**Supplementary Material Table 4.** Drop out analysis (N=3042 in sample)

| | SAPALDIA 1 (1991) N=9651 | | SAPALDIA 2 (2002/03) N=8047 | | SAPALDIA 3 (2010/11) N=5921 | |
|---|---|---|---|---|---|---|
| | in sample | not in sample | in sample | not in sample | in sample | not in sample |
| Age, years (SD) | 40.1 (10.9) | 41.5 (12.0) | 51.0 (10.9) | 52.7 (11.9) | 59.3 (10.8) | 60.1 (11.8) |
| Sex (%) | | | | | | |
|    men | 47.3 | 50.0 | 47.2 | 48.6 | 47.3 | 47.8 |
|    women | 52.7 | 50.0 | 52.8 | 51.4 | 52.7 | 52.2 |
| Language region (%) | | | | | | |
|    German | 57.9 | 49.8 | 57.7 | 50.8 | 57.7 | 52.2 |
|    French | 32.3 | 34.9 | 32.3 | 32.4 | 32.3 | 32.5 |
|    Italian | 9.9 | 15.3 | 10.0 | 16.8 | 10.0 | 15.3 |
| Education | | | | | | |
|    lower than tertiary | 80.3 | 84.7 | 71.5 | 77.7 | 69.0 | 75.4 |
|    tertiary education | 19.7 | 15.3 | 28.5 | 22.3 | 31.0 | 24.6 |
| Smoking status (%) | | | | | | |
|    current non-smoker | 73.0 | 63.5 | 78.5 | 70.8 | 84.6 | 78.7 |
|    current smoker | 27.0 | 36.5 | 21.5 | 29.2 | 15.4 | 21.3 |
| BMI, kg/m$^2$ (SD) | 23.4 (3.5) | 24.2 (4.0) | 25.5 (4.3) | 26.2 (4.6) | 26.1 (4.6) | 26.8 (4.5) |
| PA according to short questionnaire, MET-min/week (SD) | na | na | 1207.6 (1150.1) | 1108.3 (1190.5) | 1237.3 (1172.2) | 1133.9 (1211.6) |