

Supplementary appendix 1

Descriptive results of variables by sex for Estonians aged 50 and above, 2011 (SHARE Wave 4, Estonia, n=6 660)

Variables	Sex		Women	%	p-value	Total	%
	Men	%					
		(row)		(row)			(column)
<b>Country of birth</b>							
Estonia	2040	41.25	2905	58.75	0.079	4945	74.25
Other	666	38.83	1049	61.17		1715	25.75
<b>Age</b>							
50-64	1277	43.35	1669	56.65	<0.0001	2946	44.23
65-79	1144	39.83	1728	60.17		2872	43.12
80+	285	33.85	557	66.15		842	12.64
<b>Education level</b>							
Basic education	556	40.12	830	59.88	<0.0001	1386	20.85
(Post) secondary education	896	36.6	1552	63.4		2448	36.82
Higher education	1250	44.42	1564	55.58		2814	42.33
<b>Partner in household</b>							
Yes	2291	50.38	2256	49.62	<0.0001	4547	68.27
No	415	19.64	1698	80.36		2113	31.73
<b>Employment status</b>							
Employed	965	44.1	1223	55.9	<0.0001	2188	32.92
Retired	1393	37.13	2359	62.87		3752	56.46
Other (homemaker, ill, etc.)	344	48.73	362	51.27		706	10.62
<b>Activity limitations</b>							
No	1141	42.04	1573	57.96	0.059	2714	40.79
Yes	1563	39.68	2376	60.32		3939	59.21
<b>Long-term illnesses</b>							
No	759	44.28	955	55.72	<0.0001	1714	25.75
Yes	1946	39.37	2997	60.63		4943	74.25
<b>Smoking</b>							
No	1860	35.03	3449	64.97	<0.0001	5309	80.08
Yes	836	63.29	485	36.71		1321	19.92
<b>Alcohol consumption</b>							
Not at all	763	28.24	1939	71.76	<0.0001	2702	40.7
1-2 days per month	984	36.18	1736	63.82		2723	41.02
1-4 days per week	746	75.97	236	24.3		982	14.79
5-7 days per week	204	87.93	28	12.7		232	3.49
<b>Vigorous physical activity</b>							
More than once a week	1229	50.49	1205	49.51	<0.0001	2434	36.65

Once a week	346	39.05	540	60.95		886	13.34
1-3 times per month	234	39.07	365	60.93		599	9.2
Very seldom/ not at all	889	32.66	1833	67.34		2722	40.99
<b>Moderate physical activity</b>							
More than once a week	1912	42.13	2626	57.87	0.004	4538	68.29
Once a week	301	36.84	516	63.16		817	12.29
1-3 times per month	127	38.96	199	61.04		326	4.91
Very seldom/ not at all	362	37.55	602	62.45		964	14.51
<b>Eating fruit and vegetables</b>							
Daily	1739	38.62	2764	61.38	<0.0001	4503	67.78
Less than daily	962	44.93	1179	55.07		2141	32.22
<b>Eating dairy products</b>							
Daily	1782	38.99	2788	61.01	<0.0001	4570	68.79
Less than daily	918	44.28	1155	55.72		2073	31.21
<b>Eating meat, fish or chicken</b>							
Daily	1713	46.28	1988	53.72	<0.0001	3701	55.7
Less than daily	990	33.63	1954	66.37		2944	44.3
<b>Eating legumes and eggs</b>							
Daily or 3-6 times per week	1029	44.84	1266	55.16	<0.0001	2295	34.58
Less often	1669	38.45	2672	61.55		4341	65.42
<b>Satisfaction with life</b>							
Higher (6-10 points)	858	41.33	1218	58.67	0.135	2076	32.24
Lower (0-5 points)	1718	39.38	2645	60.62		4363	67.76