

## 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
<b>Protective factors</b>		
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 $\geq 5$ days of the week	2008 through 2019
Regular intake of fruits	Consumption of fruits on $\geq 5$ days of the week	2008 through 2019
Regular intake of vegetables	Consumption of vegetables on $\geq 5$ days of the week	2008 through 2019
Regular intake of beans	Consumption of beans on $\geq 5$ 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
<b>Risk factors</b>		
Fat-rich meat intake	Consumption of meats with apparent fat and/or chicken with skin on $\geq 1$ days of the week	2007 through 2016
Whole milk intake	Consumption of milk with full fat content on $\geq 1$ 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 $\geq 5$ days of the week	2007 through 2019
Regular intake of sweets	Consumption of sweets on $\geq 5$ days of the week	2012 through 2016
Abusive consumption of alcoholic beverages	Abusive consumption in the last 30 days ( $\geq 5$ drinks [men] or $\geq 4$ 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) $\geq 25$ kg/m <sup>2</sup>	2006 through 2019
Obesity	Body Mass Index (BMI) $\geq 30$ kg/m <sup>2</sup>	2006 through 2019