

## Supplementary Online Content

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This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1. Healthy Eating Index–2015 Components, Component Points, and Scoring Standards<sup>a</sup>**

Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
<b>Adequacy</b>			
Total Fruits <sup>b</sup>	5	≥0.8 cup equiv. per 1,000 kcal	No Fruit
Whole Fruits <sup>c</sup>	5	≥0.4 cup equiv. per 1,000 kcal	No Whole Fruit
Total Vegetables <sup>d</sup>	5	≥1.1 cup equiv. per 1,000 kcal	No Vegetables
Greens and Beans	5	≥0.2 cup equiv. per 1,000 kcal	No Dark Green Vegetables or Legumes
Whole Grains	10	≥1.5 oz equiv. per 1,000 kcal	No Whole Grains
Dairy <sup>e</sup>	10	≥1.3 cup equiv. per 1,000 kcal	No Dairy
Total Protein Foods <sup>f</sup>	5	≥2.5 oz equiv. per 1,000 kcal	No Protein Foods
Seafood and Plant Proteins <sup>f,g</sup>	5	≥0.8 oz equiv. per 1,000 kcal	No Seafood or Plant Proteins
Fatty Acids <sup>h</sup>	10	(PUFAs + MUFAs)/SFAs ≥2.5	(PUFAs + MUFAs)/SFAs ≤1.2
<b>Moderation</b>			
Refined Grains	10	≤1.8 oz equiv. per 1,000 kcal	≥4.3 oz equiv. per 1,000 kcal
Sodium	10	≤1.1 gram per 1,000 kcal	≥2.0 grams per 1,000 kcal
Added Sugars	10	≤6.5% of energy	≥26% of energy
Saturated Fats	10	≤8% of energy	≥16% of energy

<sup>a</sup> Intakes between the minimum and maximum standards are scored proportionately.

<sup>b</sup> Includes 100% fruit juice.

<sup>c</sup> Includes all forms except juice.

<sup>d</sup> Includes legumes (beans and peas).

<sup>e</sup> Includes all milk products, such as fluid milk, yogurt, and cheese, and fortified soy beverages.

<sup>f</sup> Includes legumes (beans and peas).

<sup>g</sup> Includes seafood, nuts, seeds, soy products (other than beverages), and legumes (beans and peas).

<sup>h</sup> Ratio of poly- and monounsaturated fatty acids (PUFAs and MUFAs) to saturated fatty acids (SFAs).

**eTable 2.** Number of Participants According to the Number of Healthy Lifestyle Factors Among US Adults 20 Years or Older, 1999 to March 2020<sup>a</sup>

<b>Number of healthy lifestyle factors</b>	<b>Number of participants</b>
<b>Zero to five</b>	
1999-2000	3967
2001-2002	4295
2003-2004	4120
2005-2006	4184
2007-2008	5001
2009-2010	5196
2011-2012	4372
2013-2014	4740
2015-2016	4652
2017-March 2020	7325
<b>Five</b>	
1999-2000	96
2001-2002	123
2003-2004	94
2005-2006	112
2007-2008	114
2009-2010	150
2011-2012	182
2013-2014	212
2015-2016	171
2017-March 2020	221

<sup>a</sup> Healthy lifestyle factors included never smoking, non-heavy drinking ( $\leq 14$  drinks/week for men or  $\leq 7$  drinks/week for women), healthy diet (a Healthy Eating Index-2015 score  $\geq 60$ ), sufficient physical activity ( $\geq 150$  minutes/week moderate to vigorous intensity physical activity), normal weight (body mass index at 18.5–24.9 kg/m<sup>2</sup>).

**eTable 3.** Crude Trends in Estimated Prevalence of Healthy Eating Index–2015 Among US Adults 20 Years or Older, 2003 to March 2020

	Estimated prevalence of Healthy Eating Index-2015, % (95% CI) <sup>a</sup>								P value for trend	Difference, 2017-March 2020 vs 2003-2004 (95% CI) <sup>b</sup>
	2003-2004 (n = 3835)	2005-2006 (n = 3790)	2007-2008 (n = 4365)	2009-2010 (n = 4583)	2011-2012 (n = 3940)	2013-2014 (n = 4235)	2015-2016 (n = 3933)	2017-March 2020 (n =6349)		
<b>Healthy Eating Index-2015 score</b>										
<40	17.8 (15.4-20.3)	15.5 (13.2-17.7)	16.2 (14.1-18.3)	13.7 (12.4-15.0)	13.6 (12.3-14.9)	15.1 (14.0-16.1)	16.3 (13.3-19.2)	17.6 (15.1-20.0)	.60	-0.3 (-3.7 to 3.2)
40-49.9	29.3 (27.1-31.5)	29.2 (27.1-31.2)	27.9 (24.3-31.4)	25.0 (23.2-26.8)	23.3 (20.7-25.9)	25.9 (23.8-28.0)	25.1 (22.4-27.8)	25.5 (23.1-27.9)	.005	-3.8 (-7.1 to -0.5)
50-59.9	29.1 (27.6-30.6)	27.6 (25.6-29.6)	26.2 (24.7-27.7)	29.1 (26.8-31.3)	28.0 (25.8-30.2)	24.5 (22.9-26.2)	26.3 (24.3-28.4)	27.4 (25.3-29.6)	.18	-1.6 (-4.3 to 1.0)
≥60	23.8 (20.8-26.8)	27.8 (25.3-30.2)	29.7 (25.1-34.4)	32.2 (30.5-34.0)	35.1 (31.8-38.3)	34.5 (32.2-36.8)	32.2 (27.8-36.7)	29.5 (26.8-32.2)	.007	5.7 (1.7 to 9.8)

<sup>a</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>b</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

**eTable 4.** Crude Trends in Estimated Prevalence of Physical Activity Among US Adults 20 Years or Older, 1999 to 2006 and 2007 to March 2020

	Estimated prevalence of physical activity (95% CI) <sup>a</sup>					Estimated prevalence of physical activity (95% CI) <sup>a</sup>								Difference, 2017-March 2020 vs 2007-2008 (95% CI) <sup>b</sup>
	1999-2000 (n = 3967)	2001-2002 (n = 4295)	2003-2004 (n = 4120)	2005-2006 (n = 4184)	P value for trend	Difference, 2005-2006 vs 1999-2000 (95% CI) <sup>b</sup>	2007-2008 (n = 5001)	2009-2010 (n = 5196)	2011-2012 (n = 4372)	2013-2014 (n = 4740)	2015-2016 (n = 4652)	2017-March 2020 (n = 7325)	P value for trend	
<b>Physical activity, minutes/week</b>														
0	20.5 (16.8-24.1)	15.8 (13.9-17.7)	14.1 (12.1-16.1)	11.9 (10.1-13.7)	<.001	-8.6 (-12.7 to -4.5)	22.7 (19.9-25.4)	22.1 (19.9-24.4)	20.6 (17.9-23.3)	23.3 (22.3-24.4)	20.3 (17.2-23.5)	19.9 (18.4-21.4)	.06	-2.7 (-5.9 to 0.4)
0.1-149.9	23.8 (21.9-25.7)	24.6 (22.6-26.7)	27.8 (25.1-30.4)	25.8 (23.9-27.6)	.048	1.9 (-0.7 to 4.6)	13.0 (11.6-14.4)	14.1 (12.2-16.0)	13.6 (12.2-15.1)	14.0 (12.9-15.1)	12.9 (11.6-14.2)	11.0 (10.0-11.9)	.002	-2.0 (-3.7 to -0.3)
150-300	15.4 (13.0-17.7)	15.1 (13.7-16.5)	17.4 (15.7-19.1)	16.2 (14.5-17.8)	.31	0.8 (-2.2 to 3.8)	12.6 (11.1-14.0)	13.1 (11.8-14.4)	13.1 (11.8-14.4)	12.7 (11.2-14.3)	11.9 (10.0-13.8)	11.1 (9.9-12.3)	.03	-1.5 (-3.3 to 0.4)
>300	40.4 (36.6-44.1)	44.4 (40.9-48.0)	40.8 (37.1-44.4)	46.2 (43.0-49.4)	.09	5.9 (0.8 to 10.9)	51.8 (49.0-54.6)	50.7 (46.8-54.5)	52.7 (49.7-55.6)	49.9 (47.5-52.3)	54.9 (52.3-57.4)	58.0 (56.2-59.8)	<.001	6.2 (2.9 to 9.5)
≥150	55.7 (51.8-59.6)	59.6 (56.3-62.8)	58.1 (54.8-61.5)	62.4 (59.3-65.5)	.02	6.7 (1.6 to 11.7)	64.4 (61.1-67.6)	63.8 (60.5-67.1)	65.8 (63.1-68.5)	62.6 (61.0-64.2)	66.7 (63.3-70.2)	69.1 (67.2-71.1)	.003	4.8 (0.9 to 8.6)

