

**ADDITIONAL FILE 8 Absolute change in cardiovascular risk factors in women aged 16-54 years, by deprivation quintiles (1/2)**

|                                   |                         | <b>England</b>                | <b>Q1<br/>Most affluent</b> | <b>Q2</b>              | <b>Q3</b>              | <b>Q4</b>              | <b>Q5<br/>Most deprived</b> |
|-----------------------------------|-------------------------|-------------------------------|-----------------------------|------------------------|------------------------|------------------------|-----------------------------|
| <b>Cigarette Smoking (%)</b>      | 1994                    | <b>31.1</b> (29.7 to 32.4)    | 21.4 (18.8 to 24.0)         | 24.9 (22.0 to 27.8)    | 30.0 (27.1 to 32.9)    | 37.0 (34.2 to 39.9)    | 42.5 (39.3 to 45.7)         |
|                                   | 2008                    | <b>23.6</b> (22.3 to 25.0)    | 15.9 (13.3 to 18.4)         | 18.4 (15.6 to 21.2)    | 22.3 (19.4 to 25.2)    | 29.3 (26.2 to 32.4)    | 33.2 (29.9 to 36.4)         |
|                                   | <i>Change from 1994</i> | <b>-7.5</b> (-9.4 to -5.6)    | -5.5 (-9.2 to -1.9)         | -6.5 (-10.5 to -2.5)   | -7.7 (-11.8 to -3.6)   | -7.7 (-12.0 to -3.5)   | -9.3 (-13.9 to -4.8)        |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (0.003)                     | (0.001)                | (<0.000)               | (<0.000)               | (<0.000)                    |
| <b>BMI (kg/m<sup>2</sup>)</b>     | 1994                    | <b>25.1</b> (24.9 to 25.2)    | 24.5 (24.3 to 24.8)         | 24.7 (24.4 to 25.0)    | 25.0 (24.7 to 25.3)    | 25.3 (25.0 to 25.7)    | 25.9 (25.5 to 26.3)         |
|                                   | 2008                    | <b>26.2</b> (26.0 to 26.4)    | 25.8 (25.4 to 26.2)         | 25.5 (25.2 to 25.9)    | 26.1 (25.7 to 26.4)    | 26.7 (26.3 to 27.2)    | 27.2 (26.8 to 27.6)         |
|                                   | <i>Change from 1994</i> | <b>1.2</b> (0.9 to 1.4)       | 1.2 (0.8 to 1.7)            | 0.8 (0.4 to 1.3)       | 1.1 (0.6 to 1.6)       | 1.4 (0.8 to 2.0)       | 1.3 (0.7 to 1.9)            |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (<0.000)                    | (<0.000)               | (<0.000)               | (<0.000)               | (<0.000)                    |
| <b>Obesity (%)</b>                | 1994                    | <b>14.0</b> (13.0 to 15.0)    | 9.3 (7.6 to 10.9)           | 11.0 (9.1 to 12.9)     | 14.9 (12.6 to 17.2)    | 15.8 (13.3 to 18.2)    | 19.3 (16.5 to 22.0)         |
|                                   | 2008                    | <b>21.6</b> (20.3 to 22.9)    | 18.1 (15.3 to 20.9)         | 17.0 (14.4 to 19.6)    | 19.0 (16.2 to 21.8)    | 25.5 (22.4 to 28.6)    | 29.2 (26.0 to 32.3)         |
|                                   | <i>Change from 1994</i> | <b>7.6</b> (6.0 to 9.3)       | 8.8 (5.6 to 12.1)           | 6.0 (2.8 to 9.2)       | 4.1 (0.5 to 7.7)       | 9.8 (5.8 to 13.7)      | 9.9 (5.7 to 14.1)           |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (<0.000)                    | (<0.000)               | (0.027)                | (<0.000)               | (<0.000)                    |
| <b>Diabetes (%)</b>               | 1994                    | <b>0.8</b> (0.6 to 1.0)       | 0.8 (0.3 to 1.4)            | 0.8 (0.3 to 1.2)       | 1.0 (0.4 to 1.6)       | 0.3 (0.0 to 0.6)       | 1.2 (0.5 to 1.8)            |
