

1 **SUPPLEMENTAL TABLES**

2 **Supplemental table 1:** number of dietary guidelines complied to, baseline and follow-up, CoLaus study,  
3 Lausanne, Switzerland

<b>Number of guidelines</b>	<b>Baseline (2009-2012)</b>	<b>Follow-up (2014-2017)</b>
None	355 (12.3)	336 (11.7)
One	1067 (37.0)	972 (33.7)
Two	941 (32.7)	1025 (35.6)
Three	422 (14.6)	441 (15.3)
Four	93 (3.2)	100 (3.5)
Five	4 (0.1)	8 (0.3)

4 Results are expressed as number of participants (percentage). Data assessed excluding fried fish from the  
5 guideline regarding fish consumption.

6 **Supplemental table 2:** five-year trends in compliance to dietary guidelines, CoLaus study, Lausanne, Switzerland.

	Fruits $\geq$ 2/day			Vegetables $\geq$ 3/day			Meat $\leq$ 5/week		
	(2009-2012)	(2014-2017)	P-value	(2009-2012)	(2014-2017)	P-value	(2009-2012)	(2014-2017)	P-value
Gender									
Female	49.2 (46.7 - 51.6)	49.6 (47.1 - 52.1)	0.791	8.5 (7.2 - 10.0)	10.1 (8.7 - 11.7)	0.076	67.4 (65.1 - 69.7)	67.1 (64.7 - 69.4)	0.812
Male	34.2 (31.6 - 36.8)	39.7 (37.0 - 42.4)	<0.001	4.9 (3.8 - 6.2)	6.7 (5.4 - 8.3)	0.032	53.4 (50.6 - 56.2)	47.9 (45.1 - 50.6)	<0.001
Age groups									
40-49	34.8 (31.7 - 38.1)	37.3 (34.1 - 40.6)	0.189	6.5 (5.0 - 8.3)	7.9 (6.2 - 9.8)	0.256	56.5 (53.2 - 59.8)	54.8 (51.5 - 58.1)	0.384
50-59	39.2 (36.0 - 42.4)	42.1 (38.9 - 45.4)	0.115	6.6 (5.1 - 8.4)	9.2 (7.4 - 11.3)	0.019	59.3 (56.1 - 62.6)	59.3 (56.0 - 62.5)	1.000
60-69	52.0 (48.4 - 55.5)	54.3 (50.7 - 57.9)	0.274	7.8 (6.0 - 9.9)	8.5 (6.6 - 10.7)	0.671	66.7 (63.2 - 70.0)	61.6 (58.0 - 65.0)	0.011
70+	50.3 (44.6 - 56.0)	53.8 (48.1 - 59.4)	0.351	6.4 (3.9 - 9.7)	9.2 (6.3 - 13)	0.175	65.9 (60.4 - 71.2)	58.6 (52.9 - 64.1)	0.032
Smoking									
Never	45.1 (42.3 - 48.0)	47.0 (44.2 - 49.8)	0.255	7.8 (6.3 - 9.4)	9.8 (8.2 - 11.6)	0.058	62.1 (59.3 - 64.8)	59.7 (56.9 - 62.4)	0.143
Former	44.8 (41.8 - 47.8)	47.0 (44 - 50.0)	0.226	6.6 (5.2 - 8.3)	7.0 (5.6 - 8.7)	0.757	61.6 (58.7 - 64.5)	58.8 (55.8 - 61.7)	0.098
Current	31.6 (27.7 - 35.7)	37.3 (33.2 - 41.5)	0.013	5.3 (3.6 - 7.6)	9.2 (6.9 - 11.9)	0.009	58.1 (53.8 - 62.3)	55.0 (50.7 - 59.2)	0.204
Marital status									
Alone	40.0 (37.2 - 42.9)	39.7 (36.9 - 42.6)	0.915	6.8 (5.4 - 8.4)	7.4 (6.0 - 9.1)	0.579	66.0 (63.2 - 68.7)	63.9 (61.0 - 66.6)	0.187
In couple	44.1 (41.8 - 46.5)	48.9 (46.5 - 51.3)	<0.001	6.9 (5.8 - 8.2)	9.4 (8.1 - 10.9)	0.002	57.8 (55.5 - 60.2)	54.7 (52.3 - 57.1)	0.026
Country of birth									
Switzerland	41.4 (39.2 - 43.6)	43.4 (41.2 - 45.6)	0.108	5.6 (4.7 - 6.8)	6.8 (5.7 - 8.0)	0.105	62.2 (60.0 - 64.3)	59.8 (57.6 - 61.9)	0.052
Other	44.8	48.9	0.031	9.5	12.4	0.022	59	55.7	0.090

