

1 Supporting Information

2 **S1 Table: Proportions (% , 95%-CI) of individual healthy behavior factors among men aged 25-69 years according**
 3 **to age**

| | | 1990-92 | 1997-99 | 2008-11 | Relative change 1990-92 to 2008-11 | p [#] |
|---|-------|------------------|------------------|------------------|--|----------------|
| Men | | | | | | |
| | | % (95% CI) | % (95% CI) | % (95% CI) | % | |
| Sufficient physical exercise ¹ | | 18.5 (16.6-20.5) | 20.8 (18.8-23.0) | 26.8 (24.5-29.2) | 44.9 | <.0001 |
| Age | 25-34 | 28.1 (25.4-31.0) | 27.9 (24.1-32.0) | 36.0 (30.3-42.0) | 28.1 | 0.04 |
| | 35-44 | 18.2 (15.4-21.5) | 19.5 (16.4-23.1) | 26.8 (22.1-32.1) | 47.3 | 0.007 |
| | 45-54 | 16.6 (13.5-20.2) | 20.5 (16.8-24.7) | 22.1 (18.6-26.0) | 33.1 | 0.09 |
| | 55-69 | 13.6 (11.1-16.7) | 17.3 (14.0-21.3) | 24.9 (21.1-29.0) | 83.1 | <.0001 |
| No current risk drinking ² | | 46.6 (44.0-49.1) | 76.6 (74.5-78.5) | 76.8 (74.5-78.9) | 64.8 | <.0001 |
| Age | 25-34 | 53.5 (49.8-57.1) | 72.9 (68.7-76.7) | 85.8 (80.9-89.6) | 60.4 | <.0001 |
| | 35-44 | 40.6 (36.7-44.6) | 76.6 (73.2-79.8) | 76.7 (71.5-81.2) | 88.9 | <.0001 |
| | 45-54 | 46.6 (42.8-50.5) | 74.9 (70.7-78.7) | 71.5 (66.9-75.7) | 53.4 | <.0001 |
| | 55-69 | 46.6 (42.5-50.7) | 80.7 (77.7-83.4) | 75.5 (71.7-79.0) | 62.0 | <.0001 |
| Daily fruits and daily vegetables ³ | | 32.1 (30.3-34.0) | 30.8 (28.7-33.0) | 19.7 (17.6-22.1) | -38.6 | <.0001 |
| Age | 25-34 | 21.4 (18.4-24.8) | 20.9 (17.5-24.7) | 11.3 (7.5-16.7) | -47.2 | 0.008 |
| | 35-44 | 28.3 (24.8-32.0) | 26.6 (22.9-30.5) | 19.0 (14.7-24.3) | -32.9 | 0.02 |
| | 45-54 | 35.3 (31.7-39.0) | 33.6 (29.8-37.6) | 19.6 (15.6-24.3) | -44.5 | <.0001 |
| | 55-69 | 40.0 (36.5-43.6) | 38.8 (35.0-42.8) | 26.5 (22.4-31.0) | -33.8 | <.0001 |
| No current smoking ⁴ | | 61.5 (59.4-63.6) | 62.3 (59.7-64.9) | 65.9 (63.0-68.7) | 7.2 | 0.04 |
| Age | 25-34 | 51.8 (48.3-55.3) | 51.0 (46.0-56.0) | 49.7 (43.6-55.8) | -4.1 | 0.85 |
| | 35-44 | 53.7 (49.5-57.8) | 52.0 (47.1-56.9) | 63.3 (57.8-68.5) | 17.9 | 0.003 |
| | 45-54 | 65.5 (61.9-68.8) | 63.1 (58.6-67.3) | 64.3 (58.7-69.5) | -1.8 | 0.70 |
| | 55-69 | 71.3 (67.6-74.7) | 78.3 (74.7-81.4) | 81.1 (77.9-84.0) | 13.7 | 0.0001 |
| Normal weight ⁵ | | 29.9 (28.0-32.0) | 27.1 (25.0-29.4) | 28.7 (26.4-31.1) | -4.0 | 0.18 |
| Age | 25-34 | 51.0 (47.0-54.9) | 43.5 (39.0-48.1) | 46.8 (40.8-52.9) | -8.2 | 0.06 |
| | 35-44 | 32.0 (28.3-36.0) | 31.0 (26.8-35.6) | 31.8 (27.1-37.0) | -0.6 | 0.94 |
| | 45-54 | 24.3 (21.1-27.8) | 22.5 (18.8-26.5) | 23.2 (19.3-27.6) | -4.5 | 0.77 |
| | 55-69 | 18.6 (15.9-21.7) | 16.8 (14.2-19.8) | 18.5 (15.8-21.6) | -0.5 | 0.61 |

4 # p for trend

5 * Prevalences are standardized to the German population as of 31 December 2010.

6 ¹ Sufficient physical exercise: physical exercise ≥ 2 h/week; ² No current risk drinking: men ≤ 20 g/day; women ≤ 10 g/day; ³
 7 Consumption of fruits and vegetables once or more a day vs. less than daily; ⁴ No current smoking (never and ex-smoking); ⁵
 8 Normal weight: BMI 18.5- <25.0 kg/m².

9