

Table S1. Cross-tabulation of unhealthy lifestyle factors at baseline and during the second survey wave by use of preventive medication.

Baseline (wave 1)	Second survey (wave 2)					
	Initiators		Prevalent user		Non-initiators	
	Yes No. (%)	No No. (%)	Yes No. (%)	No No. (%)	Yes No. (%)	No No. (%)
Obesity						
Yes	1252 (86.2)	200 (13.8)	4935 (86.1)	792 (13.8)	3326 (82.4)	712 (17.6)
No	503 (7.2)	6470 (92.8)	1365 (7.0)	18 256 (93.0)	1574 (3.9)	38 479 (96.1)
Total	1755 (20.8)	6670 (79.2)	6300 (24.9)	19 048 (75.2)	4900 (11.1)	39 191 (88.9)
<i>P</i> value *	<.001		<.001		<.001	
Physical inactivity						
Yes	1355 (55.4)	1093 (44.7)	4715(58.2)	3390 (41.8)	4929 (49.6)	5001 (50.4)
No	1193 (19.2)	5017 (80.8)	3853 (21.1)	14 410 (78.9)	5334 (15.1)	30 048 (84.9)
Total	2548 (29.4)	6110 (70.6)	8568 (32.5)	17 800 (67.5)	10 263 (22.7)	35 049 (77.4)
<i>P</i> value *	.04		<.001		<.001	
High alcohol consumption						
Yes	769 (59.2)	527 (40.7)	2180 (58.3)	1557 (41.7)	3375 (58.4)	2406 (41.6)
No	460 (6.20)	6965 (93.8)	1390 (6.09)	21 420 (93.9)	2354 (5.93)	37 355 (94.1)
Total	1229 (14.1)	7492 (85.9)	3570 (13.5)	22 977 (86.6)	5729 (12.6)	39 761 (87.4)
<i>P</i> value *	.03		.002		.45	
Current smoking						
Yes	887 (71.7)	351 (28.4)	2263 (75.7)	725 (24.3)	4575 (77.7)	1317 (22.4)
No	121 (1.7)	7076 (98.3)	353 (1.54)	22 449 (99.5)	636 (1.67)	37 501 (98.3)
Total	1008 (12.0)	7427 (88.1)	2616 (10.1)	23 224 (89.9)	5211 (11.8)	38 818 (88.2)
<i>P</i> value *	<.001		<.001		<.001	
Cluster of 3–4 unhealthy lifestyles						
Yes	145 (45.2)	176 (54.8)	486 (46.6)	556 (53.4)	359 (39.5)	551 (60.6)
No	186 (2.2)	8288 (97.8)	604 (2.4)	25 126 (97.7)	601 (1.3)	44 387 (98.7)
Total	331 (3.8)	8464 (96.2)	1090 (4.1)	25 682 (95.9)	960 (2.1)	44 938 (97.9)
<i>P</i> value *	.53		.16		.14	

Total number of participant-observations (% of those with data at baseline) who had data available on body mass index at both surveys 77 864 (97.5%), on physical activity 80 338 (99.2%), on alcohol consumption 80 758 (99.4%), and on smoking 78 304 (98.3%).

* *P* values for test of pre-post change derived from McNemar's test. *P* values reported here do not take into account that each participant may have contributed to more than one dataset.

Table S2. Changes in body mass index, physical activity and alcohol consumption from the baseline survey to the second survey wave among users of preventive medication versus non-initiators. Those with cardiovascular disease or diabetes prior to the second survey excluded.

Lifestyle factor/ User group	Outcome		Mean change (<i>P</i> value*)	β value (95% CI)	
	Mean (SD)			Unadjusted difference [†]	Adjusted difference [‡]
	Baseline	2 nd survey			
Body mass index (kg/m²)					
Initiators (n=7645)	26.1 (4.02)	26.6 (4.30)	0.55 (<i><.001</i>)	0.16 (0.13–0.20)	0.21 (0.18–0.24)
Prevalent users (n=22 380)	26.6 (4.33)	27.0 (4.52)	0.36 (<i><.001</i>)	-0.01 (-0.03–0.01)	0.10 (0.08–0.12)
Non-initiators (n=43 616)	24.8 (3.66)	25.2 (3.84)	0.38 (<i><.001</i>)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=7851)	4.15 (3.72)	4.00 (3.60)	-0.14 (<i><.001</i>)	-0.10 (-0.18–0.03)	-0.09 (-0.15–[-0.02])
Prevalent users (n=23 229)	3.89 (3.48)	3.79 (2.89)	-0.10 (<i><.001</i>)	-0.12 (-0.17–[-0.08])	-0.09 (-0.14–[-0.04])
Non-initiators (n=44 809)	4.70 (4.01)	4.69 (4.03)	-0.01 (.54)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=7907)	68.2 (107)	65.8 (109)	-2.41 (.02)	-2.35 (-4.09–[-0.62])	-2.00 (-3.76–[-0.23])
Prevalent users (n=23 386)	65.4 (106)	63.2 (108)	-2.23 (<i><.001</i>)	-1.67 (-2.83–[-0.52])	-0.86 (-2.08–0.37)
Non-initiators (n=44 986)	61.0 (93.0)	60.6 (95.6)	-0.38 (0.32)	Reference	Reference
Number of cigarettes /day[¶]					
Initiators (n=763)	12.7 (6.70)	12.2 (6.66)	-0.46 (0.003)	-0.28 (-0.54–[-0.02])	-0.23 (-0.49–0.03)
Prevalent users (n=1938)	12.0 (6.61)	11.8 (6.47)	-0.21 (0.03)	0.0002 (-0.18–0.18)	0.09 (-0.09–0.28)
Non-initiators (n=4468)	11.9 (6.57)	11.7 (6.44)	-0.20 (0.002)	Reference	Reference

CI=confidence interval, MET=metabolic equivalent of task, SD=standard deviation.

*SDs and *P* values reported here do not take into account that each participant may have contributed to more than one dataset.

[†]adjusted for baseline year and time interval between the survey waves.

[‡]adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, smoking status and other lifestyle factors at baseline.

