0.05
WOMEN						
10-year abstainers	-0.19^d	-0.37, -0.01	-0.19^d	-0.36, -0.02	-0.06	-0.38, 0.26
Alcohol cessation in the last 10 years	-0.07	-0.26, 0.12	-0.01	-0.19, 0.18	-0.08	-0.42, 0.26
Occasional drinkers	-0.01	-0.15, 0.13	-0.06	-0.19, 0.07	0.09	-0.16, 0.34
Drinkers: 0.1-0.9 g/day	0.11	-0.02, 0.24	-0.03	-0.16, 0.09	0.17	-0.07, 0.41
Drinkers: 1-2.9 g/day	0.04	-0.06, 0.14	0.02	-0.08, 0.11	0.09	-0.10, 0.27
Drinkers: 3-5.9 g/day	-0.03	-0.13, 0.07	-0.08	-0.17, 0.02	0.09	-0.09, 0.26
Drinkers: 6-9.9 g/day	0.00	Reference	0.00	Reference	0.00	Reference
Drinkers: 10-18.9 g/day	-0.06	-0.16, 0.04	-0.06	-0.16, 0.03	-0.01	-0.19, 0.17
Drinkers: 19+ g/day	-0.03	-0.15, 0.10	-0.11	-0.23, 0.00	0.21	-0.01, 0.44

CI confidence interval

^aModels adjusted for age (centered on 55y), ethnicity (white, south-Asian, black, others), education (continuous), 3-level occupational position (category), marital status (married/cohabiting vs others), smoking history (current smokers, recent ex-smokers, long-term ex-smokers, never smokers), 10y mean number of hours of moderate and vigorous physical activity (continuous), and 10y mean weekly frequency of fruit and vegetables consumption (continuous), time since 1997/99, and interaction terms between each covariate and time.

^b Cognitive changes relative to the reference categories of 12-19.9 g/day for men and 6-9.9 g/day for women

^c *p* value < 0.005

^d *p* value < 0.05

Table e-3. Association between alcohol consumption history (1985-88 to 1997-99) and 10-year cognitive decline (1997-99 to 2007-09)^a: additional adjustment for health measures

	Global cognitive score		Executive function		Memory	
	Difference in cognitive change ^b	95% CI	Difference in cognitive change ^b	95% CI	Difference in cognitive change ^b	95% CI
MEN						
10-year abstainers	0.00	-0.13, 0.13	-0.05	-0.17, 0.07	0.15	-0.07, 0.36
Alcohol cessation in the last 10 years	-0.01	-0.16, 0.14	-0.03	-0.18, 0.11	0.02	-0.23, 0.27
Occasional drinkers	-0.02	-0.14, 0.10	0.05	-0.07, 0.16	-0.11	-0.31, 0.10
Drinkers: 0.1-19.9 g/day	0.00	Reference	0.00	Reference	0.00	Reference
Drinkers: 20-35.9 g/day	0.01	-0.04, 0.05	0.01	-0.04, 0.05	-0.01	-0.08, 0.07
Drinkers: 36+ g/day	-0.10^c	-0.16, -0.04	-0.06^d	-0.12, 0.00	-0.16^c	-0.27, -0.06
WOMEN						
10-year abstainers	-0.20^d	-0.37, -0.04	-0.16^d	-0.32, -0.01	-0.16	-0.46, 0.14
Alcohol cessation in the last 10 years	-0.09	-0.27, 0.09	0.01	-0.16, 0.18	-0.17	-0.48, 0.15
Occasional drinkers	-0.03	-0.15, 0.10	-0.03	-0.14, 0.09	-0.01	-0.23, 0.21
Drinkers: 0.1-9.9 g/day	0.00	Reference	0.00	Reference	0.00	Reference
Drinkers: 10-18.9 g/day	-0.07	-0.15, 0.01	-0.03	-0.11, 0.04	-0.10	-0.25, 0.05
Drinkers: 19+ g/day	-0.03	-0.14, 0.08	-0.08	-0.18, 0.03	0.13	-0.08, 0.33

CI confidence interval

^aModels adjusted for age (centered on 55y), ethnicity (white, south-Asian, black, others), education (continuous), 3-level occupational position (high, intermediate, low), marital status (married/cohabiting vs others), smoking history (current smokers, recent ex-smokers, long-term ex-smokers, never smokers), 10y mean number of hours of moderate and vigorous physical activity (continuous), 10y mean weekly frequency of fruit and vegetables consumption (continuous), history of diabetes (yes/no), hypertension (yes/no), CVD (yes/no), depressive symptoms (yes/no), time since 1997/99, and interaction terms between each covariate and time.

^b Cognitive changes relative to the reference categories of 0.1-19.9 g/day for men and 0.1-9.9 g/day for women.

^c *p* value <0.005

^d *p* value <0.05