

1 Supporting Information

2 **S2 Table: Proportions (% , 95%-CI) of individual healthy behavior factors among women aged 25-69 years**
 3 **according to age**

| | | 1990-92 | 1997-99 | 2008-11 | Relative change 1990-92 to 2008-11 | p [#] |
|--|-------|------------------|------------------|------------------|--|----------------|
| Women | | | | | | |
| | | % (95% CI) | % (95% CI) | % (95% CI) | % | |
| Sufficient physical exercise¹ | | 9.9 (8.5-11.4) | 14.9 (13.3-16.6) | 21.6 (19.7-23.5) | 118.2 | <.0001 |
| Age | 25-34 | 13.6 (11.2-16.5) | 16.2 (13.4-19.6) | 19.9 (16.0-24.6) | 46.3 | 0.04 |
| | 35-44 | 10.7 (8.0-14.3) | 15.6 (12.8-18.9) | 19.0 (15.6-22.9) | 77.6 | 0.006 |
| | 45-54 | 10.6 (8.4-13.2) | 15.4 (12.5-18.8) | 21.0 (17.8-24.5) | 98.1 | <.0001 |
| | 55-69 | 6.1 (4.5-8.1) | 13.0 (10.6-15.8) | 25.3 (21.5-29.5) | 314.8 | <.0001 |
| No current risk drinking² | | 49.3 (47.1-51.4) | 71.2 (69.2-73.2) | 75.5 (73.1-77.8) | 53.1 | <.0001 |
| Age | 25-34 | 47.1 (43.4-50.9) | 71.4 (67.2-75.2) | 88.9 (84.2-92.4) | 88.7 | <.0001 |
| | 35-44 | 44.9 (40.6-49.4) | 72.6 (68.3-76.4) | 77.1 (72.5-81.0) | 71.7 | <.0001 |
| | 45-54 | 46.4 (42.5-50.3) | 70.9 (66.7-74.8) | 68.6 (63.8-73.0) | 47.8 | <.0001 |
| | 55-69 | 56.5 (53.1-59.9) | 70.4 (66.5-74.0) | 71.5 (67.4-75.2) | 26.5 | <.0001 |
| Daily fruits and daily vegetables³ | | 53.7 (51.6-55.8) | 51.9 (49.4-54.4) | 38.0 (35.4-40.6) | -29.2 | <.0001 |
| Age | 25-34 | 45.5 (41.8-49.2) | 40.7 (35.9-45.7) | 29.1 (23.9-34.9) | -36.0 | <.0001 |
| | 35-44 | 50.8 (46.6-54.9) | 51.1 (46.9-55.3) | 36.5 (31.4-41.9) | -28.1 | <.0001 |
| | 45-54 | 53.5 (49.7-57.3) | 53.8 (48.8-58.7) | 40.1 (35.8-44.5) | -25.0 | <.0001 |
| | 55-69 | 61.5 (58.0-65.0) | 58.1 (53.6-62.4) | 43.2 (39.2-47.3) | -29.8 | <.0001 |
| No current smoking⁴ | | 73.6 (71.7-75.4) | 71.5 (69.3-73.6) | 70.4 (67.9-72.7) | -4.3 | 0.10 |
| Age | 25-34 | 57.1 (53.7-60.5) | 57.2 (52.3-61.9) | 60.0 (54.0-65.8) | 5.1 | 0.69 |
| | 35-44 | 64.6 (60.5-68.6) | 62.5 (58.1-66.6) | 69.1 (63.7-74.1) | 7.3 | 0.17 |
| | 45-54 | 78.6 (75.4-81.5) | 74.5 (70.4-78.2) | 68.6 (64.4-72.6) | -12.7 | 0.0007 |
| | 55-69 | 87.0 (84.5-89.2) | 85.0 (82.2-87.4) | 79.9 (75.9-83.4) | -8.2 | 0.003 |
| Normal weight⁵ | | 44.2 (41.9-46.5) | 43.6 (41.0-46.2) | 46.9 (44.4-49.4) | 6.1 | 0.09 |
| Age | 25-34 | 65.8 (62.8-68.8) | 63.9 (60.3-67.4) | 63.0 (56.8-68.7) | -4.3 | 0.59 |
| | 35-44 | 55.0 (51.1-58.9) | 54.5 (49.4-59.5) | 53.2 (48.1-58.1) | -3.3 | 0.84 |
| | 45-54 | 39.3 (35.5-43.2) | 39.0 (34.0-44.3) | 45.0 (40.9-49.2) | 14.5 | 0.08 |
| | 55-69 | 25.9 (22.5-29.7) | 26.1 (22.8-29.8) | 32.7 (29.1-36.6) | 26.3 | 0.007 |

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.