<sup>a</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>b</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

**eTable 5.** Adjusted Trends in Estimated Prevalence of Healthy Lifestyle Factors Among US Adults 20 Years or Older, 1999 to March 2020<sup>a</sup>

	Estimated prevalence of healthy lifestyle factors, % (95% CI)	
	Age-adjusted	Multivariable-adjusted <sup>b</sup>
<b>Never smoking</b>		
1999-2000	48.5 (45.5 to 51.5)	52.4 (49.7-55.0)
2001-2002	50.2 (45.8 to 54.7)	53.1 (48.7-57.6)
2003-2004	47.6 (45.9 to 49.4)	50.6 (48.9-52.3)
2005-2006	50.0 (48.1 to 51.9)	52.3 (50.1-54.6)
2007-2008	51.3 (48.1 to 54.5)	53.8 (51.5-56.0)
2009-2010	54.6 (51.0 to 58.2)	56.9 (53.8-60.0)
2011-2012	54.4 (51.5 to 57.2)	56.1 (53.4-58.7)
2013-2014	56.4 (53.3 to 59.4)	57.8 (55.0-60.6)
2015-2016	55.5 (53.5 to 57.4)	56.1 (54.4-57.7)
2017-March 2020	57.4 (55.3 to 59.6)	57.6 (55.9-59.4)
<i>P</i> for trend	<.001	<.001
Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	8.9 (5.2 to 12.7)	5.3 (2.2 to 8.3)
<b>Non-heavy drinking</b>		
1999-2000	91.3 (89.7 to 92.9)	92.9 (91.2-94.5)
2001-2002	92.3 (90.9 to 93.7)	93.9 (92.5-95.3)
2003-2004	92.6 (91.3 to 94.0)	94.2 (92.7-95.7)
2005-2006	91.0 (89.5 to 92.6)	92.6 (91.0-94.1)
2007-2008	92.2 (90.5 to 93.9)	93.7 (92.0-95.4)
2009-2010	91.1 (89.6 to 92.6)	92.4 (91.0-93.9)
2011-2012	89.8 (88.1 to 91.5)	91.0 (89.2-92.8)
2013-2014	91.7 (90.5 to 92.9)	92.8 (91.6-94.0)
2015-2016	91.8 (90.4 to 93.2)	92.8 (91.4-94.1)
2017-March 2020	92.6 (91.5 to 93.6)	93.5 (92.5-94.5)
<i>P</i> for trend	.68	.50
Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	1.3 (-0.6 to 3.1)	0.7 (-1.3 to 2.6)
<b>Healthy diet</b>		
1999-2000	20.6 (17.4 to 23.8)	20.2 (17.6-22.9)
2001-2002	22.8 (20.3 to 25.3)	21.7 (19.4-24.0)
2003-2004	21.0 (19.3 to 22.6)	20.2 (18.9-21.5)
2005-2006	22.9 (21.1 to 24.7)	21.7 (20.0-23.4)
2007-2008	24.5 (19.9 to 29.1)	23.5 (19.6-27.3)
2009-2010	28.1 (26.3 to 29.9)	26.8 (25.1-28.5)
2011-2012	29.7 (26.5 to 33.0)	28.0 (25.0-30.9)

	Estimated prevalence of healthy lifestyle factors, % (95% CI)	
	Age-adjusted	Multivariable-adjusted <sup>b</sup>
2013-2014	28.1 (25.8 to 30.3)	26.3 (24.5-28.0)
2015-2016	27.3 (24.2 to 30.4)	25.0 (22.2-27.7)
2017-March 2020	25.0 (22.0 to 28.0)	22.6 (19.9-25.2)
<i>P</i> for trend	<.001	.006
Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	4.4 (0.0 to 8.7)	2.3 (-1.5 to 6.2)
<b>Sufficient physical activity</b>		
1999-2000	54.1 (50.1 to 58.1)	49.4 (45.8-53.0)
2001-2002	57.9 (54.5 to 61.3)	51.7 (48.6-54.8)
2003-2004	56.7 (53.3 to 60.0)	50.6 (47.4-53.8)
2005-2006	61.0 (57.8 to 64.3)	54.6 (51.7-57.4)
2007-2008	62.9 (59.7 to 66.1)	57.4 (54.6-60.1)
2009-2010	62.5 (59.3 to 65.7)	56.6 (53.8-59.4)
2011-2012	64.7 (62.3 to 67.0)	58.4 (56.1-60.8)
2013-2014	61.6 (59.8 to 63.3)	55.4 (53.6-57.2)
2015-2016	66.1 (62.9 to 69.3)	59.6 (57.1-62.1)
2017-March 2020	68.4 (66.5 to 70.3)	61.8 (59.8-63.7)
<i>P</i> for trend	<.001	<.001
Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	14.3 (9.9 to 18.7)	12.4 (12.3 to 12.4)
<b>Normal weight</b>		
1999-2000	32.4 (29.6 to 35.2)	29.3 (26.7-31.8)
2001-2002	32.1 (30.3 to 34.0)	28.9 (26.9-30.8)
2003-2004	31.6 (29.6 to 33.6)	28.6 (26.6-30.6)
2005-2006	30.5 (27.5 to 33.6)	27.5 (24.4-30.5)
2007-2008	29.6 (27.8 to 31.5)	26.5 (24.7-28.3)
2009-2010	28.1 (25.4 to 30.7)	25.0 (22.4-27.5)
2011-2012	29.6 (26.4 to 32.8)	26.3 (23.3-29.2)
2013-2014	27.7 (26.1 to 29.3)	24.5 (22.9-26.1)
2015-2016	25.8 (23.2 to 28.4)	22.4 (20.0-24.7)
2017-March 2020	24.4 (22.3 to 26.4)	20.9 (19.0-22.8)
<i>P</i> for trend	<.001	<.001
Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	-8.0 (-11.5 to -4.5)	-8.3 (-11.7 to -5.0)

<sup>a</sup> Healthy lifestyle factors included never smoking, non-heavy drinking ( $\leq 14$  drinks/week for men or  $\leq 7$  drinks/week for women), healthy diet (a Healthy Eating Index-2015 score  $\geq 60$ ), sufficient physical activity ( $\geq 150$  minutes/week moderate to vigorous intensity physical activity), normal weight (body mass index at 18.5–24.9 kg/m<sup>2</sup>).

<sup>b</sup> Multivariable adjusted models included age group (20-34, 35-49, 50-64, ≥65 y), sex (women, men), race/ethnicity (non-Hispanic White, non-Hispanic Black, Mexican American, other), education level (less than high school, high school or equivalent, college or above), and family income–poverty ratio level (<1.30, 1.30-3.49, ≥3.50). Missing values in education and income (n=38 without education data; n=4065 without income data) were imputed using multiple imputation.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.



**eTable 6.** Adjusted Trends in Estimated Prevalence of Healthy Lifestyle Among US Adults 20 Years or Older, 1999 to March 2020<sup>a</sup>

	Estimated prevalence of healthy lifestyle, % (95% CI)	
	Age-adjusted	Multivariable-adjusted <sup>b</sup>
1999-2000	15.4 (12.4 to 18.4)	14.0 (11.7-16.4)
2001-2002	18.5 (16.3 to 20.7)	16.3 (14.1-18.4)
2003-2004	16.5 (14.1 to 19.0)	14.6 (12.5-16.7)
2005-2006	17.7 (15.2 to 20.1)	15.3 (13.0-17.6)
2007-2008	19.0 (15.0 to 23.0)	16.9 (13.7-20.0)
2009-2010	20.9 (17.8 to 23.9)	18.5 (15.6-21.3)
2011-2012	22.6 (18.6 to 26.6)	19.6 (16.0-23.1)
2013-2014	21.0 (18.9 to 23.1)	18.0 (16.3-19.7)
2015-2016	20.9 (18.5 to 23.3)	17.3 (15.4-19.3)
2017-March 2020	20.1 (17.7 to 22.6)	16.5 (14.4-18.5)
<i>P</i> for trend	<.001	.04
Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	4.8 (0.8 to 8.7)	2.4 (-0.9 to 5.7)

<sup>a</sup> Healthy lifestyle was defined as 4 or 5 of healthy lifestyle factors.

