Appendix 2

Construction of the binary lifestyle factor variables incorporated in the exposure variable “healthy lifestyle behaviour” (HLB), based on questions from the baseline questionnaire in 2006 (Health Survey 2006, Stockholm County Council).

Non-smoking:

26. Do you smoke daily?
   1. No
   2. Yes

Recommended level of leisure physical activity:

24. How much have you exercised and exerted yourself physically in the past 12 months?
   If your activity for example varies between summer and winter, try to state an average. Indicate one alternative.
   1. Sedentary leisure time
      You spend most of your time reading, watching TV, going to movie theatres or carrying out some other form of sedentary activity. You take walks, cycle or exercise in some other way for less than 2 hours per week.
   2. Moderate leisure time exercise
      You take walks, cycle or exercise in some other way for at least 2 hours per week, usually without sweating. This also includes walks, ordinary garden chores, fishing, table tennis and bowling.
   3. Moderate, regular leisure time exercise
      You exercise regularly 1–2 times per week for at least 30 minutes each time by jogging, swimming, playing tennis, badminton or through another activity that makes you sweat.
   4. Regular leisure time exercise and training
      You, for example, jog, swim, play tennis or badminton or carry out gymnastics or the like and which makes you sweat an average of at least 3 times a week. Each occasion lasts at least 30 minutes.

25. How many days in an average week do you devote to at least 30 minutes of physical activity that makes you grow warm?
   Count fitness training as well as brisk walks, gardening work, heavy household work, cycling, swimming and the like. This may vary during the year, but try to state an average.
   _____ days a week

“Recommended level of leisure physical activity” was theoretically defined as performing leisure physical activity at least 150 minutes at moderate intensity or 75 minutes at high intensity per week or a combination of these activities. This was equal to alternative 4 in question no.24 OR ≥ 5 days a week
in question no.25 OR a combination of alternative 3 in question no.24 and 3 or 4 days a week in question no.25.

No risk consumption of alcohol:

Grams of 100% alcohol/week were calculated by summarizing the volume of each of the different alcoholic beverage consumed over the week, multiply this sum with the volume percentage of alcohol
for the specific beverage and finally summarize the volume percentage for all beverages.

As an example from above, the grams of 100% alcohol from strong beer was 150*0.053 (volume % in Swedish strong beer) = 7.95 g of 100% alcohol etc.

Using a combination of question no.31 and no.32, “No risk consumption of alcohol” was theoretically defined as drinking; ≤168 g 100% alcohol/week for men and ≤108 g 100% alcohol/week for women, AND alternative 6 or 7 on question no.32 (= consuming alcohol corresponding to ≈ half a bottle of spirits on the same occasion less than once a month).

**Recommended consumption of fruit and vegetables:**

21. **How often do you eat fruits or berries?**

*Think of the past 12 months. Count fresh, canned and frozen (for example 1 apple, 1 banana, 1 bunch of grapes, 1 glass of juice, 1 bowl of strawberries or 2 slices of pineapple).*

I eat fruits or berries:

1. A few times per month or never
2. Around once a week
3. A few times per week
4. Virtually every day
5. 2 times per day
6. 3 or more times per day

0
0
0.5
1
2
3
The six answer alternatives on question no.21 and no.22 were assigned a score from 0 to 3.

“Recommended consumption of fruit and vegetables” was theoretically defined as having a sum score from the two questions of ≥ 4. This was equal to eating fruit and vegetables every day and to a minimum of 4 servings per day (≈ 400 g/day).