

**SUPPLEMENTAL FILE 2****Helsinki Health Study survey: questions on health behaviours**

## Leisure-time physical activity

**41. Next, we will be asking about physical activity during your leisure and commuting time over the past 12 months. We have divided physical activities in four levels of exertion. First, estimate the exertion level of the physical activities you are engaged in. Then, estimate how often you engage in a physical activity equivalent to each level of exertion during one week rounded to closest 15 minutes (e.g. 02 hours and 45 minutes).**

**a. During your leisure time**

	Hours	Minutes
Strenuousness of exercise:		
Equivalent to walking		
Equivalent to brisk walking		
Equivalent to light running (jogging)		
Equivalent to brisk running		

**b. During your commute**

	Hours	Minutes
Strenuousness of exercise:		
Equivalent to walking		
Equivalent to brisk walking		
Equivalent to light running (jogging)		
Equivalent to brisk running		

## Diet

**39. How often do you consume the following food items? Think about the past four weeks. Please choose one alternative in each line.**

	Not in the past 4 weeks	1–3 times a month	Once a week	2–4 times a week	5–6 times a week	Once a day	2 times or more a day
Dark bread (rye bread, rye crispbread, whole grain bread)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White bread (leavened bread, French bread etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweets, chocolate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet pastries (cookies, doughnuts, other pastries)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh vegetables or green salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boiled vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Berries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100 % juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poultry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat or processed meats (e.g. sausages)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skimmed milk or fat-free dairy products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Sleep sufficiency

**52. Do you feel that you get enough sleep?**

- yes, almost always
- yes, often
- rarely or hardly ever

## Alcohol use

**31. How much, on average, do you consume the following alcoholic beverage?****a. Beer or cider**

- none
- less than one bottle a week
- 1–4 bottles a week
- 5–12 bottles a week
- 13–24 bottles a week
- 25–47 bottles a week
- 48 bottles or more a week

**b. Wine or equivalent alcoholic beverage**

- none
- less than a glass a week
- 1–4 glasses a week
- 1–2.5 bottles a week
- 3–4.5 bottles a week
- 5–9 bottles a week
- 10 bottles or more a week

**c. Spirits**

- not at all
- less than half a bottle a month
- 0.5–1.5 bottles a month
- 2–3.5 bottles a month
- 4–9 bottles a month
- 10–19 bottles a month
- 20 bottles or more a month

**32. The next question concerns situations in which you drink six or more servings of alcoholic beverages at one sitting. Six or more servings is equivalent to at least:**

- 4 pints (0.5 l each) medium-strength beer/mild cider or
- 3 pints (0.5 l each) strong beer/strong cider or
- one bottle (0.75 l) of mild wine (12%) or
- 6 restaurant servings (4 cl each) of spirits

**How often do you drink six or more servings of alcoholic beverages at one sitting?**

- never
- less than once a month
- once a month
- once a week
- a few times a week
- every day or almost every day

## Smoking

**28 a. Do you smoke cigarettes?**

yes, every day, how many cigarettes a day?

\_\_\_\_\_

occasionally

not anymore - I quit smoking in (year)

\_\_\_\_\_

I have never smoked

**28 b. Do you use snuff?**

yes, every day

occasionally

not anymore

I have never used snuff

**28 c. Do you use electronic cigarettes (vape)?**

yes, every day

occasionally

not anymore

I have never used an electronic cigarette