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Appendix A. Sample characteristics; stratified by gender and period of observation.

| | Women | | | | | Men | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 2016 and prior | 2017 | 2018 | 2019 | 2020 | 2016 and prior | 2017 | 2018 | 2019 | 2020 |
| Mean age [a] | 44.4 | 44.1 | 44.3 | 44.6 | 45.4 | 46.2 | 46.5 | 46.6 | 47.5 | 48.3 |
| (Standard deviation) | (12.0) | (12.6) | (12.8) | (12.6) | (12.4) | (11.7) | (12.0) | (12.3) | (12.0) | (11.9) |
| Lives with partner | 79.2% | 67.3% | 64.8% | 67.2% | 68.4% | 81.7% | 71.1% | 67.0% | 68.9% | 68.1% |
| Primary activity status: | | | | | | | | | | |
| In paid employment | 52.8% | 63.6% | 64.8% | 65.2% | 66.7% | 76.9% | 81.5% | 79.5% | 80.8% | 79.2% |
| Unemployed | 2.7% | 2.4% | 1.8% | 2.1% | 2.7% | 2.7% | 3.3% | 2.5% | 2.5% | 3.8% |
| Student | 7.6% | 5.5% | 6.7% | 6.2% | 4.4% | 2.8% | 3.8% | 5.9% | 4.5% | 3.8% |
| Homemaker | 22.9% | 13.0% | 11.8% | 12.2% | 12.1% | 1.2% | 0.9% | 1.0% | 1.2% | 1.7% |
| Retired | 4.5% | 1.5% | 1.3% | 0.8% | 1.2% | 9.0% | 2.3% | 2.3% | 2.7% | 3.1% |
| Disabled | 3.7% | 8.8% | 9.1% | 7.6% | 8.2% | 4.0% | 5.2% | 5.8% | 5.6% | 6.0% |
| Other | 5.9% | 5.2% | 4.5% | 5.9% | 4.7% | 3.5% | 3.0% | 3.0% | 2.7% | 2.4% |
| Mean bodyweight in kilograms | 71.3 | 74.8 | 75.2 | 74.9 | 76.1 | 83.7 | 86.8 | 86.5 | 86.5 | 86.9 |
| (Standard deviation) | (14.5) | (16.8) | (17.5) | (16.8) | (17.6) | (13.4) | (14.7) | (14.5) | (15.2) | (15.1) |
| Mean Body Mass Index (BMI) | 25.0 | 26.0 | 26.2 | 26.1 | 26.5 | 25.5 | 26.0 | 26.0 | 26.1 | 26.3 |
| (Standard deviation) | (4.6) | (5.5) | (5.8) | (5.5) | (5.7) | (3.6) | (4.0) | (4.0) | (4.1) | (4.1) |
| BMI Category: | | | | | | | | | | |
| Not overweight (< 25 kg/m2) | 57.2% | 49.2% | 48.5% | 49.7% | 47.6% | 49.7% | 47.2% | 46.9% | 47.0% | 45.2% |
| Overweight (25-30 kg/m2) | 29.6% | 32.2% | 31.5% | 30.2% | 29.5% | 41.1% | 38.1% | 38.3% | 37.7% | 38.7% |
| Obese (>= 30 kg/m2) | 13.1% | 18.6% | 20.1% | 20.0% | 22.9% | 9.1% | 14.7% | 14.8% | 15.4% | 16.1% |
| Number of observations | 16,336 | 805 | 714 | 845 | 768 | 18,830 | 769 | 709 | 808 | 746 |
| Number of observations with complete BMI information | 16,298 | 803 | 712 | 843 | 765 | 18,787 | 769 | 708 | 807 | 744 |

Notes: Data are from the DNB Household Survey 1993-2020;

[a] based on values before centring

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Appendix B. Results of fixed-effects analyses predicting bod mass index in women and men; coefficient estimates with 95% confidence intervals.

