

**Table A.1.** Baseline Characteristics of Study Participants in the Raisio-Turku Cohort According to Social Network Size

<b>Baseline Characteristics</b>	<b>0–10 Members (n=253)</b>		<b>11–20 Members (n=472)</b>		<b>≥21 Members (n=261)</b>		<b>P Value<sup>a</sup></b>
Age (years), mean (SD)	42.7	(8.1)	41.2	(8.1)	41.0	(8.1)	0.01
Gender, n (%)							0.001
Women	173	(68.4)	365	(77.3)	214	(82.0)	
Men	80	(31.6)	107	(22.7)	47	(18.0)	
Members in social network, mean (SD)							<.0001
Innermost circle	2.8	(1.3)	4.3	(1.8)	6.7	(4.6)	
Middle circle	2.3	(1.3)	4.9	(2.1)	10.0	(5.0)	
Outer circle	2.8	(1.8)	5.6	(2.5)	13.5	(7.9)	
Chronic conditions, ≥ 1 <sup>b</sup> , n (%)	6	(2.4)	19	(4.0)	11	(4.2)	0.45
Education, n (%)							0.03
Basic	76	(31.1)	134	(28.9)	51	(19.7)	
Intermediate	113	(46.3)	217	(46.8)	131	(50.6)	
High	55	(22.5)	113	(24.4)	77	(29.7)	
Heavy alcohol use <sup>c</sup> , n (%)	18	(7.1)	40	(8.5)	26	(10.0)	0.50
Current smoking, n (%)	54	(21.3)	88	(18.7)	47	(18.1)	0.59
Low physical activity <sup>d</sup> , n (%)	97	(45.3)	166	(40.6)	69	(31.7)	0.01

SD: standard deviation

<sup>a</sup> differences between three groups categorized according to the total number of social relations<sup>b</sup> includes information on diabetes, rheumatoid arthritis, asthma, coronary heart disease, cancer<sup>c</sup> heavy alcohol use defined as weekly consumption of absolute ethanol exceeding 192g among women and 288g among men<sup>d</sup> low physical activity defined as metabolic equivalent (MET) hours less than 14/week

**Table A.2.** Baseline Characteristics of Study Participants in the Hospital Cohort According to Social Network Size

<b>Baseline Characteristics</b>	<b>0–10 Members (n=1467)</b>		<b>11–20 Members (n=3287)</b>		<b>≥21 Members (n=2553)</b>		<b>P Value<sup>a</sup></b>
Age (years), mean (SD)	45.0	(9.1)	43.1	(9.2)	43.0	(9.1)	<.0001
Gender, n (%)							<.0001
Women	1224	(83.4)	2948	(89.7)	2313	(90.6)	
Men	243	(16.6)	339	(10.3)	240	(9.4)	
Members in social network, mean (SD)							<.0001
Innermost circle	2.8	(1.4)	4.2	(1.8)	6.1	(3.4)	
Middle circle	2.5	(1.3)	4.9	(2.1)	9.7	(5.1)	
Outer circle	2.4	(1.6)	6.1	(2.6)	15.8	(9.2)	
Chronic conditions, ≥1 <sup>b</sup> , n (%)	109	(7.4)	220	(6.7)	160	(6.3)	0.36
Education, n (%)							<.0001
Basic	226	(15.8)	343	(10.6)	216	(8.6)	
Intermediate	1024	(71.4)	2478	(76.4)	1999	(79.6)	
High	184	(12.8)	424	(13.1)	296	(11.8)	
Heavy alcohol use <sup>c</sup> , n (%)	77	(5.3)	169	(5.2)	118	(4.6)	0.56
Current smoking, n (%)	223	(15.7)	487	(15.2)	327	(13.1)	0.03
Low physical activity <sup>d</sup> , n (%)	533	(36.9)	1134	(34.8)	741	(29.3)	<.0001

SD: standard deviation

<sup>a</sup> differences between three groups categorized according to the total number of social relations<sup>b</sup> includes information on diabetes, rheumatoid arthritis, asthma, coronary heart disease, cancer<sup>c</sup> heavy alcohol use defined as weekly consumption of absolute ethanol exceeding 192g among women and 288g among men<sup>d</sup> low physical activity defined as metabolic equivalent (MET) hours less than 14/week

**Table A.3.** Baseline Characteristics of Study Participants in the HeSSup Cohort According to Social Network Size

<b>Baseline Characteristics</b>	<b>0–10 Members (n=6243)</b>		<b>11–20 Members (n=9163)</b>		<b>≥21 Members (n=4709)</b>		<b>P Value<sup>a</sup></b>
Age (years), mean (SD)	39.0	(11.4)	36.6	(11.4)	36.7	(11.4)	<.0001
Gender, n (%)							<.0001
Women	3183	(51.0)	6052	(66.0)	3264	(69.3)	
Men	3060	(49.0)	3111	(34.0)	1445	(30.7)	
Members in social network, mean (SD)							<.0001
Innermost circle	2.6	(1.5)	4.3	(2.0)	6.5	(4.0)	
Middle circle	2.3	(1.4)	4.9	(2.2)	10.1	(5.5)	
Outer circle	2.2	(1.6)	5.7	(2.7)	13.3	(7.7)	
Chronic conditions, ≥1 <sup>b</sup> , n (%)	385	(6.4)	545	(6.1)	278	(6.1)	0.75
Education, n (%)							<.0001
Basic	2078	(33.6)	2553	(28.1)	1189	(25.6)	
Intermediate	3254	(52.5)	4859	(53.5)	2547	(54.8)	
High	861	(13.9)	1663	(18.3)	912	(19.6)	
Heavy alcohol use <sup>c</sup> , n (%)	710	(11.4)	884	(9.7)	390	(8.3)	<.0001
Current smoking, n (%)	1631	(28.5)	2132	(25.1)	968	(22.4)	<.0001
Low physical activity <sup>d</sup> , n (%)	2189	(35.4)	2619	(28.7)	1180	(25.2)	<.0001

SD: standard deviation

<sup>a</sup> differences between three groups categorized according to the total number of social relations<sup>b</sup> includes information on diabetes, rheumatoid arthritis, asthma, coronary heart disease, cancer<sup>c</sup> heavy alcohol use defined as weekly consumption of absolute ethanol exceeding 192g among women and 288g among men<sup>d</sup> low physical activity defined as metabolic equivalent (MET) hours less than 14/week