|                                   | 2006                    | <b>1.8</b> (1.4 to 2.2)       | 1.4 (0.6 to 2.3)            | 1.3 (0.5 to 2.0)       | 1.9 (1.0 to 2.8)       | 1.6 (0.7 to 2.4)       | 2.7 (1.7 to 3.8)            |
|                                   | <i>Change from 1994</i> | <b>1.0</b> (0.5 to 1.4)       | 0.6 (-0.4 to 1.6)           | 0.5 (-0.4 to 1.4)      | 0.9 (-0.1 to 2.0)      | 1.3 (0.4 to 2.2)       | 1.6 (0.3 to 2.9)            |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (0.250)                     | (0.248)                | (0.085)                | (0.005)                | (0.014)                     |
| <b>High physical activity (%)</b> | 1998                    | <b>23.4</b> (22.1 to 24.6)    | 23.1 (20.6 to 25.6)         | 25.0 (22.1 to 27.9)    | 23.6 (20.9 to 26.3)    | 23.4 (20.8 to 26.0)    | 21.6 (19.1 to 24.0)         |
|                                   | 2008                    | <b>30.5</b> (29.1 to 32.0)    | 33.5 (30.2 to 36.9)         | 32.5 (29.2 to 35.8)    | 29.4 (26.2 to 32.5)    | 29.5 (26.4 to 32.6)    | 27.4 (24.4 to 30.5)         |
|                                   | <i>Change from 1998</i> | <b>7.2</b> (5.3 to 9.1)       | 10.4 (6.2 to 14.6)          | 7.5 (3.1 to 11.9)      | 5.8 (1.6 to 9.0)       | 6.1 (2.0 to 10.1)      | 5.9 (2.0 to 9.8)            |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (<0.000)                    | (0.001)                | (0.007)                | (0.003)                | (0.003)                     |
| <b>SBP (mmHg)</b>                 | 1994                    | <b>122.6</b> (122.2 to 123.0) | 122.8 (122.0 to 123.6)      | 122.0 (121.1 to 122.9) | 122.9 (121.9 to 123.8) | 122.3 (121.4 to 123.3) | 123.0 (122.1 to 123.9)      |
|                                   | 2008                    | <b>116.4</b> (115.8 to 117.0) | 115.7 (114.5 to 116.9)      | 116.0 (114.7 to 117.2) | 116.6 (115.2 to 117.9) | 116.7 (115.5 to 117.9) | 117.2 (115.9 to 118.5)      |
|                                   | <i>Change from 1994</i> | <b>-6.2</b> (-6.9 to -5.5)    | -7.1 (-8.5 to -5.6)         | -6.0 (-7.5 to -4.6)    | -6.3 (-7.9 to -4.6)    | -5.7 (-7.2 to -4.2)    | -5.8 (-7.3 to -4.2)         |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (<0.000)                    | (<0.000)               | (<0.000)               | (<0.000)               | (<0.000)                    |
| <b>SBP ≥ 140 mmHg (%)</b>         | 1994                    | <b>8.7</b> (7.8 to 9.6)       | 8.7 (7.1 to 10.3)           | 8.3 (6.4 to 10.2)      | 9.1 (7.1 to 11.0)      | 8.5 (6.7 to 10.3)      | 8.9 (7.0 to 10.9)           |
|                                   | 2008                    | <b>5.5</b> (4.6 to 6.3)       | 4.7 (3.2 to 6.1)            | 3.0 (1.7 to 4.3)       | 6.2 (4.2 to 8.3)       | 7.3 (5.1 to 9.4)       | 6.4 (4.3 to 8.5)            |
|                                   | <i>Change from 1994</i> | <b>-3.2</b> (-4.4 to -2.1)    | -4.0 (-6.2 to -1.9)         | -5.3 (-7.6 to -3.0)    | -2.8 (-5.6 to 0.0)     | -1.2 (-4.0 to 1.6)     | -2.6 (-5.4 to 0.3)          |
|                                   | <i>P-value</i>          | <b>(&lt;0.000)</b>            | (<0.000)                    | (<0.000)               | (0.048)                | (0.406)                | (0.081)                     |

**ADDITIONAL FILE 8 Absolute change in cardiovascular risk factors in women aged 16-54 years, by deprivation quintiles (2/2)**

|   |                         | <b>England</b>               | <b>Q1<br/>Most affluent</b> | <b>Q2</b>            | <b>Q3</b>             | <b>Q4</b>            | <b>Q5<br/>Most deprived</b> |
