



Figure D.1. Social network size and health risk behaviours among participants with maximal follow-up time (those who had answered to both the first and the last questionnaire). Relative risks (RRs) with 95% confidence intervals (CI) are derived from repeated-measures log-binomial regression analysis using the generalized estimating equations (GEE) method. Summary estimates pooled from cohort-specific (Raisio-Turku, Hospital and HeSSup cohorts) results adjusted for age, gender and survey year. Subjects with 0-10 members and 11-20 members are compared with subjects with at least 21 members in their total social network.

^a heavy alcohol use as weekly consumption of absolute ethanol exceeding 192g among women and 288g among men

^b low physical activity as metabolic equivalent (MET) hours less than 14/week

^c cumulative odds ratio (OR) for overall unhealthy lifestyle (total number of health risk behaviours ranging from 0 to 3)