

## Supplementary tables

**Table S1** AAPC of ASMR for all causes of death and for selected causes associated with heavy alcohol consumption, age 20–69 years, Estonia, 1995–2007 and 2007–2016

ICD-10	Cause of death	AAPC (95% CI) of ASMR	
		1995–2007	2007–2016
<i>Men</i>			
A00–Y98	All causes	–2.7 (–3.4 to –1.9)	–5.0 (–6.1 to –3.8)
I00–I99	Circulatory diseases	–3.4 (–4.1 to –2.6)	–6.0 (–6.8 to –5.3)
K70, K74	Liver cirrhosis	5.6 (3.8 to 7.4)	–2.2 (–6.1 to 1.6)
V01–Y98	External causes	–4.5 (–5.5 to –3.5)	–7.3 (–8.5 to –6.0)
F10, G31.2, X45	AP	2.2 (–0.6 to 5.0)	–7.4 (–11.7 to –3.2)
<i>Women</i>			
A00–Y98	All causes	–3.1 (–3.6 to –2.6)	–3.8 (–4.7 to –2.8)
I00–I99	Circulatory diseases	–5.5 (–5.9 to –5.1)	–6.2 (–7.2 to –5.1)
K70, K74	Liver cirrhosis	5.9 (3.4 to 8.4)	–4.8 (–9.5 to –0.1)
V01–Y98	External causes	–4.8 (–5.8 to –3.7)	–5.4 (–6.2 to –4.5)
F10, G31.2, X45	AP	0.8 (–1.8 to 3.3)	–8.9 (–10.3 to –7.4)

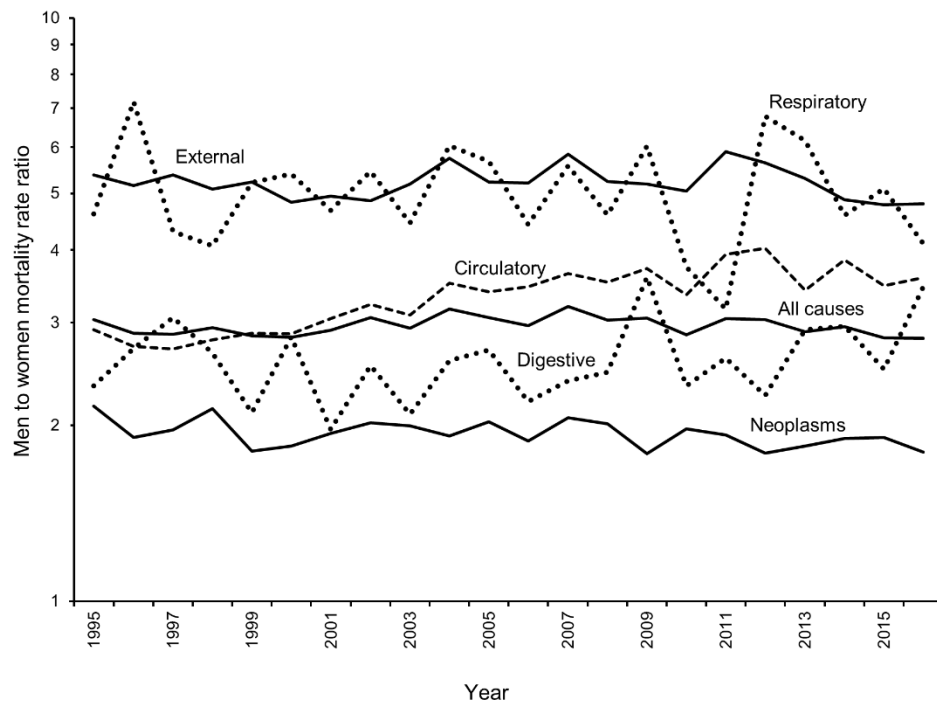
AAPC – average annual percentage change; AP – mental disorders due to alcohol, alcohol-related degeneration of the nervous system and alcohol poisoning combined; ASMR – age-standardized mortality rate per 100 000 person-years (European standard population).

**Table S2** Cause-specific men to women mortality rate ratios by age groups, Estonia, 1995–2016

ICD-10	Cause of death	Men to women MRR (95% CI)	
		Age 20–44 years	Age 45–69 years
A00–Y98	All causes	3.62 (3.21 to 3.73)	2.87 (2.83 to 2.90)
C00–D48	Neoplasms	0.89 (0.82 to 0.96)	2.05 (2.00 to 2.09)
C01–C15, C32	UADT	5.75 (3.38 to 9.79)	10.40 (9.24 to 11.70)
C33–C34	Trachea, bronchus, lung	3.00 (2.16 to 4.17)	7.12 (6.70 to 7.57)
I00–I99	Circulatory diseases	4.11 (3.77 to 4.49)	3.14 (3.08 to 3.20)
I20–I25	Ischemic heart diseases	6.54 (5.50 to 7.76)	3.98 (3.87 to 4.10)
J00–J99	Respiratory diseases	3.48 (2.94 to 4.11)	5.20 (4.84 to 5.58)
J40–J44	COPD	3.09 (1.00 to 9.58)	6.61 (5.71 to 7.66)
K00–K93	Digestive diseases	2.62 (2.34 to 2.93)	2.50 (2.38 to 2.63)
K70, K74	Liver cirrhosis	2.26 (1.98 to 2.59)	2.27 (2.13 to 2.42)
V01–Y98	External causes	5.85 (5.57 to 6.14)	4.80 (4.62 to 4.98)
V01–V99	Transport accidents	5.09 (4.52 to 5.74)	3.92 (3.47 to 4.42)
W00–W19, W65–W74, X00–X09, X31	Falls, drowning, fire, excessive cold	5.80 (5.15 to 6.52)	5.27 (4.92 to 5.65)
X40–X49	Accidental poisoning	5.67 (5.12 to 6.28)	3.83 (3.52 to 4.17)
X45	Poisoning by alcohol	4.86 (4.22 to 5.61)	3.67 (3.36 to 4.01)
X60–X84	Suicide	6.98 (6.22 to 7.83)	5.59 (5.11 to 6.12)
X85–Y09	Homicide	4.77 (4.16 to 5.47)	4.70 (4.09 to 5.40)
F10, G31.2, X45	AP	4.63 (4.09 to 5.24)	3.82 (3.56 to 4.10)

AP – mental disorders due to alcohol, alcohol-related degeneration of the nervous system and alcohol poisoning combined; CI, confidence interval; COPD, chronic obstructive pulmonary disease; MRR, mortality rate ratio (adjusted for age (five-year age groups) and year of death); UADT, upper aero-digestive tract.

## Supplementary figure



**Figure S1** Men to women mortality rate ratios by leading causes of death, Estonia, 1995–2016.