

Table 3. Variations in z-score * compared to the Italian average of prevalence and fraction attributable to social inequalities (PAF), ** by age class. Aggregated years 2016-2020

	Too much carboidrates		No 3 a day		Too much meat		Few fish		Few legumes		Few proteins		Too much cooked fats		Too much sweets		Too much salt		Overweight		Obese		No breakfast	
	PREV.	Paf %	PREV.	Paf %	PREV.	Paf	PREV.	Paf %	PREV.	Paf %	PREV.	Paf %	PREV.	Paf %	PREV.	Paf	PREV.	Paf %	PREV.	Paf %	PREV.	Paf %	PREV.	Paf %
Men																								
20-34	0	--	-	+	++	-	+	+	++	+++	-	---	+	+++	+	+++	++	+++	-	++	--	+++	+	-
35-54	---	--	0	0	0	0	+	--	0	0	+	0	++	+++	0	+++	0	+++	+	-	0	0	++	-
55-64	---	0	+	--	-	+	0	-	-	0	++	0	-	+++	-	+++	-	+++	++	-	++	0	++	-
≥65	---	---	+++	--	-	++	--	+	--	++	+++	0	-	+++	---	0	--	+++	++	0	++	0	-	++
All age classes	29,68	21,37	76,19	1,24	19,69	5,80	38,07	2,95	44,43	1,29	82,94	1,15	12,11	6,21	48,77	-1,95	30,29	-1,43	37,15	3,11	9,99	12,96	20,10	5,64
Women																								
20-34	-	0	-	0	++	-	+	++	0	---	+++	0	0	+++	+	+	++	0	-	++	-	+++	+	0
35-54	-	0	0	0	0	0	0	0	-	0	+++	0	0	+++	0	--	0	0	0	0	0	0	++	-
55-64	--	+++	++	-	--	++	--	0	---	0	+++	+++	---	+++	-	++	-	0	+	-	+	0	++	0
≥65	++	+	+++	---	-	0	0	--	0	0	+++	0	+	+++	--	0	--	+++	++	-	++	0	-	+++
All age classes	24,44	1,73	81,52	1,14	14,56	9,10	37,91	3,12	44,10	1,45	86,04	1,11	11,52	6,30	46,29	1,90	22,01	3,54	24,14	4,50	8,89	13,65	14,46	8,62

* The changes in z-scores have been reclassified according to the following qualitative criterion: --- ($z \leq -1.5$); - ($-1.5 < z \leq -1$); - ($-1 < z \leq -0.5$); 0 ($-0.5 < z < 0.5$); + ($0.5 \leq z < 1$); ++ ($1 \leq z < 1.5$); +++ ($z \geq 1.5$).

** The attributable reference fractions were calculated considering the most educated as the reference category.