[¶]among those who were current smokers at both waves.

Table S3. Odds ratios for obesity, physical inactivity, high alcohol consumption, and current smoking at the second survey wave for users of preventive medication (versus non-initiators) stratified by presence of the respective unhealthy lifestyle at baseline. Those with cardiovascular disease or diabetes prior to the second survey excluded.

Baseline (wave 1)	Initiators		Prevalent users		Non- initiators
	Unadjusted OR (95% CI)	Adjusted [†] OR (95% CI)	Unadjusted [†] OR (95% CI)	Adjusted [†] OR (95% CI)	Ref.
Obesity					
Yes	1.47 (1.20–1.80)	1.50 (1.22–1.83)	1.29 (1.14–1.46)	1.35 (1.18–1.55)	1.00
No	1.82 (1.64–2.03)	1.82 (1.63–2.02)	1.69 (1.56–1.83)	1.79 (1.64–1.95)	1.00
Physical inactivity					
Yes	1.23 (1.12–1.37)	1.13 (1.02–1.26)	1.34 (1.26–1.42)	1.20 (1.12–1.29)	1.00
No	1.22 (1.13–1.32)	1.07 (0.99–1.16)	1.42 (1.36–1.49)	1.18 (1.13–1.24)	1.00
High alcohol consumption					
Yes	1.05 (0.92–1.20)	1.07 (0.93–1.22)	1.03 (0.94–1.13)	1.05 (0.95–1.15)	1.00
No	1.03 (0.92–1.16)	1.08 (0.96–1.21)	1.03 (0.96–1.11)	1.18 (1.09–1.28)	1.00
Current smoking					
Yes	0.77 (0.66–0.89)	0.76 (0.65–0.90)	0.98 (0.87–1.10)	0.97 (0.86–1.09)	1.00
No	0.98 (0.79–1.22)	1.00 (0.80–1.25)	0.93 (0.81–1.08)	1.11 (0.95–1.30)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.27 (0.95–1.70)	1.31 (0.98–1.75)	1.22 (1.00–1.48)	1.32 (1.07–1.62)	1.00
No	1.57 (1.30–1.90)	1.67 (1.38–2.03)	1.64 (1.44–1.87)	1.95 (1.71–2.23)	1.00

CI=confidence interval, OR=odds ratio.

* adjusted for baseline year and time interval between the survey waves.

† adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, and other lifestyle factors at baseline (except for the cluster variable).

Table S4. Changes in body mass index, physical activity, and alcohol consumption from the baseline survey to the second survey wave among initiators with at least 1 refill of preventive medication versus non-initiators.

Lifestyle factor/ User group	Outcome		Mean change (<i>P</i> value [*])	β value (95% CI) Unadjusted difference [†]	Adjusted difference [‡]
	Mean (SD)	2 nd survey			
Body mass index (kg/m²)					
<i>Initiators with 1+ refills during the first year</i> (n=6729)	26.5 (4.21)	27.0 (4.47)	0.53 (<.001)	0.13 (0.10–0.17)	0.20 (0.16–0.24)
<i>Initiators with 2+ refills during the first year</i> [§] (n=5934)	26.6 (4.23)	27.1 (4.49)	0.53 (<.001)	0.13 (0.09–0.17)	0.20 (0.16–0.24)
<i>Non-initiators</i> (n=44 091)	24.9 (3.69)	25.2 (3.86)	0.37 (<.001)	Reference	Reference
Physical activity (MET-hours/day)					
<i>Initiators with 1+ refills during the first year</i> (n=6923)	4.07 (3.73)	3.89 (3.55)	-0.18 (<.001)	-0.12 (-0.20–[-0.05])	-0.09 (-0.17–[-0.01])
<i>Initiators with 2+ refills during the first year</i> [§] (n=6106)	4.03 (3.69)	3.85 (3.48)	-0.19 (<.001)	-0.12 (-0.19–[-0.04])	-0.08 (-0.16–[-0.002])
<i>Non-initiators</i> (n=45 312)	4.69 (4.01)	4.68 (4.03)	-0.01 (.47)	Reference	Reference
Alcohol consumption (grams/week)					
<i>Initiators with 1+ refills during the first year</i> (n=6975)	70.9 (113)	68.0 (114)	-2.89 (.01)	-2.42 (-4.14–[-0.70])	-1.93 (-3.74–[-0.12])
<i>Initiators with 2+ refills during the first year</i> [§] (n=6149)	71.4 (112)	68.2 (116)	-3.17 (.01)	-3.13 (-5.20–[-1.06])	-2.27 (-4.41–[-0.14])
<i>Non-initiators</i> (n=45 488)	61.1 (93.2)	60.6 (95.6)	-0.44 (.26)	Reference	Reference

CI=confidence interval, MET=metabolic equivalent of task, SD=standard deviation.

^{*}SDs and *P* values reported here do not take into account that each participant may have contributed to more than one dataset. [†]adjusted for baseline year and time interval between the survey waves.

[‡]adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, smoking status and other lifestyle factors at baseline.

[§]According to the Finnish reimbursement rules, medications can be reimbursed for a maximum of 3 month-period at one transaction. Initial fill and 2 refills with a 3-month supply each would lead to 80+% adherence level during the first year.

Table S5. Odds ratios for obesity, physical inactivity, high alcohol consumption, and current smoking at the second survey wave for initiators of preventive medication with at least 1 refill (versus non-initiators) stratified by presence of the respective unhealthy lifestyle at baseline.

