Supplementary file 2. Overview of assessment measures at baseline and follow up

Table 1. Assessment measures at baseline and follow up					
	Baseline	**3 months**	**6 months**	**9 months**	**12 months**
GENERAL INFORMATION					
Age, gender, ethnicity, education and postal code	Q				
Participation in the Lifelines cohort	Q				
Medical family history	Q				
Health literacy (S-TOFHLA, 3-items)	Q				
RISK AND PROTECTIVE FACTORS					
Smoking	Q	Q	Q	Q	Q
Physical inactivity (SQUASH, IPAQ sitting measure)	Q	Q	Q	Q	Q
Mediterranean diet (FFQ)	Q	Q	Q	Q	Q
Alcohol consumption (FFQ)	Q	Q	Q	Q	Q
High cognitive activity (CRIq adapted)	Q	Q	Q	Q	Q
Loneliness (de Jong Gierveld, 6-items)	Q	Q	Q	Q	Q
Cardiovascular diseases (CVD)	Q	Q	Q	Q	Q
Obesity (body weight, height)	Q+PE	Q	Q	Q	Q+PE
Hypertension (SBD, DBP)	Q+PE	Q	Q	Q	Q+PE
High cholesterol (LDL, HDL, TC)	Q+BS	Q	Q	Q	Q+BS
Diabetes Mellitus (glucose,	Q+BS	Q	Q	Q	Q+BS

Supplemental material

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HbA1C)					
Renal dysfunction (eGFR)	Q+BS	Q	Q	Q	Q+BS
Depression (CES-D)	Q	Q	Q	Q	Q
OTHER PARAMETERS					
Medical treatment of disease	Q	Q	Q	Q	Q
Motivation to change lifestyle (MCLHB-DRR)	Q	Q	Q	Q	Q
Stages of change	Q	Q	Q	Q	Q
Hearing problems	Q	Q	Q	Q	Q
Subjective stress (LDI)	Q				Q
Memory complaints	Q				
Quality of life (2 items of SF36, VAS-score)	Q				Q
Perceived living environment	Q				Q
Compliance lifestyle advice per individual health behaviour		Q	Q	Q	Q
Compliance advice contact with GP		Q	Q	Q	Q

SQUASH Short Questionnaire to Assess Health-enhancing physical activity, *IPAQ* International Physical Activity Questionnaire, *FFQ* Food Frequency Questionnaire, *CRIq* Cognitive Reserve Index questionnaire, *CVD* Cardiovascular diseases, *SBP* Systolic Blood Pressure, *DBP* Diastolic Blood Pressure, *HDL* high-density lipoproteins, *LDL* low-density lipoproteins, *TC* total cholesterol, *HbA1C* Hemoglobin A1C, *eGFR* estimated Glomerular Filtration Rate, *CES-D* Centre for Epidemiological Studies Depression Scale, *MCLHB-DRR* Motivation to Change Lifestyle and Health Behavior for Dementia Risk Reduction Scale, LDI Long-term Difficulties Inventory, *SF36* Short Form 36 items, *VAS* Visual Analogue Scale

Q: Online questionnaire; PE: Physical examination; BS: Blood sample