<sup>b</sup> Multivariable adjusted models included age group (20-34, 35-49, 50-64, ≥65 y), sex (women, men), race/ethnicity (non-Hispanic White, non-Hispanic Black, Mexican American, other), education level (less than high school, high school or equivalent, college or above), and family income-poverty ratio level (<1.30, 1.30-3.49, ≥3.50). Missing values in education and income (n=38 without education data; n=4065 without income data) were imputed using multiple imputation.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

**eTable 7.** Crude Trends in Estimated Prevalence of Healthy Lifestyle by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 1999 to March 2020<sup>a</sup>

	Estimated prevalence of healthy lifestyle (95% CI) <sup>b</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>b</sup>	
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020			
<b>Age group, y</b>													
20-34	17.7 (14.3-21.2)	21.6 (14.6-28.6)	18.8 (14.9-22.7)	20.2 (15.6-24.8)	22.7 (17.0-28.4)	26.4 (19.0-33.7)	29.8 (22.1-37.4)	26.4 (22.8-30.0)	29.1 (23.5-34.7)	26.2 (22.0-30.4)	<.001	8.5 (3.0 to 14.0)	
35-49	15.1 (9.5-20.6)	18.4 (15.1-21.7)	14.5 (10.5-18.4)	18.4 (15.5-21.3)	17.4 (13.2-21.7)	19.5 (16.1-22.9)	21.0 (16.0-26.1)	21.2 (18.0-24.4)	19.8 (15.9-23.7)	19.3 (15.8-22.7)	.04	4.2 (-2.4 to 10.8)	
50-64	12.1 (8.9-15.2)	15.5 (12.7-18.4)	17.1 (13.3-20.8)	13.3 (9.6-17.0)	17.7 (12.7-22.7)	17.3 (13.7-21.0)	18.9 (15.3-22.4)	17.9 (14.9-21.0)	16.4 (13.4-19.3)	16.8 (14.0-19.7)	.07	4.7 (0.5 to 9.0)	
≥65	18.0 (15.4-20.5)	18.9 (15.4-22.5)	17.0 (14.1-19.8)	19.4 (14.8-24.0)	18.5 (14.0-22.9)	20.5 (17.2-23.8)	20.2 (15.1-25.2)	18.0 (16.2-19.8)	17.9 (13.9-22.0)	18.0 (14.6-21.4)	.88	0.04 (-4.28 to 4.35)	
P value for interaction						.01							
FDR P value for interaction						.09							
<b>Sex</b>													
Women	17.9 (14.3-21.6)	21.3 (18.7-23.9)	19.8 (16.2-23.4)	20.9 (18.0-23.8)	22.2 (17.2-27.2)	23.4 (20.4-26.3)	24.6 (20.2-29.0)	23.3 (20.8-25.7)	23.8 (20.5-27.2)	23.3 (20.6-26.0)	.004	5.4 (0.8 to 10.0)	
Men	13.4 (10.7-)	16.0 (13.2-)	13.6 (11.8-)	14.5 (11.7-)	15.7 (12.0-)	18.5 (14.7-)	20.7 (16.2-)	18.9 (16.4-)	18.1 (15.3-)	17.1 (14.4-)	.002	3.7 (-0.2 to 7.5)	

	Estimated prevalence of healthy lifestyle (95% CI) <sup>b</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>b</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
	16.1)	18.8)	15.5)	17.3)	19.4)	22.3)	25.2)	21.4)	20.8)	19.7)		
P value for interaction						.65						
FDR P value for interaction						.76						
<b>Race/ethnicity</b>												
Non-Hispanic White	16.3	19.9	17.4	18.2	19.3	21.7	22.6	20.3	20.5	19.6	.10	3.3
	(12.1-20.5)	(17.5-22.4)	(14.7-20.1)	(15.0-21.5)	(13.6-25.1)	(17.5-26.0)	(17.2-28.0)	(17.6-23.1)	(17.9-23.2)	(16.2-23.0)		(-2.2 to 8.7)
Non-Hispanic Black	11.0	10.6	14.0	13.4	12.2	13.8	16.2	15.0	17.2	15.2	.004	4.2
	(7.2-14.9)	(7.0-14.2)	(9.4-18.5)	(10.8-16.0)	(10.0-14.4)	(9.8-17.7)	(13.8-18.6)	(11.6-18.5)	(12.9-21.5)	(13.1-17.3)		(-0.2 to 8.6)
Mexican American	14.1	17.3	13.3	15.4	16.6	16.5	19.8	19.0	16.7	19.8	.02	5.7
	(10.1-18.1)	(13.2-21.4)	(8.6-18.0)	(12.1-18.7)	(13.3-19.9)	(11.8-21.1)	(14.6-25.1)	(15.3-22.7)	(13.6-19.8)	(15.9-23.7)		(0.1 to 11.3)
P value for interaction						.29						
FDR P value for interaction						.51						
<b>Education level</b>												
Less than high school	9.0	8.3	7.5	12.2	10.6	12.4	12.6	10.9	10.7	10.9	.03	2.0
	(7.2-10.7)	(4.5-12.1)	(5.4-9.5)	(9.4-15.0)	(7.6-13.7)	(9.9-15.0)	(9.3-16.0)	(7.9-13.9)	(7.7-13.7)	(8.0-13.9)		(-1.5 to 5.4)
High school or equivalent	10.3	12.4	12.3	11.8	13.5	10.8	13.3	12.3	12.3	14.0	.16	3.7
	(7.3-13.3)	(8.7-16.1)	(9.5-15.2)	(9.1-14.5)	(9.4-17.5)	(8.8-12.8)	(9.3-17.2)	(9.8-14.8)	(9.4-15.2)	(11.5-16.5)		(-0.3 to 7.6)

	Estimated prevalence of healthy lifestyle (95% CI) <sup>b</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>b</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
College or above	21.9 (17.7-26.2)	24.8 (22.3-27.3)	21.7 (18.7-24.7)	22.0 (18.3-25.7)	24.8 (20.5-29.1)	27.4 (23.1-31.7)	28.1 (23.3-32.9)	26.5 (23.7-29.2)	25.9 (23.5-28.3)	24.5 (21.9-27.2)	.046	2.6 (-2.5 to 7.6)
P value for interaction											.63	
FDR P value for interaction											.76	
<b>Family income–poverty ratio level<sup>c</sup></b>												
<1.30	9.3 (5.0-13.6)	10.8 (6.5-15.0)	13.3 (10.4-16.2)	12.1 (9.3-14.9)	12.9 (8.6-17.2)	14.3 (10.9-17.8)	17.8 (11.0-24.7)	16.0 (12.2-19.9)	14.9 (10.9-18.8)	14.7 (11.6-17.8)	.005	5.4 (0.0 to 10.7)
1.30-3.49	12.2 (9.0-15.4)	15.2 (10.6-19.8)	14.0 (10.5-17.5)	15.4 (12.9-17.9)	16.9 (12.0-21.8)	18.5 (15.8-21.1)	17.8 (14.8-20.7)	17.7 (14.2-21.2)	18.8 (15.5-22.2)	18.2 (15.6-20.7)	.002	6.0 (1.8 to 10.1)
≥3.50	21.5 (16.4-26.6)	25.1 (22.4-27.8)	21.4 (17.9-24.8)	22.2 (18.2-26.1)	23.5 (18.6-28.4)	26.2 (20.3-32.0)	29.8 (23.6-36.0)	26.8 (23.9-29.8)	25.8 (23.6-28.0)	24.1 (20.5-27.6)	.10	2.6 (-3.7 to 8.8)
P value for interaction											.18	
FDR P value for interaction											.41	

Abbreviations: FDR, false discovery rate.

<sup>a</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>b</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>c</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.