Baseline (wave 1)	Initiators			
	<i>1+ refills during the first year</i>		<i>2+ refills during the first year[‡]</i>	
	Unadjusted [*] OR (95% CI)	Adjusted [†] OR (95% CI)	Unadjusted [*] OR (95% CI)	Adjusted [†] OR (95% CI)
Obesity				
Yes	1.43 (1.17–1.73)	1.46 (1.20–1.79)	1.39 (1.13–1.70)	1.42 (1.16–1.75)
No	1.93 (1.72–2.16)	1.93 (1.72–2.16)	1.96 (1.72–2.23)	1.95 (1.71–2.22)
Physical inactivity				
Yes	1.30 (1.17–1.43)	1.15 (1.03–1.27)	1.33 (1.20–1.47)	1.17 (1.05–1.30)
No	1.34 (1.23–1.45)	1.10 (1.02–1.20)	1.37 (1.25–1.48)	1.11 (1.02–1.21)
High alcohol consumption				
Yes	1.01 (0.88–1.15)	1.00 (0.86–1.14)	0.99 (0.86–1.14)	0.98 (0.84–1.13)
No	1.07 (0.95–1.21)	1.12 (0.98–1.27)	1.04 (0.93–1.18)	1.09 (0.96–1.23)
Current smoking				
Yes	0.73 (0.62–0.85)	0.72 (0.61–0.84)	0.72 (0.61–0.86)	0.71 (0.60–0.86)
No	0.96 (0.77–1.21)	0.98 (0.79–1.23)	1.01 (0.80–1.27)	1.02 (0.81–1.30)
Cluster of 3–4 unhealthy lifestyles				
Yes	1.42 (1.08–1.86)	1.46 (1.11–1.92)	1.31 (1.00–1.72)	1.34 (1.01–1.78)
No	1.68 (1.41–2.01)	1.75 (1.45–2.10)	1.71 (1.42–2.06)	1.78 (1.46–2.16)

CI=confidence interval, OR=odds ratio.

^{*} adjusted for baseline year and time interval between the survey waves.

[†] adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, and other lifestyle factors at baseline (except for the cluster variable).

[‡] According to the Finnish reimbursement rules, medications can be reimbursed for a maximum of 3 month-period at one transaction. Initial fill and 2 refills with a 3-month supply each would lead to 80+% adherence level during the first year.

Table S6. Odds ratios for obesity, physical inactivity, high alcohol consumption, and current smoking at the third survey wave for initiators of preventive medication (versus non-initiators) stratified by presence/absence of the respective unhealthy lifestyle at baseline and wave 2.

Both at waves 1 and 2	Unadjusted* OR (95% CI)	Adjusted† OR (95% CI)
Obesity		
Yes (n=2213; 1995 cases)	1.23 (0.90–1.69)	1.22 (0.86–1.75)
No (n=23 986; 963 cases)	1.71 (1.46–2.01)	1.77 (1.50–2.10)
Physical inactivity		
Yes (n=3269, 428 cases)	1.24 (1.03–1.50)	1.07 (0.87–1.30)
No (n=18 880, 2291 cases)	1.25 (1.12–1.40)	1.12 (0.99–1.25)
High alcohol consumption		
Yes (n=2240, 1559 cases)	1.04 (0.83–1.31)	1.04 (0.81–1.33)
No (n=23 735, 1008 cases)	1.04 (0.87–1.23)	1.05 (0.87–1.27)
Current smoking		
Yes (n=2825; 2184 cases)	1.04 (0.82–1.31)	1.02 (0.80–1.31)
No (n=23 734; 186 cases)	0.99 (0.80–1.21)	1.06 (0.70–1.61)
Cluster of 3–4 unhealthy lifestyles		
Yes (n=273, 134 cases)	0.76 (0.44–1.30)	0.66 (0.37–1.19)
No (n=28 334, 317 cases)	1.33 (0.99–1.78)	1.43 (1.07–1.92)

CI=confidence interval, OR=odds ratio.

*adjusted for baseline year and time interval between the survey waves.

†adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, and other lifestyle factors at baseline (except for the cluster variable).

Total number of participant-observations and number of cases with unhealthy lifestyle at wave 3 in parentheses.

Table S7. Changes in body mass index, physical activity, and alcohol consumption from the baseline survey to the second survey wave among users of antihypertensive medications and statins versus non-initiators.

Lifestyle factor /User group	Outcome		Mean change (<i>P</i> value*)	β value (95% C) Unadjusted difference [†]	Adjusted difference [‡]
	Mean (SD) Baseline	2 nd survey			
Antihypertensive medications					
Body mass index (kg/m²)					
Initiators (n=7091)	26.5 (4.30)	27.0 (4.54)	0.55 (<i><.001</i>)	0.17 (0.13–0.21)	0.20 (0.17–0.24)
Prevalent users (n= 22 576)	27.1 (4.68)	27.4 (4.83)	0.33 (<i><.001</i>)	-0.02 (-0.04–0.004)	0.08 (0.06–0.10)
Non-initiators (n=48 197)	24.9 (3.70)	25.3 (3.87)	0.36 (<i><.001</i>)	Reference	Reference
Physical activity (MET-hours/day)					
Initiator (n=7317)	4.05 (3.67)	3.85 (3.53)	-0.20 (<i><.001</i>)	-0.15 (-0.23–[-0.08])	-0.14 (-0.22–[-0.06])
Prevalent users (n=23 496)	3.76 (3.43)	3.66 (3.36)	-0.10 (<i><.001</i>)	-0.12 (-0.17–[-0.07])	-0.10 (-0.15–[-0.05])
Non-user (n=49 525)	4.64 (3.98)	4.63 (4.00)	-0.01 (0.52)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=7366)	69.9 (113)	66.7 (110)	-3.13 (.004)	-2.73 (-4.58–[-0.88])	-2.17 (-4.07–[-0.26])
Prevalent users (n=23 666)	66.1 (109)	63.7 (111)	-2.47 (<i><.001</i>)	-1.55 (-2.63 –[-0.47])	-0.95 (-2.13–0.22)
Non-initiators (n=49 723)	61.4 (93.4)	60.9 (97.3)	-0.52 (.16)	Reference	Reference
Statins					
Body mass index (kg/m²)					
Initiators (n=5457)	27.1 (4.45)	27.5 (4.63)	0.40 (<i><.001</i>)	-0.01 (-0.05–0.04)	0.09 (0.05–0.14)
Prevalent users (n=7373)	27.6 (4.44)	27.6 (4.58)	0.18 (<i><.001</i>)	-0.18 (-0.22–[-0.14])	0.001 (-0.04–0.04)
Non-initiators (n=65 034)	25.4 (4.06)	25.8 (4.26)	0.40 (<i><.001</i>)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=5610)	3.74 (3.47)	3.65 (3.35)	-0.09 (.06)	-0.02 (-0.10–0.06)	0.04 (-0.04–0.12)
Prevalent users (n=7673)	3.60 (3.25)	3.56 (3.30)	-0.03 (.41)	-0.03 (-0.09–0.03)	0.06 (-0.01–0.13)
Non-initiators (n=67 055)	4.46 (3.90)	4.41 (3.88)	-0.05 (<i><.001</i>)	Reference	Reference