Educational level	(41.5 - 48.0)	(45.6 - 52.2)		(7.7 - 11.6)	(10.4 - 14.8)		(55.7 - 62.2)	(52.4 - 58.9)	
University	39.8 (36.2 - 43.6)	44.0 (40.3 - 47.8)	0.039	7.9 (6.0 - 10.1)	8.0 (6.1 - 10.3)	1.00	59.9 (56.1 - 63.5)	58.5 (54.7 - 62.1)	0.524
High school	43.8 (40.4 - 47.3)	47.7 (44.2 - 51.2)	0.055	7.6 (5.8 - 9.6)	9.5 (7.6 - 11.7)	0.129	61.5 (58.0 - 64.8)	59.0 (55.6 - 62.4)	0.218
Apprenticeship	42.1 (39.2 - 45.3)	43.2 (40.2 - 46.3)	0.573	4.5 (3.4 - 6.0)	7.5 (6.0 - 9.3)	0.001	63.2 (60.1 - 66.1)	58.9 (55.9 - 61.9)	0.015
Obligatory	45.6 (40.1 - 51.1)	47.4 (41.9 - 53.0)	0.653	10.4 (7.3 - 14.2)	11.0 (7.8 - 14.9)	0.885	56.6 (51.0 - 62.0)	55.7 (50.1 - 61.1)	0.845
BMI categories									
Normal	44.0 (41.3 - 46.6)	47.4 (44.8 - 50.1)	0.019	7.3 (5.9 - 8.7)	9.3 (7.9 - 11.0)	0.028	65.7 (63.1 - 68.2)	64.7 (62.1 - 67.2)	0.498
Overweight	41.5 (38.6 - 44.5)	43.0 (40.1 - 46.0)	0.420	7.0 (5.5 - 8.6)	7.5 (6.0 - 9.3)	0.636	56.6 (53.6 - 59.6)	52.9 (49.9 - 55.9)	0.038
Obese	39.6 (34.8 - 44.6)	43.1 (38.2 - 48.1)	0.257	5.3 (3.3 - 7.9)	9.0 (6.4 - 12.3)	0.027	57.9 (52.9 - 62.8)	52.1 (47.1 - 57.1)	0.054
Physical activity									
Sedentary	41.1 (38.7 - 43.5)	44.2 (41.8 - 46.6)	0.026	5.9 (4.8 - 7.1)	8.5 (7.2 - 9.9)	0.001	60.0 (57.6 - 62.4)	57.9 (55.4 - 60.3)	0.124
Non-sedentary	44.2 (41.5 - 47.1)	46.4 (43.6 - 49.2)	0.179	8.1 (6.7 - 9.8)	8.8 (7.3 - 10.5)	0.554	62.6 (59.9 - 65.3)	59.2 (56.4 - 61.9)	0.032

7 Results are expressed as rate (95% confidence interval). Statistical analysis by McNemar test for paired sample.

8 **Supplemental table 2 (continued):** five-year trends in compliance to dietary guidelines, CoLaus study, Lausanne, Switzerland.