**eTable 8.** Crude Trends in Estimated Prevalence of Never Smoking by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 1999 to March 2020

	Estimated prevalence of never smoking (95% CI) <sup>a</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>b</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
<b>Age group, y</b>												
20-34	56.9 (51.3-62.6)	56.9 (48.4-65.3)	57.6 (53.7-61.6)	53.9 (48.9-58.9)	55.7 (49.1-62.2)	61.4 (54.5-68.2)	63.6 (56.7-70.4)	64.6 (60.6-68.6)	65.2 (60.9-69.5)	66.5 (61.4-71.6)	<.001	9.6 (1.9 to 17.2)
35-49	47.5 (43.1-51.9)	53.5 (47.1-59.8)	46.0 (41.6-50.4)	53.9 (51.6-56.1)	54.2 (49.7-58.7)	56.7 (53.1-60.4)	57.1 (52.3-62.0)	59.1 (55.3-62.9)	58.4 (53.7-63.1)	56.8 (52.1-61.5)	<.001	9.3 (2.8 to 15.8)
50-64	42.3 (37.5-47.2)	40.3 (35.7-44.9)	42.6 (38.9-46.2)	45.7 (41.5-49.9)	47.6 (44.8-50.5)	49.3 (44.4-54.2)	48.8 (44.3-53.3)	50.5 (45.1-55.9)	49.0 (44.3-53.8)	54.5 (49.8-59.1)	<.001	12.1 (5.3 to 18.9)
≥65	49.0 (45.1-52.9)	51.4 (46.8-56.1)	44.8 (40.6-48.9)	46.6 (40.7-52.5)	48.1 (44.4-51.7)	51.1 (48.2-53.9)	46.9 (42.6-51.2)	50.9 (46.7-55.2)	48.7 (44.6-52.8)	51.4 (47.7-55.0)	.20	2.4 (-3.0 to 7.8)
P value for interaction						.01						
FDR P value for interaction						.09						
<b>Sex</b>												
Women	57.5 (55.4-59.6)	57.7 (52.7-62.6)	55.4 (52.5-58.3)	56.9 (54.2-59.7)	58.8 (55.2-62.5)	60.3 (56.8-63.8)	61.1 (57.0-65.1)	61.7 (58.2-65.1)	63.0 (60.0-66.0)	64.2 (61.5-66.9)	<.001	6.7 (3.3 to 10.2)
Men	40.8 (36.4-)	44.0 (38.8-)	40.7 (37.5-)	43.7 (40.6-)	44.0 (40.0-)	49.6 (44.9-)	48.2 (43.7-)	51.6 (48.1-)	47.9 (45.2-)	50.8 (48.1-)	<.001	10.0 (4.8 to 15.2)

Estimated prevalence of never smoking (95% CI) <sup>a</sup>											Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>b</sup>	
	1999- 2000	2001- 2002	2003- 2004	2005- 2006	2007- 2008	2009- 2010	2011- 2012	2013- 2014	2015- 2016	2017- March 2020		P value for trend
	45.3)	49.2)	43.9)	46.9)	48.1)	54.2)	52.7)	55.1)	50.7)	53.5)		
<i>P</i> value for interaction						.37						
FDR <i>P</i> value for interaction						.62						
<b>Race/ethnicity</b>												
Non-Hispanic White	46.1 (42.4- 49.9)	49.4 (43.9- 54.9)	45.4 (43.4- 47.4)	47.0 (44.0- 50.0)	48.8 (45.0- 52.5)	52.3 (48.1- 56.4)	51.4 (47.5- 55.2)	53.3 (48.7- 57.9)	51.5 (48.4- 54.6)	53.7 (51.2- 56.3)	<.001	7.6 (3.1 to 12.2)
Non-Hispanic Black	58.7 (52.4- 64.9)	55.6 (50.1- 61.1)	57.8 (51.2- 64.4)	57.2 (51.4- 62.9)	56.4 (51.3- 61.5)	56.1 (51.9- 60.2)	60.9 (57.3- 64.6)	59.1 (54.9- 63.2)	60.2 (55.9- 64.5)	61.3 (56.7- 65.9)	.10	2.6 (-5.2 to 10.5)
Mexican American	57.6 (50.8- 64.3)	58.1 (50.0- 66.2)	56.0 (50.7- 61.2)	60.4 (56.9- 64.0)	62.8 (57.5- 68.0)	64.5 (60.3- 68.6)	63.3 (56.4- 70.3)	68.4 (64.7- 72.0)	67.2 (62.4- 71.9)	67.4 (62.5- 72.3)	<.001	9.8 (1.4 to 18.2)
<i>P</i> value for interaction						.17						
FDR <i>P</i> value for interaction						.41						
<b>Education level</b>												
Less than high school	44.5 (39.9- 49.0)	40.8 (35.7- 45.8)	40.8 (34.6- 47.0)	44.0 (39.5- 48.5)	42.6 (36.5- 48.7)	43.0 (36.7- 49.2)	41.6 (36.0- 47.1)	43.9 (39.8- 48.1)	49.8 (42.2- 57.5)	46.2 (41.2- 51.1)	.12	1.7 (-5.0 to 8.4)
High school or equivalent	42.9 (38.6- 47.2)	42.3 (37.7- 46.9)	42.6 (39.3- 45.9)	45.9 (42.6- 49.3)	48.6 (43.7- 53.5)	47.4 (42.9- 52.0)	47.2 (41.6- 52.8)	49.1 (43.5- 54.6)	43.8 (40.4- 47.3)	50.1 (47.2- 53.0)	<.001	7.2 (1.9 to 12.5)

Estimated prevalence of never smoking (95% CI) <sup>a</sup>											Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>b</sup>	
	1999- 2000	2001- 2002	2003- 2004	2005- 2006	2007- 2008	2009- 2010	2011- 2012	2013- 2014	2015- 2016	2017- March 2020	P value for trend	
College or above	55.4 (52.0- 58.8)	58.0 (52.7- 63.4)	53.3 (51.0- 55.6)	54.4 (51.5- 57.4)	56.7 (53.2- 60.2)	61.6 (57.3- 65.8)	60.2 (55.9- 64.5)	62.3 (58.5- 66.0)	60.7 (58.4- 63.1)	62.9 (61.0- 64.8)	<.001	7.5 (3.5 to 11.4)
P value for interaction						.26						
FDR P value for interaction						.48						
<b>Family income–poverty ratio level<sup>c</sup></b>												
<1.30	45.8 (40.3- 51.2)	46.7 (39.3- 54.2)	43.1 (38.7- 47.5)	44.1 (40.4- 47.8)	44.3 (37.6- 50.9)	47.0 (41.3- 52.7)	50.0 (43.7- 56.3)	47.3 (42.5- 52.1)	49.1 (45.0- 53.3)	48.6 (44.7- 52.5)	.08	2.8 (-3.9 to 9.6)
1.30-3.49	49.3 (43.8- 54.8)	45.5 (39.3- 51.6)	46.7 (44.2- 49.1)	48.3 (45.6- 50.9)	52.1 (46.4- 57.9)	53.3 (49.9- 56.6)	52.2 (48.7- 55.6)	54.9 (48.6- 61.3)	53.4 (49.5- 57.3)	54.7 (50.4- 59.1)	<.001	5.5 (-1.6 to 12.5)
≥3.50	52.3 (48.9- 55.6)	56.4 (51.3- 61.6)	52.6 (49.6- 55.6)	55.0 (51.5- 58.6)	55.5 (51.6- 59.4)	60.5 (55.2- 65.7)	59.4 (54.6- 64.2)	62.1 (57.4- 66.9)	61.1 (57.6- 64.6)	63.3 (60.8- 65.7)	<.001	11.0 (6.8 to 15.2)
P value for interaction						.10						
FDR P value for interaction						.39						

Abbreviations: FDR, false discovery rate.

<sup>a</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>b</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>c</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.