Continued

Lifestyle factor /User group	Outcome		Mean change (<i>P</i> value [•])	β value (95% C) Unadjusted difference [†]	Adjusted difference [‡]
	Mean (SD ^a)				
	Baseline	2 nd survey			
Alcohol consumption (grams/week)					
Initiators (n=5649)	69.7 (106)	66.4 (111)	-3.32 (.01)	-3.14 (-5.0–[-1.24])	-2.38 (-4.33–[-0.43])
Prevalent users (n=7710)	68.4 (115)	65.3 (112)	-3.13 (.01)	-1.30 (-3.08–[0.48])	0.59 (-1.35–2.54)
Non-initiators (n=67396)	62.5 (97.9)	61.5 (99.4)	-0.96 (.004)	Reference	Reference

CI=confidence interval; MET=metabolic equivalent of task; SD=standard deviation.

^aSDs and *P* values reported here do not take into account that each participant may have contributed to more than one dataset.

[†]adjusted for baseline year and time interval between the survey waves.

[‡]adjusted for baseline year, time interval, age, sex, marital, occupational and employment status, diabetes, prevalent use of other therapeutic class, smoking status and other lifestyle factors at baseline.

Table S8. Odds ratios for obesity, physical inactivity, high alcohol consumption, and current smoking at the second survey wave for users of antihypertensive medications and statins (versus non-initiators) stratified by presence of the respective unhealthy lifestyle at baseline.

Baseline (wave 1)	Initiators		Prevalent users		Non- initiators
	Unadjusted [•] OR (95% CI)	Adjusted [†] OR (95% CI)	Unadjusted [•] OR (95%CI)	Adjusted [†] OR (95% CI)	Ref.
Antihypertensive medication					
Obesity					
Yes	1.27 (1.06–1.52)	1.28 (1.07–1.54)	1.37 (1.22–1.53)	1.38 (1.21–1.57)	1.00
No	1.94 (1.73–2.17)	1.87 (1.67–2.10)	1.86 (1.69–1.99)	1.80 (1.65–1.96)	1.00
Physical inactivity					
Yes	1.34 (1.22–1.48)	1.20 (1.09–1.33)	1.43 (1.35–1.52)	1.23 (1.15–1.31)	1.00
No	1.36 (1.26–1.48)	1.14 (1.05–1.24)	1.48 (1.41–1.55)	1.18 (1.13–1.24)	1.00
High alcohol consumption					
Yes	1.00 (0.87–1.15)	0.99 (0.85–1.14)	1.03 (0.94–1.12)	1.06 (0.96–1.17)	1.00
No	1.05 (0.93 – 1.17)	1.04 (0.91–1.18)	1.04 (0.97–1.12)	1.13 (1.04–1.23)	1.00
Current smoking					
Yes	0.76 (0.66–0.88)	0.76 (0.65–0.89)	0.98 (0.88–1.10)	0.96 (0.85–1.07)	1.00
No	0.97 (0.76–1.24)	0.96 (0.75–1.24)	0.97 (0.85–1.10)	1.14 (0.98–1.32)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.26 (0.97–1.62)	1.28 (0.98–1.68)	1.35 (1.12–1.62)	1.39 (1.14–1.70)	1.00
No	1.72 (1.43–2.07)	1.73 (1.43–2.10)	1.73 (1.53–1.96)	1.86 (1.63–2.13)	1.00
Statins					
Obesity					
Yes	1.19 (0.98–1.44)	1.16 (0.96–1.40)	1.13 (0.98–1.32)	1.09 (0.92–1.29)	1.00
No	1.48 (1.30–1.67)	1.38 (1.21–1.57)	1.46 (1.30–1.64)	1.28 (1.13–1.45)	1.00
Physical inactivity					
Yes	1.27 (1.15–1.41)	1.10 (0.99–1.22)	1.32 (1.20–1.45)	1.04 (0.94–1.15)	1.00
No	1.34 (1.23–1.45)	1.04 (0.96–1.14)	1.39 (1.30–1.49)	1.02 (0.95–1.11)	1.00
High alcohol consumption					
Yes	0.96 (0.83–1.12)	0.93 (0.80–1.08)	0.98 (0.86–1.12)	0.92 (0.80–1.06)	1.00
No	0.92 (0.81–1.04)	0.95 (0.84–1.09)	0.88 (0.79–1.00)	0.99 (0.87–1.13)	1.00

Baseline (wave 1)	Initiators		Prevalent users		Non- initiators Ref.
	Unadjusted [*] OR (95% CI)	Adjusted ^b OR (95% CI)	Unadjusted [*] OR (95%CI)	Adjusted [†] OR (95% CI)	
Current smoking					
Yes	0.65 (0.55–0.77)	0.63 (0.53–0.75)	1.08 (0.91–1.28)	1.08 (0.90–1.31)	1.00
No	0.92 (0.71–1.19)	1.01 (0.77–1.32)	0.65 (0.52–0.82)	0.87 (0.66–1.11)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.04 (0.78–1.37)	1.00 (0.75–1.33)	1.29 (1.00–1.66)	1.13 (0.84–1.50)	1.00
No	1.28 (1.05–1.56)	1.13 (0.92–1.39)	1.38 (1.16–1.63)	1.22 (0.99–1.50)	1.00

OR=odds ratio; CI=confidence interval.

^{*} adjusted for baseline year and time interval between the surveys waves.

[†] adjusted for baseline year and time interval, age, sex, marital, occupational, and employment status, prevalent use of other therapeutic class, diabetes, and other lifestyle factors (except for the cluster variable) at baseline.

Table S9. Baseline characteristics of the 81 772 participant-observations stratified by use of antihypertensive medications and statins.

