

# Influence of Individual and Combined Health Behaviors on Total and Cause-Specific Mortality in Men and Women

*The United Kingdom Health and Lifestyle Survey*

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**eTable 1. Individual Health Behaviors in Relation to Mortality Risk in 2509 Men and 2377 Women 18 Years or Older at Baseline in 1984-1985**

Health Behavior	Deaths, HR (95% CI)							
	All-Cause (n=674)		CVD (n=278)		Cancer (n=187)		Other (n=209)	
	Age Adjusted	Multivariate Adjustment <sup>a</sup>	Age Adjusted	Multivariate Adjustment <sup>a</sup>	Age Adjusted	Multivariate Adjustment <sup>a</sup>	Age Adjusted	Multivariate Adjustment <sup>b</sup>
<b>Men (n=2509)</b>								
Smoking vs not smoking	1.45 (1.25-1.69)	1.37 (1.17-1.61)	1.22 (0.97-1.55)	1.07 (0.83-1.38)	1.48 (1.11-1.97)	1.35 (1.00-1.83)	1.80 (1.37-2.37)	1.84 (1.38-2.45)
Alcohol intake, >21 U/wk <sup>c</sup>	1.33 (1.11-1.59)	1.23 (1.02-1.49)	1.26 (0.94-1.68)	1.16 (0.86-1.58)	1.41 (1.01-1.97)	1.41 (0.99-2.00)	1.34 (0.97-1.87)	1.24 (0.88-1.74)
Leisure time PA, <2 h/wk	1.47 (1.20-1.82)	1.32 (1.07-1.62)	1.81 (1.28-2.58)	1.58 (1.11-2.25)	1.26 (0.87-1.83)	1.19 (0.82-1.74)	1.35 (0.94-1.94)	1.21 (0.84-1.76)
Fruit and vegetable intake, <3 times/d	1.27 (1.07-1.51)	1.06 (0.89-1.27)	1.33 (1.01-1.74)	1.21 (0.91-1.60)	1.09 (0.79-1.49)	0.90 (0.65-1.25)	1.39 (1.02-1.91)	1.07 (0.77-1.49)
<b>Women (n=2377)</b>								
Smoking vs not smoking	1.66 (1.34-2.04)	1.51 (1.22-1.87)	1.42 (0.99-2.04)	1.37 (0.94-1.98)	2.07 (1.46-2.95)	1.91 (1.33-2.75)	1.58 (1.07-2.32)	1.37 (0.92-2.04)
Alcohol intake, >14 U/wk <sup>c</sup>	1.09 (0.77-1.54)	1.16 (0.81-1.65)	1.08 (0.61-1.92)	1.30 (0.73-2.34)	1.11 (0.61-2.01)	1.03 (0.57-1.89)	1.05 (0.55-2.00)	1.09 (0.56-2.11)
Leisure time PA, <2 h/wk	1.74 (1.31-2.29)	1.64 (1.24-2.18)	1.32 (0.84-2.08)	1.25 (0.79-1.99)	2.18 (1.34-3.55)	2.17 (1.33-3.53)	1.80 (1.07-3.05)	1.56 (0.91-2.67)
Fruit and vegetable intake, <3 times/d	1.35 (1.11-1.66)	1.18 (0.96-1.46)	1.43 (1.03-1.99)	1.29 (0.91-1.84)	1.15 (0.81-1.63)	1.07 (0.74-1.54)	1.51 (1.04-2.18)	1.23 (0.83-1.82)

Abbreviations: CI, confidence interval; CVD, cardiovascular disease; HR, hazard ratio; PA, physical activity.

<sup>a</sup>Analyses are adjusted for age, occupation, social class, body mass index, blood pressure, the other 3 health behaviors and prior diagnosis of heart disease, angina, heart attack, high blood pressure, stroke, arterial disease and cancer, diabetes mellitus, bronchitis, emphysema, asthma, respiratory tuberculosis, and other respiratory tract diseases.

<sup>b</sup>Adjusted for arthritis, rheumatism, stomach ulcer, and other gastrointestinal tract diseases in addition to those listed in footnote a.

<sup>c</sup>One unit=8 g; poor drinking behavior was defined as consuming more than 21 U/wk for men and more than 14 U/wk for women.

**eTable 2. Collective Health Behaviors in Relation to 20 Years' All-Cause, Cardiovascular Disease, and Cancer Mortality Risk in 2509 Men and 2377 Women, 18 Years or Older at Baseline in 1984-1985<sup>a</sup>**

Poor Health Behaviors, No. (Deaths/No.)	All-Cause Mortality by Sex, HR (95% CI)				
	Men (674 of 2509)		Women (406 of 2377)		
	Age Adjusted	Multivariate Adjustment <sup>a</sup>	Poor Health Behaviors, No. (Deaths/No.)	Age Adjusted	Multivariate Adjustment <sup>a</sup>
0 (14/114)	1 [Reference]	1 [Reference]	0 (18/259)	1 [Reference]	1 [Reference]
1 (124/531)	1.86 (1.07-3.24)	1.73 (0.99-3.01)	1 (107/732)	2.02 (1.23-3.33)	1.99 (1.20-3.28)
2 (240/898)	2.49 (1.45-4.27)	2.24 (1.30-3.84)	2 (181/897)	2.30 (1.42-3.75)	2.35 (1.44-3.84)
3 (212/695)	2.75 (1.60-4.74)	2.46 (1.43-4.24)	3 (93/432)	4.00 (2.42-6.65)	3.81 (2.29-6.35)
4 (84/257)	3.88 (2.20-6.83)	3.34 (1.89-5.90)	4 (7/57)	3.00 (1.25-7.19)	2.83 (1.17-6.87)
<i>P</i> value for trend	<.001	<.001		<.001	<.001

Abbreviations: CI, confidence interval; HR, hazard ratio.

<sup>a</sup>Analyses are adjusted for age, sex, occupational social class, body mass index, blood pressure, the other 3 health behaviors and prior diagnosis of heart disease, angina, heart attack, high blood pressure, stroke, arterial disease and cancer, diabetes mellitus, bronchitis, emphysema, asthma, respiratory tuberculosis, and other respiratory tract diseases.