**eTable 9.** Crude Trends in Estimated Prevalence of Moderate or Lighter Alcohol Consumption by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 1999 to March 2020<sup>a</sup>

	Estimated prevalence of moderate or lighter alcohol consumption (95% CI) <sup>b</sup>										<i>P</i> value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
<b>Age group, y</b>												
20-34	90.7 (88.7-92.7)	90.8 (87.5-94.1)	91.5 (88.8-94.1)	88.3 (84.6-92.1)	89.9 (87.3-92.5)	89.8 (88.0-91.5)	90.3 (87.4-93.3)	91.5 (89.8-93.2)	91.1 (88.2-94.0)	92.8 (91.0-94.6)	.11	2.1 (-0.6 to 4.8)
35-49	89.4 (86.3-92.4)	91.3 (89.3-93.4)	91.5 (89.0-94.1)	90.4 (89.0-91.8)	90.5 (88.0-92.9)	89.4 (87.3-91.6)	90.1 (87.0-93.2)	89.9 (86.7-93.0)	91.8 (89.2-94.3)	91.3 (88.3-94.3)	.68	1.9 (-2.4 to 6.2)
50-64	90.8 (87.5-94.1)	90.8 (87.5-94.2)	92.0 (90.3-93.7)	89.9 (87.3-92.6)	92.8 (89.9-95.8)	90.4 (88.0-92.9)	84.9 (81.2-88.5)	90.2 (88.6-91.8)	88.9 (86.4-91.5)	90.7 (88.2-93.2)	.23	-0.1 (-4.3 to 4.1)
≥65	94.6 (92.7-96.5)	96.4 (95.1-97.7)	95.4 (93.4-97.3)	96.0 (95.1-96.9)	96.0 (94.7-97.2)	94.8 (92.9-96.8)	94.6 (92.6-96.6)	95.2 (92.9-97.4)	95.4 (92.9-97.8)	95.3 (93.8-96.8)	.69	0.7 (-1.8 to 3.2)
<i>P</i> value for interaction						.23						
FDR <i>P</i> value for interaction						.48						
<b>Sex</b>												
Women	92.7 (90.2-95.2)	94.4 (92.3-96.5)	94.1 (92.5-95.8)	92.9 (90.8-94.9)	93.1 (90.5-95.8)	92.2 (90.5-94.0)	90.0 (87.0-93.0)	92.0 (90.2-93.7)	92.6 (91.0-94.2)	93.8 (92.6-94.9)	.43	1.1 (-1.7 to 3.8)
Men	89.2 (87.1-)	89.3 (87.5-)	90.4 (88.9-)	88.4 (86.7-)	90.4 (88.4-)	89.2 (87.3-)	89.0 (87.2-)	90.8 (89.2-)	90.6 (88.2-)	90.9 (89.2-)	.09	1.7 (-1.0 to 4.5)



Estimated prevalence of moderate or lighter alcohol consumption (95% CI) <sup>b</sup>											P value for trend	Difference, 2017-March 2020 vs 1999- 2000 (95% CI) <sup>c</sup>
1999- 2000	2001- 2002	2003- 2004	2005- 2006	2007- 2008	2009- 2010	2011- 2012	2013- 2014	2015- 2016	2017- March 2020			
	91.4)	91.0)	91.9)	90.0)	92.4)	91.0)	90.7)	92.5)	93.0)	92.6)		
<i>P</i> value for interaction						.09						
FDR <i>P</i> value for interaction						.38						
<b>Race/ethnicity</b>												
Non-Hispanic White	89.6 (87.3- 91.8)	91.0 (89.5- 92.6)	92.2 (90.8- 93.7)	89.2 (87.2- 91.3)	91.8 (89.9- 93.8)	89.8 (87.8- 91.8)	88.0 (85.8- 90.2)	90.3 (88.7- 92.0)	90.2 (87.8- 92.6)	91.4 (89.9- 93.0)	.94	1.8 (-0.9 to 4.6)
Non-Hispanic Black	95.1 (93.5- 96.6)	92.9 (90.3- 95.6)	93.4 (91.1- 95.7)	93.5 (91.2- 95.8)	90.9 (88.6- 93.2)	91.7 (88.9- 94.4)	91.4 (89.2- 93.5)	92.2 (90.0- 94.4)	93.2 (90.9- 95.5)	92.4 (91.2- 93.6)	.13	-2.7 (-4.6 to -0.7)
Mexican American	93.7 (91.9- 95.5)	93.9 (91.6- 96.2)	93.9 (92.0- 95.7)	94.6 (92.0- 97.2)	89.7 (85.6- 93.8)	92.8 (90.9- 94.6)	94.5 (92.3- 96.6)	94.5 (91.3- 97.7)	94.2 (92.4- 96.0)	95.2 (93.6- 96.9)	.10	1.6 (-0.9 to 4.0)
<i>P</i> value for interaction						.08						
FDR <i>P</i> value for interaction						.38						
<b>Education level</b>												
Less than high school	91.6 (90.2- 93.0)	92.5 (90.3- 94.7)	91.7 (89.9- 93.5)	89.2 (86.6- 91.9)	90.7 (87.2- 94.1)	88.7 (85.6- 91.7)	93.0 (90.5- 95.5)	93.0 (90.1- 95.9)	93.5 (92.0- 95.0)	91.8 (87.6- 96.0)	.47	0.1 (-4.3 to 4.6)
High school or equivalent	90.3 (87.6- 93.0)	90.4 (88.2- 92.5)	91.4 (88.1- 94.6)	91.1 (88.2- 94.1)	89.1 (86.2- 92.1)	89.2 (86.2- 92.2)	86.6 (82.5- 90.6)	90.5 (88.0- 93.0)	89.5 (84.8- 94.1)	93.6 (91.6- 95.7)	.20	3.3 (-0.1 to 6.7)

	Estimated prevalence of moderate or lighter alcohol consumption (95% CI) <sup>b</sup>										<i>P</i> value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
College or above	91.1 (88.9-93.2)	92.4 (90.5-94.2)	92.9 (91.4-94.4)	90.9 (89.1-92.7)	93.5 (91.6-95.4)	91.9 (90.3-93.5)	89.6 (87.4-91.7)	91.4 (90.0-92.7)	91.9 (90.6-93.2)	91.9 (90.7-93.2)	.63	0.9 (-1.6 to 3.4)
<i>P</i> value for interaction												
FDR <i>P</i> value for interaction												
<b>Family income–poverty ratio level<sup>d</sup></b>												
<1.30	92.9 (91.4-94.5)	94.2 (92.2-96.2)	91.9 (90.1-93.7)	90.0 (87.1-92.8)	90.6 (88.0-93.3)	88.1 (84.4-91.8)	88.7 (85.4-92.1)	92.5 (89.8-95.2)	93.2 (91.2-95.1)	93.6 (92.3-94.8)	.65	0.6 (-1.4 to 2.7)
1.30-3.49	90.3 (87.5-93.2)	92.2 (90.5-94.0)	93.1 (90.9-95.4)	91.5 (88.8-94.3)	92.7 (91.3-94.0)	91.8 (89.5-94.1)	90.4 (87.9-93.0)	91.8 (89.2-94.3)	92.2 (89.7-94.6)	92.9 (91.0-94.8)	.52	2.6 (-0.9 to 6.0)
≥3.50	90.8 (89.0-92.7)	90.8 (88.6-93.0)	92.2 (90.1-94.3)	90.5 (88.5-92.5)	91.5 (88.6-94.3)	90.5 (88.7-92.4)	89.1 (85.8-92.3)	90.3 (88.8-91.9)	89.4 (86.8-92.0)	91.8 (90.0-93.6)	.78	1.0 (-1.6 to 3.6)
<i>P</i> value for interaction												
FDR <i>P</i> value for interaction												

Abbreviations: FDR, false discovery rate.

<sup>a</sup> Moderate or lighter alcohol consumption was defined as ≤14 drinks/week for men or ≤7 drinks/week for women.

<sup>b</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>d</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.