Characteristics at baseline (wave 1)	Antihypertensive medication			Statins		
	Initiators (n=7472)	Prevalent users (n=23 992)	Non-initiators (n=50 308)	Initiators (n=5736)	Prevalent users (n=7829)	Non-initiators (n=68 207)
Baseline year						
2000/02	1947 (26.1)	4571 (19.1)	14559 (28.9)	1431(25.0)	771(0.9)	18875 (27.7)
2004/05	3129 (41.9)	7552 (31.5)	16592 (33.0)	2431 (42.4)	2258 (28.8)	22584 (33.1)
2008/09	2396 (32.1)	11 869(49.5)	19157 (38.1)	1874 (32.7)	4800 (61.3)	26748 (39.2)
Age, mean (SD), years	52.3 (6.72)	54.8 (7.22)	50.9 (6.97)	54.8 (6.30)	58.3 (6.76)	51.3 (6.96)
40–49	2950 (39.5)	6433 (26.8)	24694 (49.1)	1326 (23.1)	958 (12.2)	31793 (46.6)
50–59	3511 (47.0)	11663 (48.6)	20028 (39.8)	3235 (56.4)	3581 (45.7)	28386 (41.6)
60–78	1011 (13.5)	5896 (24.6)	5586 (11.1)	1175 (20.5)	3290 (42.0)	8028 (11.8)
Women	6197 (82.9)	20315 (84.7)	42104 (83.8)	4527 (78.9)	6101 (77.9)	57988 (85.0)
Married	5623 (76.2)	17870 (75.4)	38172 (76.7)	4346 (76.8)	5886 (76.2)	51433 (75.4)
Occupational status						
Upper-grade non-manual workers	2165 (29.3)	7232 (30.5)	16 561(33.2)	1710 (30.2)	2423 (31.4)	21825 (32.3)
Lower-grade non-manual workers	1979 (27.8)	6157 (26.0)	13 295(26.7)	1303 (23.0)	1673 (21.7)	18455 (27.3)
Clerks	529 (7.2)	1997 (8.4)	3448 (6.9)	455 (8.0)	612 (7.92)	4907 (7.3)
Manual workers	2720 (36.8)	8325 (35.1)	16535 (33.2)	2203 (38.9)	3016 (39.1)	22361 (33.1)
Employed	6858 (91.9)	19581 (81.8)	46549 (92.6)	5042 (88.0)	5287 (67.8)	62659 (92.0)
Body weight						
Normal	2999 (41.2)	8543 (36.6)	28199 (57.2)	1991 (35.5)	2378 (31.1)	35372 (53.1)
Overweight	2863 (39.3)	9181 (39.4)	16342 (33.2)	2369 (42.2)	3394 (44.4)	22623 (34.0)
Obese	1416 (19.5)	5600 (24.0)	4746 (9.63)	1249 (22.3)	1867 (24.4)	8646 (13.0)
Physical activity						
Active	2762 (37.3)	8105 (34.2)	22172 (44.5)	1928 (34.0)	2530 (32.7)	28581 (42.3)
Moderate	2502 (33.8)	8222 (34.6)	16514 (33.1)	1918 (33.8)	2658 (34.3)	22662 (33.5)
Inactive	2134 (28.9)	7406 (31.2)	11171 (22.4)	1831 (32.3)	2559 (33.0)	16321 (24.2)
Alcohol consumption						
Moderate	5256 (70.9)	16522 (69.4)	36482 (73.0)	3996 (70.2)	5333 (68.7)	48931 (72.2)
None	1042 (14.1)	3925 (16.5)	7140 (14.3)	843 (14.8)	1369 (17.6)	9895 (14.6)
High	1118 (15.1)	3376 (14.2)	6376 (12.8)	852 (15.0)	1065 (13.7)	8953 (13.2)
Smoking						
Never	4711 (64.8)	16 047(68.6)	33607 (68.6)	3655 (65.7)	5319 (69.4)	45391 (68.3)
Former	1458 (20.1)	4572 (19.5)	8578 (17.5)	1107 (19.9)	1466 (19.1)	12035 (18.1)
Current	1099 (15.1)	2780 (11.9)	6823 (13.9)	798 (14.4)	875 (11.4)	9029 (13.6)
Number of unhealthy lifestyles*						
0	3414 (45.8)	10707 (44.8)	28299 (56.3)	2489 (43.5)	3446 (44.2)	36485 (53.6)
1–2	3746 (50.3)	12245 (51.2)	20925 (41.7)	2990 (52.2)	4023 (51.6)	29903 (43.9)
3–4	293 (3.9)	969 (4.1)	1013 (2.0)	245 (4.3)	327 (4.2)	1703 (2.5)
History of antihypertensive medication use	NA	23 992 (100)	NA	2514 (43.8)	4907 (62.7)	16571 (24.3)
History of statin use	566 (7.6)	4907 (20.5)	2356 (4.7)	NA	7829 (100.0)	NA
Diabetes	203 (2.7)	1602 (6.7)	428 (0.9)	330 (5.8)	1090 (13.9)	813 (1.2)

Numbers are No. (%) unless otherwise specified. NA=not applicable; SD=standard deviation.

*obesity, physical inactivity, high alcohol consumption, and current smoking.

Table S10. Changes in body mass index, alcohol consumption, and physical activity from baseline survey to the second survey wave among users of preventive medication versus non-initiators, by baseline year.