	Fish $\geq$ 1/week			Dairy $\geq$ 3/day			Compliance with at least 3		
	(2009-2012)	(2014-2017)	P-value	(2009-2012)	(2014-2017)	P-value	(2009-2012)	(2014-2017)	P-value
Gender									
Female	66.3 (63.9 - 68.6)	69.1 (66.8 - 71.4)	0.036	8.5 (7.2 - 10.0)	8.3 (7.0 - 9.8)	0.826	29.0 (26.8 - 31.3)	30.0 (27.8 - 32.3)	0.463
Male	67.0 (64.4 - 69.6)	72.2 (69.7 - 74.7)	<0.001	7.7 (6.3 - 9.3)	8.4 (6.9 - 10.0)	0.435	18.1 (16.1 - 20.4)	19.2 (17.1 - 21.5)	0.430
Age groups									
40-49	65.5 (62.3 - 68.6)	71.7 (68.6 - 74.6)	<0.001	7.4 (5.8 - 9.3)	7.3 (5.7 - 9.2)	1.000	19.4 (16.9 - 22.2)	20.1 (17.5 - 22.9)	0.726
50-59	67.9 (64.8 - 70.9)	68.2 (65.0 - 71.2)	0.904	7.5 (5.9 - 9.4)	6.6 (5.1 - 8.4)	0.470	22 (19.3 - 24.8)	23.8 (21.1 - 26.7)	0.288
60-69	66.4 (62.9 - 69.7)	72.0 (68.7 - 75.2)	0.003	10.2 (8.1 - 12.5)	9.2 (7.3 - 11.5)	0.546	30.3 (27.1 - 33.7)	31.1 (27.9 - 34.5)	0.739
70+	66.6 (61.0 - 71.8)	70.4 (65.0 - 75.4)	0.240	7.3 (4.7 - 10.8)	14.0 (10.4 - 18.4)	0.001	28.3 (23.4 - 33.7)	29.0 (24 - 34.3)	0.917
Smoking									
Never	68.4 (65.8 - 71.0)	70.4 (67.7 - 72.9)	0.204	8.1 (6.6 - 9.7)	9.0 (7.5 - 10.8)	0.356	26.3 (23.9 - 28.9)	27.6 (25.1 - 30.1)	0.452
Former	67.7 (64.8 - 70.5)	72.0 (69.3 - 74.7)	0.007	8.2 (6.6 - 10.0)	7.1 (5.7 - 8.8)	0.319	24.9 (22.4 - 27.6)	24.9 (22.3 - 27.5)	1.000
Current	60.3 (56.0 - 64.4)	67.8 (63.7 - 71.7)	0.002	8.3 (6.1 - 10.9)	9.2 (6.9 - 11.9)	0.596	17.5 (14.4 - 20.9)	20.4 (17.1 - 24.0)	0.152
Marital status									
Alone	62.5 (59.6 - 65.3)	66.2 (63.4 - 68.9)	0.022	9.5 (7.8 - 11.3)	9.4 (7.8 - 11.2)	1.000	24.0 (21.5 - 26.5)	24.1 (21.6 - 26.6)	1.000
In couple	69.5 (67.3 - 71.7)	73.5 (71.3 - 75.5)	0.001	7.3 (6.1 - 8.6)	7.6 (6.4 - 9.0)	0.703	24.2 (22.2 - 26.3)	26.0 (23.9 - 28.1)	0.178
Country of birth									
Switzerland	64.6 (62.5 - 66.7)	68.7 (66.6 - 70.8)	0.001	7.9 (6.8 - 9.2)	8.3 (7.1 - 9.6)	0.683	23.3 (21.5 - 25.2)	23.9 (22.0 - 25.9)	0.616
Other	71.0	74.4	0.047	8.6	8.4	0.922	25.9	27.9	0.270