**eTable 10.** Crude Trends in Estimated Prevalence of Healthy Diet by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 1999 to March 2020<sup>a</sup>

	Estimated prevalence of healthy diet (95% CI) <sup>b</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
<b>Age group, y</b>												
20-34	9.3 (6.3-12.3)	12.0 (9.5-14.6)	11.8 (8.8-14.9)	14.2 (10.4-18.0)	16.6 (11.8-21.5)	19.6 (15.2-24.0)	22.8 (18.7-27.0)	20.2 (17.0-23.3)	23.5 (17.7-29.2)	18.7 (14.4-23.0)	<.001	9.4 (4.1 to 14.7)
35-49	18.6 (13.5-23.8)	19.7 (15.9-23.5)	15.9 (13.7-18.2)	19.7 (16.0-23.5)	18.4 (12.6-24.2)	22.5 (19.1-26.0)	23.2 (18.4-28.0)	25.0 (22.3-27.8)	24.0 (19.0-29.0)	22.3 (18.7-26.0)	.004	3.7 (-2.6 to 10.0)
50-64	23.8 (19.0-28.6)	26.8 (23.7-29.9)	25.8 (22.6-29.0)	23.2 (19.4-26.9)	30.0 (24.3-35.8)	32.5 (27.8-37.2)	33.8 (28.9-38.7)	30.6 (25.6-35.7)	27.3 (22.5-32.1)	26.9 (23.2-30.6)	.13	3.0 (-3.1 to 9.1)
≥65	31.4 (26.2-36.5)	33.2 (29.0-37.4)	31.1 (27.9-34.2)	35.4 (29.9-40.9)	33.3 (28.2-38.4)	38.4 (34.6-42.3)	39.0 (31.4-46.5)	36.2 (31.8-40.6)	34.0 (29.5-38.4)	31.6 (27.2-35.9)	.80	0.2 (-6.6 to 7.0)
P value for interaction						<.001						
FDR P value for interaction						.004						
<b>Sex</b>												
Women	21.1 (16.9-25.3)	23.8 (21.0-26.7)	21.0 (17.9-24.2)	23.5 (20.8-26.3)	26.5 (21.1-31.9)	30.1 (28.1-32.1)	31.7 (27.6-35.7)	29.5 (27.3-31.8)	29.9 (25.1-34.7)	27.3 (23.9-30.7)	<.001	6.3 (0.8 to 11.7)
Men	17.4 (14.4-)	18.8 (16.0-)	18.5 (16.6-)	20.0 (17.2-)	19.9 (15.8-)	24.1 (21.6-)	26.2 (23.1-)	25.0 (22.1-)	23.7 (20.0-)	21.5 (18.5-)	<.001	4.1 (-0.1 to 8.4)

Estimated prevalence of healthy diet (95% CI) <sup>b</sup>											Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>	
	1999- 2000	2001- 2002	2003- 2004	2005- 2006	2007- 2008	2009- 2010	2011- 2012	2013- 2014	2015- 2016	2017- March 2020	<i>P</i> value for trend	
	20.4)	21.7)	20.4)	22.9)	24.1)	26.5)	29.3)	28.0)	27.3)	24.5)		
<i>P</i> value for interaction						.44						
FDR <i>P</i> value for interaction						.68						
<b>Race/ethnicity</b>												
Non-Hispanic White	19.4 (15.3- 23.4)	22.5 (19.6- 25.3)	20.8 (18.6- 23.0)	22.6 (20.1- 25.0)	23.8 (17.5- 30.0)	29.0 (26.8- 31.3)	29.6 (25.4- 33.8)	27.6 (24.7- 30.4)	27.4 (23.8- 30.9)	24.3 (20.0- 28.5)	.002	4.9 (-1.0 to 10.9)
Non-Hispanic Black	13.3 (9.4-17.1)	16.1 (11.3- 20.8)	13.5 (10.0- 17.1)	17.0 (13.0- 21.0)	18.3 (15.0- 21.7)	18.1 (13.7- 22.4)	20.4 (14.4- 26.5)	20.2 (16.3- 24.0)	18.3 (14.8- 21.7)	18.1 (15.7- 20.4)	.009	4.8 (0.3 to 9.4)
Mexican American	22.0 (18.6- 25.4)	21.7 (18.3- 25.1)	16.1 (12.0- 20.2)	22.1 (17.2- 27.0)	22.2 (18.2- 26.3)	24.3 (21.4- 27.1)	23.7 (19.1- 28.4)	24.8 (19.8- 29.8)	19.3 (14.2- 24.4)	23.4 (18.2- 28.7)	.32	1.4 (-4.9 to 7.7)
<i>P</i> value for interaction						.56						
FDR <i>P</i> value for interaction						.76						
<b>Education level</b>												
Less than high school	18.1 (15.2- 21.1)	14.3 (11.8- 16.9)	14.3 (11.3- 17.4)	20.7 (16.1- 25.2)	16.8 (14.1- 19.4)	21.2 (17.2- 25.3)	21.7 (18.5- 24.9)	18.3 (14.4- 22.1)	18.7 (15.0- 22.3)	23.2 (18.9- 27.5)	.002	5.1 (-0.2 to 10.3)
High school or equivalent	14.6 (11.3- 17.8)	16.6 (12.8- 20.4)	14.8 (11.9- 17.7)	15.3 (11.7- 18.8)	17.8 (13.0- 22.7)	19.9 (17.3- 22.5)	23.7 (18.3- 29.1)	18.0 (14.8- 21.2)	17.9 (14.6- 21.3)	18.0 (14.1- 22.0)	.07	3.5 (-1.7 to 8.6)

	Estimated prevalence of healthy diet (95% CI) <sup>b</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
College or above	22.3 (17.7-27.0)	25.8 (22.1-29.4)	23.8 (21.4-26.2)	25.0 (22.9-27.1)	28.4 (23.1-33.7)	31.8 (29.3-34.4)	32.4 (28.6-36.2)	32.6 (30.3-34.9)	31.4 (27.7-35.1)	27.6 (24.4-30.7)	<.001	5.2 (-0.5 to 10.9)
P value for interaction											.64	
FDR P value for interaction											.76	
<b>Family income–poverty ratio level<sup>d</sup></b>												
<1.30	17.1 (13.7-20.6)	12.4 (10.7-14.1)	12.5 (8.9-16.2)	17.5 (15.0-20.0)	16.9 (12.5-21.3)	19.0 (16.2-21.9)	20.2 (16.3-24.1)	17.8 (15.1-20.5)	19.1 (16.7-21.6)	18.3 (14.3-22.3)	.009	1.1 (-4.2 to 6.5)
1.30-3.49	15.7 (12.9-18.6)	18.8 (15.0-22.5)	19.5 (15.8-23.1)	20.3 (17.0-23.6)	21.5 (16.1-26.9)	24.3 (22.5-26.2)	25.5 (22.4-28.6)	25.7 (23.1-28.4)	21.8 (18.2-25.5)	22.2 (19.7-24.8)	<.001	6.5 (2.7 to 10.4)
≥3.50	22.7 (17.8-27.5)	27.2 (23.7-30.7)	23.7 (21.9-25.4)	25.0 (21.5-28.4)	27.3 (22.5-32.1)	33.0 (29.6-36.4)	36.8 (31.9-41.6)	34.1 (30.2-37.9)	33.9 (30.5-37.3)	27.8 (23.3-32.3)	<.001	5.1 (-1.5 to 11.8)
P value for interaction											.97	
FDR P value for interaction											.97	

Abbreviations: FDR, false discovery rate.

<sup>a</sup> Healthy diet was defined as a Healthy Eating Index-2015 score ≥60.

<sup>b</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>d</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.

**eTable 11.** Crude Trends in Estimated Prevalence of Sufficient Physical Activity by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 1999 to 2006<sup>a</sup>

	Prevalence of sufficient physical activity (95% CI) <sup>b</sup>				P value for trend	Difference, 2005-2006 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006		
<b>Age group, y</b>						
20-34	61.1 (57.5-64.6)	65.6 (59.9-71.3)	61.9 (57.1-66.7)	67.4 (63.7-71.2)	.09	6.4 (1.1 to 11.6)
35-49	55.9 (50.7-61.0)	60.5 (58.2-62.7)	57.0 (53.2-60.7)	65.6 (59.6-71.6)	.045	9.7 (1.7 to 17.8)
50-64	55.0 (48.1-61.9)	57.2 (51.9-62.6)	61.8 (55.9-67.7)	60.3 (54.7-65.8)	.16	5.2 (-3.8 to 14.3)
≥65	47.6 (41.0-54.1)	50.7 (44.2-57.3)	48.7 (44.3-53.1)	52.0 (47.7-56.3)	.37	4.4 (-3.6 to 12.4)
P value for interaction			.74			
FDR P value for interaction			.79			
<b>Sex</b>						
Women	51.4 (46.6-56.1)	54.9 (50.7-59.1)	54.4 (50.9-57.9)	58.7 (55.3-62.1)	.03	7.3 (1.3 to 13.3)
Men	60.4 (56.5-64.3)	64.5 (61.0-68.0)	62.2 (58.2-66.1)	66.3 (62.6-70.0)	.08	5.9 (0.4 to 11.4)
P value for interaction			.58			
FDR P value for interaction			.76			
<b>Race/ethnicity</b>						
Non-Hispanic White	60.9 (56.6-65.1)	63.3 (59.8-66.8)	60.7 (57.2-64.3)	64.8 (61.3-68.4)	.30	4.0 (-1.7 to 9.6)
Non-Hispanic Black	40.2 (36.6-43.7)	44.4 (37.8-51.0)	53.7 (48.9-58.5)	51.1 (46.7-55.6)	<.001	11.0 (5.1 to 16.8)
Mexican American	45.4 (42.4-48.3)	46.2 (41.7-50.8)	46.1 (36.5-55.6)	48.5 (41.3-55.8)	.48	3.1 (-4.8 to 11.1)
P value for interaction			.06			
FDR P value for interaction			.34			
<b>Education level</b>						
Less than high school	37.7 (33.6-41.7)	38.9 (34.3-43.4)	41.8 (36.8-46.7)	43.3 (37.5-49.1)	.09	5.6 (-1.6 to 12.9)
High school or equivalent	52.4 (47.3-57.5)	55.2 (50.7-59.7)	56.5 (52.1-61.0)	57.5 (52.0-63.0)	.17	5.1 (-2.6 to 12.8)
College or above	66.4 (61.0-71.9)	68.0 (65.3-70.7)	63.8 (59.6-68.0)	69.9 (66.8-72.9)	.49	3.4 (-2.9 to 9.8)
P value for interaction			.65			