|---|-------------------------|------------------------------|-----------------------------|----------------------|-----------------------|----------------------|-----------------------------|
| <b>Total cholesterol (mmol/l)</b>                                 | 1994                    | <b>5.4</b> (5.4 to 5.4)      | 5.3 (5.2 to 5.4)            | 5.4 (5.3 to 5.5)     | 5.4 (5.4 to 5.5)      | 5.4 (5.3 to 5.5)     | 5.4 (5.4 to 5.5)            |
|   | 2008                    | <b>5.1</b> (5.0 to 5.1)      | 5.0 (4.9 to 5.1)            | 5.1 (5.0 to 5.2)     | 5.1 (5.0 to 5.3)      | 5.0 (4.9 to 5.1)     | 5.1 (5.0 to 5.2)            |
|   | <i>Change from 1994</i> | <b>-0.3</b> (-0.4 to -0.3)   | -0.3 (-0.4 to -0.2)         | -0.2(-0.4 to -0.1)   | -0.3 (-0.5 to -0.2)   | -0.4 (-0.5 to -0.3)  | -0.3 (-0.5 to -0.2)         |
|   | <i>P-value</i>          | <b>(&lt;0.000)</b>           | (<0.000)                    | (0.001)              | (<0.000)              | (<0.000)             | (<0.000)                    |
| <b>Total cholesterol ≥ 5.0 mmol/l (%)</b>                         | 1994                    | <b>64.3</b> (62.6 to 66.1)   | 62.5 (58.2 to 66.7)         | 63.8 (59.9 to 67.7)  | 67.7 (64.3 to 71.1)   | 62.9 (59.1 to 66.8)  | 64.4 (60.6 to 68.2)         |
|   | 2008                    | <b>52.7</b> (50.4 to 55.1)   | 50.4 (45.2 to 55.6)         | 56.4 (51.1 to 61.8)  | 51.5 (45.6 to 57.5)   | 53.2 (48.3 to 58.1)  | 52.4 (46.9 to 58.0)         |
|   | <i>Change from 1994</i> | <b>-11.6</b> (-14.5 to -8.7) | -12.1 (-18.8 to -5.3)       | -7.3 (-14.0 to -0.7) | -16.1 (-23.0 to -9.3) | -9.7 (-16.0 to -3.5) | -11.9 (-18.6 to -5.2)       |
|   | <i>P-value</i>          | <b>(&lt;0.000)</b>           | (<0.000)                    | (0.031)              | (<0.000)              | (0.002)              | (<0.000)                    |
| <b>Fruit and vegetable consumption (portions per day)</b>         | 2001                    | <b>3.4</b> (3.3 to 3.5)      | 3.7 (3.5 to 3.9)            | 3.6 (3.5 to 3.8)     | 3.5 (3.3 to 3.7)      | 3.1 (3.0 to 3.3)     | 2.9 (2.7 to 3.1)            |
|   | 2008                    | <b>3.7</b> (3.6 to 3.7)      | 3.9 (3.7 to 4.1)            | 3.9 (3.7 to 4.1)     | 3.7 (3.5 to 3.9)      | 3.6 (3.5 to 3.8)     | 3.2 (3.0 to 3.3)            |
|   | <i>Change from 2001</i> | <b>0.3</b> (0.2 to 0.4)      | 0.2 (-0.1 to 0.4)           | 0.3 (0.0 to 0.5)     | 0.2 (-0.1 to 0.5)     | 0.5 (0.3 to 0.7)     | 0.2 (0.0 to 0.5)            |
|   | <i>P-value</i>          | <b>(&lt;0.000)</b>           | (0.124)                     | (0.025)              | (0.212)               | (<0.000)             | (0.072)                     |
| <b>Fruit and vegetable consumption (≥ 5 portions per day) (%)</b> | 2001                    | <b>23.7</b> (22.4 to 25.0)   | 26.6 (23.8 to 29.5)         | 26.4 (23.6 to 29.3)  | 25.2 (22.2 to 28.1)   | 21.1 (18.6 to 23.6)  | 18.6 (15.6 to 21.5)         |
|   | 2008                    | <b>27.8</b> (26.4 to 29.2)   | 29.6 (26.6 to 32.6)         | 31.0 (27.8 to 34.2)  | 29.5 (26.2 to 32.8)   | 27.5 (24.5 to 30.5)  | 21.0 (18.3 to 23.8)         |
|   | <i>Change from 2001</i> | <b>4.1</b> (2.2 to 6.0)      | 3.0 (-1.2 to 7.1)           | 4.6 (0.3 to 8.9)     | 4.3 (-0.1 to 8.7)     | 6.4 (2.5 to 10.3)    | 2.5 (-1.5 to 6.5)           |
|   | <i>P-value</i>          | <b>(&lt;0.000)</b>           | (0.162)                     | (0.037)              | (0.053)               | (0.001)              | (0.228)                     |

