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

<table>
<thead>
<tr>
<th>Strenuousness of exercise:</th>
<th>Hours</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equivalent to walking</td>
<td></td>
<td></td>
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<tr>
<td>Equivalent to brisk walking</td>
<td></td>
<td></td>
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<tr>
<td>Equivalent to light running (jogging)</td>
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<td></td>
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<tr>
<td>Equivalent to brisk running</td>
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</table>

b. During your commute

<table>
<thead>
<tr>
<th>Strenuousness of exercise:</th>
<th>Hours</th>
<th>Minutes</th>
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</thead>
<tbody>
<tr>
<td>Equivalent to walking</td>
<td></td>
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<tr>
<td>Equivalent to brisk walking</td>
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<td>Equivalent to light running (jogging)</td>
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<tr>
<td>Equivalent to brisk running</td>
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</tbody>
</table>
Diet

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

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

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
- 1 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