Educational level	(67.9 - 73.9)	(71.4 - 77.2)		(6.9 - 10.6)	(6.7 - 10.4)		(23.1 - 28.8)	(25.0 - 30.9)	
University	70.8 (67.2 - 74.1)	71.7 (68.2 - 75.0)	0.659	7.2 (5.4 - 9.3)	6.7 (5.0 - 8.9)	0.798	23.6 (20.5 - 27.0)	23.9 (20.7 - 27.2)	0.938
High school	67.8 (64.5 - 71.0)	71.6 (68.4 - 74.7)	0.046	8.7 (6.8 - 10.8)	8.8 (6.9 - 10.9)	1.000	26.6 (23.6 - 29.8)	26.5 (23.5 - 29.6)	1.000
Apprenticeship	62.7 (59.7 - 65.7)	68.0 (65.0 - 70.8)	0.002	8.2 (6.6 - 10.0)	9.1 (7.4 - 11.0)	0.474	22.1 (19.6 - 24.8)	24.7 (22.1 - 27.5)	0.106
Obligatory	67.3 (61.9 - 72.3)	73.4 (68.3 - 78.1)	0.042	8.9 (6.0 - 12.5)	8.3 (5.5 - 11.8)	0.874	25.4 (20.8 - 30.5)	26.3 (21.6 - 31.4)	0.839
BMI categories									
Normal	68.2 (65.7 - 70.6)	69.9 (67.5 - 72.4)	0.221	8.0 (6.6 - 9.5)	7.9 (6.5 - 9.4)	1.000	27.3 (25.0 - 29.7)	27.2 (24.9 - 29.6)	0.958
Overweight	66.5 (63.6 - 69.3)	72.2 (69.4 - 74.8)	<0.001	9.0 (7.4 - 10.8)	8.7 (7.1 - 10.5)	0.855	22.0 (19.6 - 24.6)	23.5 (21.0 - 26.1)	0.364
Obese	61.7 (56.7 - 66.4)	67.8 (63.0 - 72.4)	0.026	6.5 (4.3 - 9.4)	8.8 (6.2 - 12.0)	0.199	18.8 (15.1 - 23.0)	22.9 (18.8 - 27.3)	0.118
Physical activity									
Non-sedentary	67.4 (64.8 - 70.1)	73.3 (70.8 - 75.7)	<0.001	8.0 (6.5 - 9.6)	9.0 (7.5 - 10.8)	0.315	25.9 (23.5 - 28.5)	27.3 (24.9 - 29.9)	0.371
Sedentary	66.0 (63.6 - 68.3)	68.4 (66.0 - 70.6)	0.072	8.3 (7.0 - 9.7)	7.8 (6.5 - 9.2)	0.599	22.7 (20.7 - 24.8)	23.5 (21.5 - 25.7)	0.529

9 Results are expressed as rate (95% confidence interval). Statistical analysis by McNemar test for paired samples.

10 **Supplemental table 3:** multivariable analysis of the factors associated with 5-year change in  
 11 compliance with fruits  $\geq 2$ /day, CoLaus study, Lausanne, Switzerland.

	New	Former	Full
<b>Gender</b>			
Male	1 (ref.)	1 (ref.)	1 (ref.)
Female	1.40 (1.11 - 1.76)	0.73 (0.62 - 0.86)	2.26 (1.85 - 2.77)
<b>Age groups</b>			
40-49	1 (ref.)	1 (ref.)	1 (ref.)
50-59	1.20 (0.92 - 1.58)	0.95 (0.79 - 1.15)	1.41 (1.11 - 1.79)
60-69	1.77 (1.32 - 2.38)	1.00 (0.82 - 1.22)	2.93 (2.27 - 3.77)
70+	2.23 (1.51 - 3.28)	1.12 (0.86 - 1.47)	3.02 (2.14 - 4.26)
<b>Smoking</b>			
Never	1 (ref.)	1 (ref.)	1 (ref.)
Former	1.14 (0.89 - 1.45)	0.95 (0.81 - 1.12)	1.04 (0.84 - 1.27)
Current	0.85 (0.63 - 1.14)	1.20 (0.97 - 1.48)	0.59 (0.45 - 0.78)
<b>Marital status</b>			
Alone	1 (ref.)	1 (ref.)	1 (ref.)
In couple	1.48 (1.18 - 1.85)	1.02 (0.88 - 1.19)	1.73 (1.42 - 2.10)
<b>Country of birth</b>			
Switzerland	1 (ref.)	1 (ref.)	1 (ref.)
Other	1.32 (1.04 - 1.68)	1.03 (0.87 - 1.22)	1.41 (1.15 - 1.74)
<b>Educational level</b>			
University	1 (ref.)	1 (ref.)	1 (ref.)
High school	1.28 (0.95 - 1.73)	1.17 (0.95 - 1.43)	1.09 (0.85 - 1.41)
Apprenticeship	1.01 (0.75 - 1.36)	1.20 (0.98 - 1.47)	0.91 (0.70 - 1.16)
Obligatory	1.40 (0.94 - 2.07)	0.99 (0.75 - 1.30)	0.96 (0.68 - 1.37)
<b>BMI categories</b>			
Normal	1 (ref.)	1 (ref.)	1 (ref.)
Overweight	0.91 (0.71 - 1.16)	1.19 (1.00 - 1.40)	0.82 (0.66 - 1.01)
Obese	0.93 (0.67 - 1.29)	1.23 (0.97 - 1.56)	0.71 (0.53 - 0.96)
<b>Physical activity</b>			
Sedentary	1 (ref.)	1 (ref.)	1 (ref.)
Non-sedentary	1.09 (0.87 - 1.37)	1.12 (0.96 - 1.30)	1.41 (1.16 - 1.71)