	Prevalence of sufficient physical activity (95% CI) <sup>b</sup>				P value for trend	Difference, 2005-2006 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006		
FDR P value for interaction			.76			
<b>Family income–poverty ratio level<sup>d</sup></b>						
<1.30	41.2 (35.6-46.8)	42.7 (35.8-49.5)	47.1 (42.2-52.0)	50.4 (46.1-54.7)	.01	9.2 (1.9 to 16.4)
1.30-3.49	52.2 (47.4-57.0)	55.2 (52.0-58.4)	56.3 (50.7-61.9)	59.7 (56.3-63.1)	.01	7.5 (1.5 to 13.5)
≥3.50	68.1 (62.7-73.4)	70.5 (66.9-74.1)	66.2 (62.2-70.2)	69.9 (66.1-73.7)	.91	1.8 (-4.9 to 8.5)
P value for interaction		.11				
FDR P value for interaction		.39				

Abbreviations: FDR, false discovery rate.

<sup>a</sup> sufficient physical activity was defined as ≥150 minutes/week moderate to vigorous intensity physical activity.

<sup>b</sup> Estimated prevalence was adjusted for NHANES survey weights.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>d</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.

**eTable 12.** Crude Trends in Estimated Prevalence of Sufficient Physical Activity by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 2007 to March 2020<sup>a</sup>

	Estimated prevalence of sufficient physical activity (95% CI) <sup>b</sup>						P value for trend	Difference, 2017-March 2020 vs 2007-2008 (95% CI) <sup>c</sup>
	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
<b>Age group, y</b>								
20-34	75.2 (71.3-79.2)	73.4 (67.6-79.1)	78.3 (73.7-82.8)	73.8 (70.9-76.6)	81.3 (77.6-85.1)	82.0 (79.0-85.0)	<.001	6.7 (1.7 to 11.7)
35-49	66.2 (62.3-70.2)	66.7 (64.3-69.2)	69.2 (64.0-74.4)	66.7 (63.4-70.0)	70.0 (64.6-75.3)	71.2 (68.6-73.7)	.02	4.9 (0.2 to 9.7)
50-64	61.4 (55.3-67.5)	62.5 (58.9-66.0)	61.3 (57.5-65.2)	58.0 (53.2-62.9)	60.4 (56.4-64.3)	64.8 (61.4-68.2)	.36	3.4 (-3.7 to 10.5)
≥65	47.5 (42.6-52.4)	46.0 (41.8-50.2)	48.7 (45.5-52.0)	47.3 (43.0-51.5)	52.2 (46.8-57.6)	55.5 (51.6-59.4)	<.001	7.9 (1.6 to 14.3)
P value for interaction				.06				
FDR P value for interaction				.34				
<b>Sex</b>								
Women	57.4 (52.9-61.9)	55.1 (51.3-59.0)	58.2 (54.8-61.6)	56.1 (53.2-59.0)	61.5 (57.1-66.0)	62.3 (59.9-64.6)	.003	4.8 (-0.3 to 10.0)
Men	72.2 (69.1-75.2)	72.8 (69.7-75.9)	73.5 (70.4-76.7)	69.5 (67.1-71.8)	72.3 (69.3-75.3)	76.4 (73.3-79.4)	.08	4.2 (-0.2 to 8.5)
P value for interaction				.45				
FDR P value for interaction				.68				
<b>Race/ethnicity</b>								
Non-Hispanic White	66.8 (62.2-71.4)	65.9 (62.0-69.7)	67.8 (64.5-71.2)	62.0 (59.6-64.3)	68.6 (64.9-72.3)	70.7 (68.2-73.1)	.06	3.9 (-1.4 to 9.1)
Non-Hispanic Black	54.0	58.8	60.6	62.2	64.3	64.4	.001	10.4



	Estimated prevalence of sufficient physical activity (95% CI) <sup>b</sup>						<i>P</i> value for trend	Difference, 2017-March 2020 vs 2007- 2008 (95% CI) <sup>c</sup>
	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
Mexican American	(47.3-60.7) 62.3 (54.6-70.0)	(55.7-62.0) 57.9 (50.4-65.4)	(56.8-64.5) 63.7 (55.8-71.6)	(58.1-66.3) 63.1 (57.3-69.0)	(60.5-68.1) 61.1 (55.0-67.3)	(60.9-67.9) 72.4 (69.2-75.6)	.002	(2.7 to 18.0) 10.1 (1.6 to 18.5)
<i>P</i> value for interaction								
FDR <i>P</i> value for interaction								
<b>Education level</b>								
Less than high school	52.5 (48.1-56.9)	52.7 (48.9-56.5)	52.1 (47.0-57.3)	54.2 (50.5-58.0)	50.3 (44.4-56.1)	57.0 (52.1-61.8)	.30	4.5 (-2.1 to 11.1)
High school or equivalent	61.7 (57.9-65.5)	60.7 (57.0-64.5)	64.2 (57.2-71.3)	59.1 (55.6-62.6)	61.3 (56.9-65.7)	67.8 (64.4-71.2)	.01	6.1 (0.9 to 11.2)
College or above	69.9 (66.6-73.2)	68.3 (63.7-73.0)	69.6 (66.4-72.8)	65.7 (63.6-67.9)	71.8 (68.8-74.8)	71.7 (69.4-73.9)	.13	1.8 (-2.3 to 5.8)
<i>P</i> value for interaction								
FDR <i>P</i> value for interaction								
<b>Family income–poverty ratio level<sup>d</sup></b>								
<1.30	58.4 (53.8-63.0)	60.7 (56.4-65.0)	62.9 (57.3-68.4)	58.9 (56.3-61.4)	60.9 (56.4-65.4)	63.4 (60.5-66.3)	.16	5.0 (-0.5 to 10.5)
1.30-3.49	61.0 (57.0-65.0)	59.2 (54.1-64.3)	66.0 (61.4-70.6)	60.4 (57.7-63.2)	64.8 (61.0-68.7)	67.6 (64.2-70.9)	.005	6.5 (1.3 to 11.8)
≥3.50	69.9 (66.5-73.4)	70.2 (67.0-73.5)	68.9 (64.9-72.9)	66.5 (62.9-70.2)	73.5 (69.3-77.7)	72.3 (70.0-74.6)	.09	2.3 (-1.9 to 6.6)
<i>P</i> value for interaction								
FDR <i>P</i> value for interaction								

Abbreviations: FDR, false discovery rate.

<sup>a</sup> sufficient physical activity was defined as  $\geq 150$  minutes/week moderate to vigorous intensity physical activity.

<sup>b</sup> Estimated prevalence was adjusted for NHANES survey weights.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>d</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.

