Table A4.1. Associations between lifestyle behaviours and healthy ageing per gender.

Men	**Healthy Ageing***	
Lifestyle Behaviour	Adjusted OR † (95% CI)	I^2; p-value
Physical Activity		
not very or never	Reference category	
very or fairly	2.30 (1.78-2.98)	59.5%; 0.042
Smoking		
former or current	Reference category	
never	0.84 (0.67-1.06)	0.0%; 0.806
Drinking behaviour		
no or heavy drinking	Reference category	
moderate drinking	1.01 (0.77-1.32)	27.3%; 0.240
Consumption of fruits and vegetables		
< 3 in the last 3 days	Reference category	
more than 3 in the last 3 days	1.23 (0.96-1.57)	0.0%; 0.751

Women	**Healthy Ageing***	
Lifestyle Behaviour	Adjusted OR † (95% CI)	I^2; p-value
Physical Activity		
not very or never	Reference category	
very or fairly	2.70 (2.21-3.31)	53.2%; 0.073
Smoking		
former or current	Reference category	
never	1.04 (0.85-1.27)	31.7%; 0.210
Drinking behaviour		
no or heavy drinking	Reference category	
moderate drinking	1.15 (0.76-1.74)	52.8%; 0.076
Consumption of fruits and vegetables		
< 3 in the last 3 days	Reference category	
more than 3 in the last 3 days	1.25 (1.03-1.51)	0.0%; 0.448

Notes: CI: confidence interval; OR: Odds ratio; *: healthy ageing compared to normal ageing or death; †: models are adjusted for age, gender, education level and all other lifestyle behaviour variables.