Lifestyle factor /User group	Outcome		Mean change (<i>P</i> value)	β value (95% CI) Unadjusted difference	Adjusted difference [†]
	Mean (SD) Baseline	Mean (SD) 2 nd survey			
Baseline in 2000/02					
Body mass index (kg/m²)					
Initiators (n=2318)	26.2 (4.12)	26.8 (4.37)	0.56 (<i><.001</i>)	0.17 (0.11–0.25)	0.21 (0.14–0.29)
Prevalent users (n=4699)	26.7 (4.42)	27.1 (4.62)	0.44 (<i><.001</i>)	0.06 (0.004–0.11)	0.12 (0.06–0.18)
Non-initiators (n=13 256)	24.7 (3.58)	25.1 (3.72)	0.38 (<i><.001</i>)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=2352)	4.09 (3.70)	3.88 (3.44)	-0.21 (.01)	-0.30 (-0.47–[-0.13])	-0.27 (-0.49–[-0.09])
Prevalent users (n=4827)	3.73 (3.43)	3.72 (3.36)	-0.01 (0.80)	-0.10 (-0.23–0.04)	-0.06 (-0.17–0.08)
Non-initiators (n=13 491)	4.58 (4.00)	4.64 (4.03)	0.06 (.07)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=2376)	67.3 (101)	69.3 (108)	2.01 (0.28)	-2.11 (-5.88–1.66)	-1.61 (-5.48–2.26)
Prevalent users (n=4883)	64.8 (103)	69.6 (117)	4.77 (.003)	0.16 (-2.65–2.98)	0.63 (-2.38–3.63)
Non-initiators (n=13 574)	60.1 (88.4)	63.8 (98.2)	3.72 (<i><.001</i>)	Reference	Reference
Baseline in 2004/05					
Body mass index (kg/m²)					
Initiators (n=3541)	26.3 (4.16)	26.9 (4.46)	0.61 (<i><.001</i>)	0.16 (0.10–0.23)	0.24 (0.17–0.31)
Prevalent users (n=8048)	27.0 (4.54)	27.4 (4.74)	0.40 (<i><.001</i>)	-0.03 (-0.08–0.02)	0.13 (0.08–0.18)
Non-initiators (n=14 485)	24.8 (3.64)	25.3 (3.84)	0.45 (<i><.001</i>)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=3623)	4.16 (3.71)	3.81 (3.93)	-0.35 (<i><.001</i>)	0.04 (-0.10–0.18)	0.04 (-0.10–0.19)
Prevalent users (n=8299)	3.88 (3.43)	3.52 (3.24)	-0.37 (<i><.001</i>)	0.02 (-0.08–0.13)	0.02 (-0.09–0.14)
Non-initiators (n=14 852)	4.85 (4.00)	4.47 (3.84)	-0.38 (<i><.001</i>)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=3651)	69.3 (110)	64.9 (107)	-4.40 (.01)	-3.53 (-6.80–[-0.26])	-2.76 (-6.11–0.59)
Prevalent users (n=8353)	68.0 (107)	65.3 (112)	-2.61 (.01)	-1.38 (-3.81–1.04)	0.17 (-2.47–2.78)
Non-initiators (n=14 915)	63.4 (98.8)	61.7 (95.3)	-1.66 (.02)	Reference	Reference

Continued

Lifestyle factor /User group	Outcome		Mean change (<i>P</i> value)	β value (95% CI)	
	Mean (SD) Baseline	Mean (SD) 2 nd survey		Unadjusted difference*	Adjusted difference†
Baseline in 2008/09					
Body mass index (kg/m²)					
Initiators (n=2566)	26.4 (4.31)	26.8 (4.51)	0.37 (<i><.001</i>)	0.06 (-0.02–0.14)	0.11 (0.04–0.19)
Prevalent users (n=12 601)	27.2 (4.69)	27.4 (4.80)	0.22 (<i><.001</i>)	-0.08 (-0.13–[-0.04])	0.04 (-0.01–0.09)
Non-initiators (n=16 350)	25.0 (3.82)	25.3 (3.99)	0.30 (<i><.001</i>)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=2683)	4.05 (3.80)	4.16 (4.31)	0.11 (.13)	-0.15 (-0.31–0.002)	-0.13 (-0.29–0.03)
Prevalent users (n=13 242)	3.73 (3.42)	3.78 (3.48)	0.06 (.06)	-0.21 (-0.30–[-0.13])	-0.17 (-0.27–[-0.07])
Non-initiators (n=16 969)	4.64 (3.86)	4.89 (4.16)	0.24 (<i><.001</i>)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=2694)	69.4 (116)	64.6 (113)	-4.80 (.01)	-2.04 (-5.71–1.64)	-1.48 (-5.24–2.27)
Prevalent users (n=13 309)	65.4 (111)	60.6 (109)	-4.86 (.040)	-2.80 (-4.86–[-0.75])	-2.04 (-4.30–0.21)
Non-initiators (n=16 999)	59.9 (92.0)	57.2 (93.7)	-2.68 (<i><.001</i>)	Reference	Reference

CI=confidence interval, MET=metabolic equivalent of task, SD=standard deviation.

* adjusted for time interval between the survey waves.

† adjusted for time interval, age, sex, marital, occupational, and employment status, diabetes, smoking status and other lifestyle factors at baseline.

Table S11. Odds ratios for obesity, physical inactivity, high alcohol consumption and current smoking at the second survey wave for users of preventive medication (versus non-initiators) stratified by presence of the respective unhealthy lifestyle at baseline, by baseline year.