**eTable 13.** Crude Trends in Estimated Prevalence of Healthy Weight by Age Group, Sex, Race and Ethnicity, Educational Level, and Income, 1999 to March 2020<sup>a</sup>

	Estimated prevalence of healthy weight (95% CI) <sup>b</sup>										P value for trend	Difference, 2017-March 2020 vs 1999-2000 (95% CI) <sup>c</sup>
	1999-2000	2001-2002	2003-2004	2005-2006	2007-2008	2009-2010	2011-2012	2013-2014	2015-2016	2017-March 2020		
<b>Age group, y</b>												
20-34	40.2 (36.0-44.5)	41.1 (37.3-45.0)	39.8 (36.2-43.4)	39.7 (34.8-44.6)	39.3 (35.7-42.8)	39.2 (34.3-44.1)	39.7 (32.5-47.0)	36.5 (32.7-40.3)	35.9 (31.2-40.7)	33.9 (28.7-39.1)	.009	-6.3 (-13.0 to 0.4)
35-49	32.7 (26.6-38.7)	31.9 (29.1-34.8)	31.0 (27.8-34.2)	30.0 (24.2-35.7)	27.4 (23.4-31.4)	27.2 (23.9-30.5)	25.7 (20.6-30.9)	25.4 (21.6-29.2)	22.6 (18.6-26.7)	20.8 (18.0-23.7)	<.001	-11.8 (-18.6 to -5.1)
50-64	27.1 (23.9-30.4)	25.5 (22.6-28.5)	26.6 (22.5-30.7)	23.6 (19.0-28.2)	24.4 (20.9-28.0)	20.3 (16.5-24.1)	24.6 (20.4-28.7)	22.9 (21.0-24.8)	22.6 (18.5-26.7)	20.3 (16.9-23.8)	.003	-6.8 (-11.5 to -2.0)
≥65	29.0 (24.6-33.4)	29.1 (25.2-33.0)	29.0 (25.4-32.6)	28.8 (25.6-32.0)	27.5 (23.9-31.2)	25.3 (22.8-27.7)	29.0 (24.7-33.2)	26.3 (23.6-28.9)	21.5 (17.5-25.5)	22.3 (19.3-25.3)	<.001	-6.7 (-12.0 to -1.3)
P value for interaction						.13						
FDR P value for interaction						.39						
<b>Sex</b>												
Women	34.5 (30.8-38.2)	35.5 (32.1-38.9)	35.9 (32.6-39.2)	35.6 (32.1-39.1)	32.9 (29.9-35.9)	31.9 (29.8-34.0)	31.4 (27.2-35.7)	31.0 (28.3-33.7)	28.5 (25.2-31.9)	27.6 (25.3-30.0)	<.001	-6.9 (-11.3 to -2.5)
Men	31.5 (28.3-)	29.4 (27.4-)	28.1 (24.5-)	25.8 (22.3-)	26.6 (25.0-)	24.6 (20.1-)	28.3 (25.2-)	24.8 (22.5-)	23.4 (20.4-)	21.5 (18.2-)	<.001	-10.0 (-14.7 to -5.4)

**Estimated prevalence of healthy weight (95% CI)<sup>b</sup>**

**1999-2000**   **2001-2002**   **2003-2004**   **2005-2006**   **2007-2008**   **2009-2010**   **2011-2012**   **2013-2014**   **2015-2016**   **2017-March 2020**   **P value for trend**   **Difference, 2017-March 2020 vs 1999-2000 (95% CI)<sup>c</sup>**

34.7)   31.3)   31.8)   29.3)   28.2)   29.0)   31.4)   27.1)   26.4)   24.7)

*P* value for interaction   .77

FDR *P* value for interaction   .79

**Race/ethnicity**

Non-Hispanic White   33.9   33.8   33.4   32.3   30.7   28.9   30.8   28.2   26.0   25.5   <.001   -8.5

(29.9-38.0)   (31.3-36.3)   (30.9-35.9)   (28.1-36.5)   (28.3-33.2)   (25.6-32.3)   (26.5-35.1)   (26.4-30.0)   (23.4-28.7)   (22.4-28.5)   (-13.6 to -3.4)

Non-Hispanic Black   29.2   24.5   22.7   22.1   24.2   22.3   23.2   23.3   23.6   21.8   .03   -7.4

(25.8-32.6)   (20.5-28.4)   (19.0-26.5)   (17.8-26.4)   (21.5-26.9)   (18.8-25.7)   (20.8-25.6)   (19.5-27.0)   (19.8-27.5)   (19.4-24.1)   (-11.6 to -3.3)

Mexican American   26.4   29.9   24.0   23.9   21.8   19.2   20.4   16.6   17.8   14.8   <.001   -11.6

(20.4-32.4)   (24.6-35.3)   (18.3-29.7)   (19.2-28.6)   (17.4-26.1)   (13.7-24.8)   (12.7-28.0)   (12.8-20.4)   (14.1-21.4)   (10.9-18.6)   (-18.8 to -4.4)

*P* value for interaction   .003

FDR *P* value for interaction   .047

**Education level**

Less than high school   25.6   26.6   30.2   30.6   27.5   22.1   27.4   23.2   24.7   22.2   .01   -3.4

(22.4-28.8)   (22.2-30.9)   (24.9-35.6)   (27.6-33.5)   (24.6-30.4)   (18.5-25.8)   (23.2-31.6)   (19.9-26.5)   (19.9-29.4)   (19.3-25.0)   (-7.7 to 0.9)

High school or equivalent   33.7   30.6   28.4   26.7   28.3   25.2   23.6   26.2   20.8   23.3   <.001   -10.5

(28.1-39.4)   (27.1-34.0)   (25.3-31.4)   (22.5-30.8)   (25.2-31.3)   (22.0-28.4)   (18.0-29.2)   (22.4-29.9)   (16.6-25.1)   (20.0-26.6)   (-17.1 to -3.9)

**Estimated prevalence of healthy weight (95% CI)<sup>b</sup>**

	1999- 2000	2001- 2002	2003- 2004	2005- 2006	2007- 2008	2009- 2010	2011- 2012	2013- 2014	2015- 2016	2017- March 2020	<i>P</i> value for trend	Difference, 2017-March 2020 vs 1999- 2000 (95% CI) <sup>c</sup>
College or above	36.3 (33.0- 39.6)	35.3 (33.2- 37.5)	34.5 (31.7- 37.3)	32.8 (28.5- 37.1)	31.5 (28.9- 34.2)	31.2 (27.0- 35.4)	32.4 (28.1- 36.8)	29.7 (28.0- 31.3)	28.0 (25.6- 30.4)	25.6 (23.4- 27.8)	<.001	-10.7 (-14.7 to -6.7)
<i>P</i> value for interaction						.15						
FDR <i>P</i> value for interaction						.40						
<b>Family income–poverty ratio level<sup>d</sup></b>												
<1.30	32.1 (27.1- 37.1)	32.0 (28.0- 35.9)	36.7 (33.8- 39.7)	29.4 (24.7- 34.0)	29.6 (26.3- 33.0)	26.9 (22.0- 31.7)	27.9 (22.1- 33.7)	28.8 (25.5- 32.0)	24.7 (20.6- 28.8)	25.7 (22.8- 28.5)	<.001	-6.4 (-12.3 to -0.6)
1.30-3.49	30.3 (25.3- 35.3)	30.6 (27.2- 34.0)	30.6 (27.5- 33.6)	29.1 (24.3- 33.9)	28.4 (25.5- 31.4)	27.8 (25.4- 30.2)	28.2 (24.2- 32.2)	24.3 (22.0- 26.5)	27.2 (23.0- 31.5)	23.2 (20.3- 26.2)	<.001	-7.1 (-12.9 to -1.2)
≥3.50	34.6 (30.0- 39.1)	35.3 (31.7- 38.9)	32.0 (28.4- 35.6)	32.7 (28.9- 36.5)	31.8 (29.1- 34.5)	29.2 (24.2- 34.2)	32.8 (27.4- 38.2)	30.5 (27.5- 33.5)	25.7 (21.9- 29.5)	24.6 (21.5- 27.8)	<.001	-9.9 (-15.5 to -4.3)
<i>P</i> value for interaction						.68						
FDR <i>P</i> value for interaction						.77						

Abbreviations: FDR, false discovery rate.

<sup>a</sup> Healthy weight was defined as body mass index at 18.5-24.9 kg/m<sup>2</sup>.

<sup>b</sup> Estimated prevalence were adjusted for NHANES survey weights.

<sup>c</sup> Values may not equal the difference between the first cycle and last cycle estimates because of rounding.

<sup>d</sup> The variable was calculated by dividing family income by the poverty guidelines. A higher ratio represents a higher level of income.