

Appendix

The two most common lifestyle patterns in each lifestyle index group, in the Diet, Cancer and Health Cohort. The score of 1 indicated that the recommendation was followed, and the score of 0 indicated that the recommendation was not followed*

Lifestyle index points	Smoking	Alcohol	Physical activity	Waist circumference	Diet	No (%) of participants who followed stated recommendations
0-1	0	0	1	0	0	1,417 (31)
	0	0	0	1	0	1,371 (30)
2	0	0	1	1	0	5,669 (40)
	1	0	1	0	0	2,409 (17)
3	1	0	1	1	0	8,747 (39)
	0	1	1	1	0	6,728 (30)
4	1	1	1	1	0	13,392 (97)
	1	0	1	1	1	197 (1)
5	1	1	1	1	1	510 (100)

*For example, among the participants who followed 0-1 recommendation, 31% followed the recommendation for physical activity and 30% followed the recommendation for waist circumference.