Baseline (wave 1)	Initiators		Prevalent users		Non- initiators
	Unadjusted OR (95% CI)	Adjusted [†] OR (95% CI)	Unadjusted [†] OR (95% CI)	Adjusted [†] OR (95% CI)	Ref.
Baseline in 2000/02					
Obesity					
Yes	1.71 (1.20–2.42)	1.62 (1.13–2.31)	1.74 (1.35–2.24)	1.57 (1.21–2.05)	1.00
No	1.96 (1.59–2.41)	1.97 (1.59–2.43)	1.99 (1.69–2.34)	2.05 (1.73–2.43)	1.00
Physical inactivity					
Yes	1.37 (1.15–1.64)	1.24 (1.03–1.50)	1.41 (1.24–1.61)	1.25 (1.09–1.44)	1.00
No	1.27 (1.11–1.46)	1.06 (0.92–1.23)	1.45 (1.31–1.61)	1.20 (1.07–1.34)	1.00
High alcohol consumption					
Yes	1.17 (0.91–1.51)	1.12 (0.86–1.46)	1.06 (0.87–1.28)	0.98 (0.79–1.20)	1.00
No	1.07 (0.89–1.30)	1.13 (0.93–1.37)	1.12 (0.97–1.29)	1.23 (1.06–1.43)	1.00
Current smoking					
Yes	0.60 (0.46–0.78)	0.59 (0.45–0.78)	0.81 (0.64–1.03)	0.80 (0.62–1.02)	1.00
No	0.46 (0.28–0.75)	0.49 (0.29–0.82)	0.78 (0.58–1.04)	0.95 (0.69–1.30)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.36 (0.84–2.21)	1.41 (0.86–2.31)	1.54 (1.05–1.90)	1.44 (0.96–2.16)	1.00
No	1.60 (1.16–2.20)	1.67 (1.21–2.32)	1.64 (1.28–2.10)	1.81 (1.40–2.35)	1.00
Baseline in 2004/05					
Obesity					
Yes	1.25 (0.94–1.66)	1.33 (1.00–1.77)	1.39 (1.13–2.24)	1.56 (1.25–1.96)	1.00
No	1.80 (1.53–2.12)	1.78 (1.51–2.10)	1.73 (1.52–1.97)	1.77 (1.55–2.03)	1.00
Physical inactivity					
Yes	1.13 (0.98–1.31)	1.01 (0.87–1.18)	1.44 (1.29–1.61)	1.20 (1.06–1.35)	1.00
No	1.37 (1.23–1.53)	1.17 (1.04–1.30)	1.49 (1.38–1.62)	1.19 (1.09–1.30)	1.00
High alcohol consumption					
Yes	0.88 (0.72–1.06)	0.91 (0.74–1.11)	1.07 (0.92–1.24)	1.15 (0.98–1.36)	1.00
No	1.03 (0.87–1.21)	1.09 (0.92–1.30)	0.92 (0.81–1.05)	1.10 (0.96–1.26)	1.00
Current smoking					
Yes	0.78 (0.63–0.96)	0.74 (0.59–0.93)	0.92 (0.78–1.10)	0.90 (0.75–1.09)	1.00
No	1.13 (0.82–1.58)	1.21 (0.86–1.71)	0.96 (0.74–1.24)	1.18 (0.89–1.56)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.24 (0.81–1.89)	1.16 (0.75–1.79)	1.42 (1.03–1.97)	1.29 (0.90–1.83)	1.00
No	1.45 (1.11–1.94)	1.53 (1.15–2.03)	1.71 (1.39–2.10)	1.88 (1.51–2.34)	1.00
Baseline in 2008/09					
Obesity					
Yes	1.24 (0.93–1.65)	1.25 (0.93–1.68)	1.22 (1.04–1.44)	1.25 (1.05–1.50)	1.00
No	1.76 (1.45–2.14)	1.76 (1.44–2.14)	1.76 (1.56–1.98)	1.83 (1.61–2.43)	1.00
Physical inactivity					
Yes	1.40 (1.20–1.64)	1.28 (1.09–1.51)	1.46 (1.34–1.60)	1.22 (1.10–1.35)	1.00
No	1.26 (1.11–1.44)	1.03 (0.90–1.18)	1.52 (1.41–1.63)	1.16 (1.07–1.25)	1.00
High alcohol consumption					
Yes	1.10 (0.88–1.37)	1.11 (0.89–1.39)	0.97 (0.85–1.09)	0.97 (0.85–1.12)	1.00
No	0.97 (0.79–1.18)	1.00 (0.81–1.22)	1.07 (0.96–1.19)	1.19 (1.06–1.34)	1.00

Baseline (wave 1)	Initiators		Prevalent users		Non- initiators
	Unadjusted OR (95% CI)	Adjusted [†] OR (95% CI)	Unadjusted [†] OR (95% CI)	Adjusted [†] OR (95% CI)	Ref.
Current smoking					
Yes	0.86 (0.65–1.07)	0.86 (0.66–1.12)	1.03 (0.88–1.22)	1.07 (0.89–1.27)	1.00
No	1.14 (0.96–1.86)	1.35 (1.00–1.82)	0.95 (0.79–1.14)	1.15 (0.77–1.41)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.15 (0.72–1.82)	1.21 (0.75–1.95)	1.31 (0.99–1.73)	1.37 (1.01–1.85)	1.00
No	1.98 (1.46–2.69)	1.99 (1.46–2.71)	1.89 (1.56–2.29)	2.14 (1.73–2.64)	1.00

CI=confidence interval, OR=odds ratio.

^{*} adjusted for baseline year and time interval between the survey waves.

[†] adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, diabetes, and other lifestyle factors at baseline (except for the cluster variable).

Table S12. Changes in body mass index, physical activity, and alcohol consumption from the baseline survey to the 2nd survey wave among users of preventive medication (versus non-initiators), by sex.

