Figure D.1. Social network size and health risk behaviours among participants with maximal follow-up time (those who had answered to both the first and the last questionnaire). Relative risks (RRs) with 95% confidence intervals (CI) are derived from repeated-measures log-binomial regression analysis using the generalized estimating equations (GEE) method. Summary estimates pooled from cohort-specific (Raisio-Turku, Hospital and HeSSup cohorts) results adjusted for age, gender and survey year. Subjects with 0-10 members and 11-20 members are compared with subjects with at least 21 members in their total social network.

- **Heavy alcohol use**
  - 0–10 vs. ≥21 members: 1.10 (1.00, 1.21)
  - 11–20 vs. ≥21 members: 1.05 (0.96, 1.14)

- **Current smoking**
  - 0–10 vs. ≥21 members: 1.22 (1.13, 1.32)
  - 11–20 vs. ≥21 members: 1.08 (1.00, 1.15)

- **Low physical activity**
  - 0–10 vs. ≥21 members: 1.25 (1.20, 1.30)
  - 11–20 vs. ≥21 members: 1.12 (1.08, 1.16)

- **Overall unhealthy lifestyle score**
  - 0–10 vs. ≥21 members: 1.26 (1.16, 1.38)
  - 11–20 vs. ≥21 members: 1.15 (1.07, 1.23)

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*a* heavy alcohol use as weekly consumption of absolute ethanol exceeding 192g among women and 288g among men

*b* low physical activity as metabolic equivalent (MET) hours less than 14/week

*c* cumulative odds ratio (OR) for overall unhealthy lifestyle (total number of health risk behaviours ranging from 0 to 3)