

Supplement

Table S1. Health protective and risk factors analyzed and period for which the indicator is available.
Vigitel Brazil, 2006-2019.

Indicator	Definition	Available for the period
Protective factors		
Recommended intake of fruits and vegetables	Consumption of at least 5 portions of fruits and vegetables per day	2008 through 2019
Regular intake of fruits and vegetables	Consumption of fruits and vegetables on ≥ 5 days of the week	2008 through 2019
Regular intake of fruits	Consumption of fruits on ≥ 5 days of the week	2008 through 2019
Regular intake of vegetables	Consumption of vegetables on ≥ 5 days of the week	2008 through 2019
Regular intake of beans	Consumption of beans on ≥ 5 days of the week	2007 through 2019 (except for 2018)
Leisure-time exercising	Leisure-time physical activity for at least 150 minutes/week (moderate intensity) or 75 minutes (vigorous intensity)	2009 through 2019
Risk factors		
Fat-rich meat intake	Consumption of meats with apparent fat and/or chicken with skin on ≥ 1 days of the week	2007 through 2016
Whole milk intake	Consumption of milk with full fat content on ≥ 1 days of the week	2009 through 2016
Regular intake of soft drinks and sugar-sweetened beverages	Consumption of beverages (soft drinks or artificial juice) with sugar on ≥ 5 days of the week	2007 through 2019
Regular intake of sweets	Consumption of sweets on ≥ 5 days of the week	2012 through 2016
Abusive consumption of alcoholic beverages	Abusive consumption in the last 30 days (≥ 5 drinks [men] or ≥ 4 drinks [women]) of alcohol in a single day	2006 through 2019
Smoking	Smoking regardless of frequency and quantity	2006 through 2019
Overweight	Body Mass Index (BMI) ≥ 25 kg/m ²	2006 through 2019
Obesity	Body Mass Index (BMI) ≥ 30 kg/m ²	2006 through 2019