Lifestyle factor /User group	Outcome		Mean change (P value)	β value (95% C) Unadjusted difference [†]	Adjusted difference [‡]
	Baseline	2 nd survey			
Women					
Body mass index (kg/m²)					
Initiators (n=6919)	26.2 (4.29)	26.7 (4.55)	0.57 (<.001)	0.14 (0.11–0.18)	0.20 (0.16–0.23)
Prevalent users (n=21,154)	26.9 (4.68)	27.2 (4.81)	0.34 (<.001)	-0.05 (-0.08–[-0.03])	0.07 (0.04–0.10)
Non-initiators (n=37 063)	24.7 (3.74)	25.1 (3.92)	0.40 (<.001)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=7142)	4.04 (3.61)	3.88 (3.49)	-0.17 (<.001)	0.001 (-0.07–0.07)	-0.11 (-0.19–[-0.04])
Prevalent users (n=22,082)	3.75 (3.34)	3.66 (3.30)	-0.09 (.003)	-0.12 (-0.17–[-0.08])	-0.09 (-0.13–[-0.04])
Non-initiators (n=38 157)	4.60 (3.86)	4.60 (3.89)	0.003 (.87)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=7200)	52.9 (87.5)	50.6 (82.3)	-2.27 (.02)	-2.42 (-4.98–[-0.86])	-1.76 (-3.40–[-0.12])
Prevalent users (n=22,231)	50.9 (86.5)	48.7 (86.7)	-2.26 (<.001)	-1.52 (-2.54–[-0.50])	-0.95 (-2.08–0.18)
Non-initiators (n=38 327)	49.5 (77.8)	49.2 (80.8)	-0.29 (0.44)	Reference	Reference
Men					
Body mass index (kg/m²)					
Initiators (n=1506)	26.9 (3.67)	27.3 (3.95)	0.32 (<.001)	0.09 (0.02–0.18)	0.15 (0.07–0.23)
Prevalent users (n=4194)	27.7 (4.11)	28.0 (4.37)	0.22 (<.001)	0.05 (-0.01–0.11)	0.14 (0.09–0.20)
Non-initiators (n=7028)	25.7 (3.33)	25.9 (3.45)	0.21 (<.001)	Reference	Reference
Physical activity (MET-hours/day)					
Initiators (n=1516)	4.41 (4.26)	4.25 (4.01)	-0.16 (.14)	0.001 (-0.19–0.19)	0.01 (-0.19–0.20)
Prevalent users (n=4286)	3.91 (3.86)	3.80 (3.80)	-0.11 (.06)	-0.05 (-0.17–0.06)	-0.07 (-0.20–0.07)
Non-initiators (n=7155)	5.19 (4.72)	5.09 (4.65)	-0.10 (.05)	Reference	Reference
Alcohol consumption (grams/week)					
Initiators (n=1521)	144 (161)	139 (166)	-5.17 (.16)	-3.17 (-9.15–2.82)	-2.05 (-8.29–4.19)
Prevalent users (n=4315)	144 (162)	141 (174)	-3.01 (.18)	-1.37 (-5.28–2.55)	0.24 (-4.09–4.58)
Non-initiators (n=7161)	123 (135)	122 (137)	1.12 (.37)	Reference	Reference

CI=confidence interval; MET=metabolic equivalent of task; SD=standard deviation.

* SDs and *P* values reported here do not take into account that each participant may have contributed to more than one dataset.

† adjusted for baseline year and time interval between the survey waves. ‡ adjusted for baseline year, time interval, age, sex, marital, occupational, and employment status, diabetes, smoking status and other lifestyle factors at baseline.

Table S13. Odds ratios for obesity, physical inactivity, high alcohol consumption and current smoking at the second survey wave for users of preventive medication (versus non-initiators) stratified by presence of the respective unhealthy lifestyle at baseline, by sex.

Baseline (wave 1)	Initiators		Prevalent users		Non-initiators
	Unadjusted [*] OR (95% CI)	Adjusted [†] OR (95% CI)	Unadjusted [*] OR (95%CI)	Adjusted [†] OR (95% CI)	Reference
Women					
Obesity					
Yes	1.34 (1.08–1.68)	1.41 (1.15–1.73)	1.30 (1.15–1.47)	1.33 (1.16–1.53)	1.00
No	1.78 (1.51–2.13)	1.84 (1.62–2.08)	1.79 (1.64–1.95)	1.82 (1.66–1.99)	1.00
Physical inactivity					
Yes	1.32 (1.19–1.46)	1.20 (1.08–1.32)	1.43 (1.33–1.53)	1.21 (1.13–1.30)	1.00
No	1.33 (1.11–1.55)	1.10 (1.00–1.22)	1.49 (1.41–1.57)	1.17 (1.10–1.24)	1.00
High alcohol consumption					
Yes	1.01 (0.87–1.17)	1.01 (0.86–1.19)	1.05 (0.94–1.17)	1.04 (0.93–1.16)	1.00
No	0.97 (0.87–1.09)	1.04 (0.93–1.18)	0.99 (0.92–1.07)	1.17 (1.07–1.27)	1.00
Current smoking					
Yes	0.75 (0.64–0.89)	0.75 (0.63–0.89)	0.93 (0.83–1.06)	0.93 (0.81–1.06)	1.00
No	0.98 (0.78–1.24)	1.01 (0.79–1.29)	0.93 (0.80–1.08)	1.16 (0.98–1.37)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.15 (0.83–1.61)	1.17 (0.83–1.64)	1.27 (1.02–1.58)	1.24 (0.97–1.60)	1.00
No	1.65 (1.34–2.03)	1.75 (1.40–2.17)	1.74 (1.51–2.01)	2.01 (1.73–2.33)	1.00
Men					
Obesity					
Yes	1.21 (0.83–1.76)	1.20 (0.80–1.91)	1.82 (1.67–1.98)	1.70 (1.24–2.33)	1.00
No	1.78 (1.20–2.64)	1.76 (1.36–2.29)	1.80 (1.49–2.19)	1.78 (1.44–2.20)	1.00
Physical inactivity					
Yes	1.13 (0.90–1.40)	1.01 (0.81–1.26)	1.49 (1.28–1.74)	1.24 (1.04–1.46)	1.00
No	1.29 (1.10–1.53)	1.09 (0.91–1.30)	1.53 (1.35–1.74)	1.23 (1.08–1.40)	1.00
High alcohol consumption					
Yes	1.02 (0.81–1.28)	1.03 (0.81–1.31)	0.95 (0.81–1.12)	1.00 (0.84–1.20)	1.00
No	1.17 (0.95–1.44)	1.13 (0.90–1.42)	1.17 (1.02–1.34)	1.16 (0.98–1.36)	1.00
Current smoking					
Yes	0.70 (0.52–0.94)	0.68 (0.51–0.90)	0.99 (0.78–1.25)	0.94 (0.72–1.21)	1.00
No	1.13 (0.75–1.69)	1.15 (0.76–1.74)	0.80 (0.57–1.10)	0.96 (0.69–1.34)	1.00
Cluster of 3–4 unhealthy lifestyles					
Yes	1.45 (0.91–2.31)	1.57 (0.95–2.60)	1.75 (1.24–2.46)	1.81 (1.23–2.65)	1.00
No	1.48 (1.07–2.06)	1.58 (1.13–2.21)	1.92 (1.56–2.36)	1.93 (1.52–2.44)	1.00

OR=odds ratio; CI=confidence interval.

* adjusted for baseline year and time interval between the survey waves.

† adjusted for baseline year and time interval, age, marital, occupational, and employment status, diabetes, and other lifestyle factors (except for the cluster variable)