**Supporting information**

**Table S1.** Baseline characteristics of the study population aged 20-79a.

|  |  |  |
| --- | --- | --- |
| **Variable** | **Men (N = 26,463)** | **Women (N = 30,505)** |
| Mean age, years (SD) | 46.7 | (15.1) | 47.5 | (15.6) |
| Mean weight, kg (SD) | 83.6 | (12.2) | 70.8 | (12.4) |
| Mean body mass index, kg/m2 (SD) | 26.4 | (3.4) | 26.2 | (4.5) |
| Mean waist circumference, cm (SD) | 91.5 | (9.1) | 81.1 | (11.3) |
| Mean hip circumference, cm (SD) | 102.3 | (6.2) | 101.9 | (9.4) |
| Mean waist-to-hip ratio (SD) | 0.89 | (0.06) | 0.79 | (0.06) |
| Mean waist-to-height ratio (SD) | 0.51 | (0.05) | 0.49 | (0.07) |
| Mean systolic blood pressure, mmHg (SD) | 138.9 | (18.0) | 133.8 | (22.3) |
| Mean serum cholesterol, mmol/L (SD) | 5.8 | (1.2) | 5.9 | (1.3) |
| Diabetes mellitusb (%) | 564 | (2.1) | 610 | (2.0) |
| University degree (%) | 5,392 | (21.1) | 6,153 | (20.3) |
| Smoking (%) |  |  |  |  |
|  Never smokers | 10,298 | (39.1) | 13,595 | (45.0) |
|  Current smokers | 7,582 | (28.8) | 5,680 | (18.8) |
|  Former smokers | 7,224 | (27.4) | 9,116 | (30.2) |
|  Unknown smoking status | 1,253 | (4.8) | 1,805 | (6.0) |
| Physical activityc (%) |  |  |  |  |
|  No activity | 1,810 | (6.9) | 1,712 | (5.7) |
|  <3 h easy | 6,157 | (23.4) | 9,664 | (32.0) |
|  3+ h easy, <1 h hard | 8,100 | (30.7) | 9,409 | (31.2) |
|  1+ h hard | 8,556 | (32.5) | 6,275 | (20.8) |
|  Unknown | 1,734 | (6.6) | 3,136 | (10.4) |
| Alcohol consumption, glasses/weekd (%) |  |  |  |  |
|  Total abstinence | 1,756 | (6.7) | 4,050 | (13.4) |
|  0-2 | 14,983 | (56.8) | 21,675 | (71.8) |
|  2.1-5 | 6,718 | (25.5) | 3,801 | (12.6) |
|  5.1-8 | 2,384 | (9.0) | 619 | (2.0) |
|  >8 | 516 | (2.0) | 51 | (0.2) |

SD = standard deviation.

aParticipants with body mass index lower than 18.5 kg/m2 are not included in the table.

bNumber of persons with self-reported diabetes.

cSelf-reported physical activity per week.

dSelf-reported weekly alcohol consumption (beer, wine, strong liqour), number of glasses.