| | Women | | Men | | Women vs men | |
|---|---|---|---|---|---|---|
| | b | [95% CI] | b | [95% CI] | Δb | [95% CI] |
| **Year:** | | | | | | |
| 2020 (Covid-year) | Ref. | | Ref. | | Ref. | |
| 2019 (pre-Covid year) | -0.267*** | [-0.399,-0.134] | -0.049 | [-0.166,0.067] | -0.217* | [-0.394,-0.041] |
| 2018 (2 years pre-Covid) | -0.310*** | [-0.481,-0.140] | -0.021 | [-0.153,0.112] | -0.289** | [-0.505,-0.073] |
| 2017 (3 years pre-Covid) | -0.264** | [-0.457,-0.072] | 0.060 | [-0.084,0.205] | -0.325** | [-0.565,-0.084] |
| 2016 and prior | -0.331** | [-0.557,-0.105] | 0.203* | [0.031,0.375] | -0.534*** | [-0.818,-0.250] |
| | | | | | | |
| **Time-variant controls:** | | | | | | |
| Age [a] | 0.093*** | [0.074,0.113] | 0.108*** | [0.094,0.122] | -0.015 | [-0.039,0.009] |
| Age [a] (squared) | -0.001† | [-0.002,0.000] | -0.002*** | [-0.002,-0.001] | 0.001 | [-0.000,0.002] |
| Lives with partner | 0.350* | [0.010,0.690] | 0.139 | [-0.121,0.399] | 0.211 | [-0.216,0.639] |
| **Primary activity status:** | | | | | | |
| In paid employment | Ref. | | Ref. | | Ref. | |
| Unemployed | -0.044 | [-0.242,0.154] | -0.083 | [-0.245,0.080] | 0.038 | [-0.218,0.294] |
| Student | 0.152 | [-0.043,0.346] | -0.061 | [-0.345,0.224] | 0.212 | [-0.132,0.556] |
| Homemaker | 0.072 | [-0.097,0.241] | -0.055 | [-0.472,0.362] | 0.127 | [-0.323,0.577] |
| Retired | 0.088 | [-0.128,0.304] | -0.161† | [-0.344,0.023] | 0.249† | [-0.035,0.532] |
| Disabled | -0.064 | [-0.410,0.283] | -0.114 | [-0.321,0.093] | 0.050 | [-0.353,0.453] |
| Other | 0.040 | [-0.159,0.239] | -0.024 | [-0.182,0.134] | 0.064 | [-0.191,0.318] |
| | | | | | | |
| Number of observations | 19,416 | | 21,806 | | | |
| Number of persons | 4,357 | | 4,574 | | | |

Notes: Data are from the DNB Household Survey 1993-2020; [a] centred on age 45;
† $p < .1$, * $p < .05$, ** $p < .01$, *** $p < 0.001$

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Appendix C. Results of fixed-effects analyses predicting bodyweight change in women and men; coefficient estimates with 95% confidence intervals.

| | Women | | Men | | Women vs men | |
|---|---|---|---|---|---|---|
| | b | [95% CI] | b | [95% CI] | Δb | [95% CI] |
| **Year:** | | | | | | |
| 2020 (Covid-year) | Ref. | | Ref. | | Ref. | |
| 2019 (pre-Covid year) | -0.760** | [-1.241,-0.280] | -0.131 | [-0.577,0.314] | -0.629† | [-1.285,0.026] |
| 2018 (2 years pre-Covid) | -0.905** | [-1.558,-0.252] | -0.073 | [-0.573,0.428] | -0.832* | [-1.654,-0.010] |
| 2017 (3 years pre-Covid) | -0.781* | [-1.463,-0.099] | 0.296 | [-0.276,0.869] | -1.078* | [-1.968,-0.187] |
| 2016 and prior | -1.111* | [-1.962,-0.261] | 0.935** | [0.285,1.584] | -2.046*** | [-3.116,-0.977] |
| | | | | | | |
| **Time-variant controls:** | | | | | | |
| Age [a] | 0.259*** | [0.202,0.316] | 0.362*** | [0.313,0.411] | -0.103** | [-0.178,-0.028] |
| Age [a] (squared) | -0.003* | [-0.006,-0.001] | -0.007*** | [-0.010,-0.005] | 0.004† | [-0.000,0.007] |
| Lives with partner | 0.932† | [-0.076,1.941] | 0.487 | [-0.491,1.465] | 0.445 | [-0.959,1.850] |
| Not in paid employment | -0.166 | [-1.986,1.654] | -0.063 | [-1.503,1.377] | -0.103 | [-2.423,2.217] |
| | | | | | | |
| 2019 (pre-Covid year) x not in paid employment | -0.091 | [-1.504,1.323] | 0.931 | [-0.813,2.674] | -1.022 | [-3.266,1.223] |
| 2018 (2 years pre-Covid) x not in paid employment | 0.361 | [-1.505,2.228] | 0.199 | [-1.100,1.498] | 0.162 | [-2.111,2.436] |
| 2017 (3 years pre-Covid) x not in paid employment | -0.010 | [-1.663,1.643] | -0.312 | [-1.665,1.042] | 0.302 | [-1.835,2.438] |
| 2016 and prior x not in paid employment | 0.183 | [-1.619,1.984] | -0.417 | [-1.868,1.034] | 0.600 | [-1.713,2.913] |
| | | | | | | |
| Number of observations | 19,468 | | 21,862 | | | |
| Number of persons | 4,365 | | 4,583 | | | |

Notes: Data are from the DNB Household Survey 1993-2020; [a] centred on age 45;
† $p < .1$, * $p < .05$, ** $p < .01$, *** $p < 0.001$