

Table 2 supplementary data. Distribution of the sample on life habits variables^a.

Variables (missing responses; %)	Category (population aged +16; total n=6,507)	Percentage (sample sizes)	95% Confidence Interval	
			Minimum	Maximum
	Suspected alcoholism	3.1% (204)	2.7%	3.6%
Consumption of alcoholic beverages (2; 0.03%)	Yes, consumption of alcoholic beverage	44.4% (2891)	43.2%	45.6%
	Yes, but less than once a month	13.3% (864)	12.5%	14.1%
	No, no consumption of alcoholic beverage	42.3% (2750)	41.1%	43.5%
Smoker (3; 0.05%)	Yes, smoke daily	30.9% (2011)	29.8%	32.1%
	Yes, smoke but not daily	2.4% (157)	2.1%	2.8%
	Do not smoke but used to	17.5% (1137)	16.6%	18.4%
	Do not smoke or have never regularly smoked	49.2% (3199)	48%	50.4%
Body Mass Index [30] (0)	Low weight	3.8% (247)	3.4%	4.3%
	Normal weight	37.3% (2428)	36.1%	38.5%
	Overweight	39.7% (2585)	38.5%	40.9%
	Obesity I	17.1% (1113)	16.2%	18%
	Obesity II	2.1% (134)	1.7%	2.4%
Physical activity in the workplace or usual activity (47; 0.7%)	Sitting most of the workday	30.4% (1964)	29.3%	31.5%
	Standing most of the time without major movement or effort	55.8% (3605)	54.6%	57%
	Walking, carrying some weight. Frequent movement	11.5% (737)	10.7%	12.2%
	Hard work, tasks requiring major physical effort	2.4% (154)	2%	2.8%
Physical exercise in free time (3; 0.05%)	No physical activity	26.8% (1742)	25.7%	27.9%
	Occasional physical or sporting activity	55.9% (3639)	54.7%	57.1%
	Regular physical activity, several times a month	12% (779)	11.2%	12.8%
	Physical training several times a week	5.3% (344)	4.8%	5.9%
Dairy product consumption (7; 0.1%)	Daily	90.9% (5909)	90.2%	91.6%
	Three or more times a week	2.9% (191)	2.6%	3.4%
	One / two times a week	2.5% (163)	2.2%	2.9%
	Less than 1 time week	0.8% (52)	0.6%	1%
	Never or almost never	2.8% (185)	2.5%	3.3%
Fresh fruit consumption (11; 0.2%)	Daily	63.8% (4144)	62.6%	64.9%
	Three or more times a week	21.7% (1405)	20.7%	22.7%
	One / two times a week	9.6% (623)	8.9%	10.3%
	Less than once a week	2.9% (190)	2.5%	3.4%
	Never or almost never	2.1% (134)	1.8%	2.4%
Vegetables consumption (14; 0.2%)	Daily	41% (2665)	39.9%	42.1%
	Three or more times a week	34.1% (2211)	33%	35.2%
	One / two times a week	19.8% (1287)	18.9%	20.8%
	Less than once a week	3.7% (240)	3.3%	4.2%
	Never or almost never	1.4% (90)	1.1%	1.7%
Sweets consumption (30; 0.5%)	Daily	18.4(1191)	17.4%	19.3%
	Three or more times a week	25.2% (1629)	24.2%	26.2%
	One / two times a week	28% (1814)	27%	29.1%
	Less than once a week	14% (908)	13.2%	14.9%
	Never or almost never	14.4% (935)	13.6%	15.3%

^a The sample design was not considered in this table