

Supplementary table 1. Crude values of lifestyle variables in the entire cohort (intervention and control groups combined) throughout the follow-up period. N-values include those who were included into the analysis (those who had responded to the questionnaire including the analysed lifestyle variables).

	Baseline (N=1259 ¹)	1st year (N=1166 ²)	2nd year (N=1118 ³)	5th year (N=934 ⁴)	7th year (N=813 ⁵)	Pandemic (N=735 ⁶)
Cognitive activity (times per week, mean, SD)	11.8 (5.0)	12.3 (5.5)	12.3 (5.2)	12.3 (5.3)	12.0 (5.4)	12.5 (6.0)
Social activity (times per week, mean, SD)	2.3 (2.8)	2.5 (2.9)	2.6 (3.0)	2.3 (2.7)	2.2 (2.7)	1.5 (2.4)
Physical activity, n (%) ⁷						
Once a week or less	315 (26.3%)	267 (24.0%)	251 (23.6%)	241 (28.6%)	224 (31.3%)	104 (15.6%)
2 times per week	200 (16.7%)	174 (15.6%)	193 (18.1%)	149 (17.7%)	121 (16.9%)	88 (13.2%)
3 times per week	287 (24.0%)	278 (25.0%)	259 (24.3%)	184 (21.8%)	147 (20.6%)	115 (17.2%)
4 times per week or more	395 (33.0%)	393 (35.3%)	362 (34.0%)	270 (32.0%)	223 (31.2%)	361 (54.0%)
Smokers, n (%)	114 (9.4%)	97 (8.4%)	87 (7.8%)	50 (5.5%)	41 (5.1%)	31 (4.2%)
Alcohol use, n (%) ⁷						
Less than monthly	438 (35.0%)	439 (37.7%)	421 (37.8%)	364 (40.1%)	364 (45.0%)	377 (51.9%)
Once or twice per month	257 (20.5%)	228 (19.6%)	216 (19.4%)	202 (22.2%)	157 (19.4%)	127 (17.5%)
Once a week or more	462 (36.9%)	422 (36.3%)	408 (36.7%)	292 (32.2%)	245 (30.3%)	203 (27.9%)
Daily	94 (7.5%)	75 (6.4%)	68 (6.1%)	50 (5.5%)	42 (5.2%)	19 (2.6%)
Binge drinking, n (%) ⁷						
Never	701 (59.5%)	683 (62.7%)	669 (63.6%)	590 (68.4%)	562 (72.0%)	337 (63.1%)
Less than once per month	322 (27.3%)	291 (26.7%)	279 (26.5%)	196 (22.7%)	167 (21.4%)	141 (26.4%)
At least once per month	93 (7.9%)	69 (6.3%)	68 (6.5%)	44 (5.1%)	30 (3.8%)	37 (6.9%)
At least once per week	62 (5.3%)	47 (4.3%)	36 (3.4%)	33 (3.8%)	22 (2.8%)	19 (3.6%)
Fish (portions per week, mean, SD)	1.7 (1.1)	1.8 (1.5)	1.9 (2.1)	1.9 (1.2)	1.9 (1.2)	N/A
Fruits and berries, n (%) ⁷						
Less than 3 portions per week	220 (17.5%)	178 (15.3%)	202 (18.1%)	130 (14.2%)	130 (16.0%)	N/A
4-6 portions per week	225 (17.9%)	210 (18.1%)	189 (17.0%)	160 (17.4%)	126 (15.6%)	N/A
1-2 portions per day	616 (49.0%)	574 (49.4%)	538 (48.3%)	451 (49.1%)	415 (51.2%)	N/A
3 or more portions per day	196 (15.6%)	199 (17.1%)	186 (16.7%)	177 (19.3%)	139 (17.2%)	N/A
Vegetables and roots, n (%) ⁷						
Less than 3 portions per week	227 (18.1%)	175 (16.4%)	180 (17.2%)	157 (17.1%)	144 (17.8%)	N/A
4-6 portions per week	254 (20.2%)	224 (21.0%)	207 (19.8%)	180 (19.6%)	139 (17.2%)	N/A
1-2 portions per day	604 (48.1%)	497 (46.6%)	493 (47.2%)	454 (49.5%)	392 (48.5%)	N/A
3 or more portions per day	171 (13.6%)	170 (15.9%)	165 (15.8%)	126 (13.7%)	134 (16.6%)	N/A

Self-evaluated health, n (%)⁷						
Poor or very poor	43 (3.4%)	49 (4.2%)	46 (4.1%)	52 (5.7%)	73 (9.1%)	103 (14.3%)
Intermediate	459 (36.7%)	360 (30.9%)	330 (29.7%)	342 (37.5%)	313 (38.9%)	280 (38.8%)
Good or very good	750 (59.9%)	756 (64.9%)	735 (66.2%)	517 (56.8%)	418 (52.0%)	339 (47.0%)
Self-evaluated memory, n (%)⁷						
Poor or very poor	70 (5.6%)	49 (4.2%)	48 (4.3%)	69 (7.7%)	66 (8.2%)	83 (11.6%)
Intermediate	591 (47.0%)	501 (43.2%)	436 (39.4%)	391 (43.4%)	362 (45.1%)	317 (44.3%)
Good or very good	596 (47.4%)	611 (52.6%)	624 (56.3%)	441 (48.9%)	374 (46.6%)	315 (44.1%)

¹Number of participants providing data for each lifestyle factor vary between 1178-1257.

²Number of participants providing data for each lifestyle factor vary between 1066-1166.

³Number of participants providing data for each lifestyle factor vary between 1045-1118.

⁴Number of participants providing data for each lifestyle factor vary between 844-918.

⁵Number of participants providing data for each lifestyle factor vary between 715-811.

⁶Number of participants providing data for each lifestyle factor vary between 534-731.

⁷Categories of the original question have been combined to facilitate reading of the table (analyses conducted with the original categories).

N/A: not available.