12 BMI, body mass index. Results are expressed as relative risk ratio and (95% confidence interval).  
 13 Statistical analysis by multinomial logistic regression using never compliers as reference and all the  
 14 variables indicated in the table.

15 **Supplemental table 4:** multivariable analysis of the factors associated with change in compliance  
 16 with vegetables  $\geq 3$ /day, CoLaus study, Lausanne, Switzerland.

	New	Former	Full
<b>Gender</b>			
Male	1 (ref.)	1 (ref.)	1 (ref.)
Female	1.37 (0.98 - 1.91)	1.73 (1.16 - 2.56)	2.69 (1.49 - 4.86)
<b>Age groups</b>			
40-49	1 (ref.)	1 (ref.)	1 (ref.)
50-59	1.20 (0.82 - 1.77)	1.00 (0.63 - 1.58)	1.43 (0.75 - 2.73)
60-69	1.15 (0.76 - 1.74)	1.34 (0.85 - 2.12)	1.35 (0.68 - 2.69)
70+	1.41 (0.83 - 2.42)	1.15 (0.59 - 2.23)	1.54 (0.61 - 3.88)
<b>Smoking</b>			
Never	1 (ref.)	1 (ref.)	1 (ref.)
Former	0.58 (0.41 - 0.83)	0.76 (0.51 - 1.13)	1.16 (0.67 - 1.99)
Current	1.05 (0.71 - 1.55)	0.72 (0.43 - 1.20)	0.79 (0.36 - 1.70)
<b>Marital status</b>			
Alone	1 (ref.)	1 (ref.)	1 (ref.)
In couple	1.48 (1.07 - 2.04)	1.06 (0.73 - 1.52)	1.28 (0.76 - 2.16)
<b>Country of birth</b>			
Switzerland	1 (ref.)	1 (ref.)	1 (ref.)
Other	1.75 (1.26 - 2.41)	1.27 (0.87 - 1.85)	2.72 (1.61 - 4.60)
<b>Educational level</b>			
University	1 (ref.)	1 (ref.)	1 (ref.)
High school	1.11 (0.73 - 1.69)	0.82 (0.52 - 1.28)	1.17 (0.58 - 2.35)
Apprenticeship	0.98 (0.64 - 1.50)	0.43 (0.26 - 0.72)	1.02 (0.49 - 2.12)
Obligatory	1.07 (0.63 - 1.83)	1.10 (0.63 - 1.92)	1.33 (0.58 - 3.07)
<b>BMI categories</b>			
Normal	1 (ref.)	1 (ref.)	1 (ref.)
Overweight	0.79 (0.56 - 1.13)	1.16 (0.78 - 1.71)	0.95 (0.54 - 1.67)
Obese	1.02 (0.65 - 1.61)	0.78 (0.42 - 1.46)	0.89 (0.39 - 2.00)
<b>Physical activity</b>			
Sedentary	1 (ref.)	1 (ref.)	1 (ref.)
Non-sedentary	0.97 (0.71 - 1.33)	1.39 (0.97 - 2.00)	1.96 (1.17 - 3.26)

17 BMI, body mass index. Results are expressed as relative risk ratio and (95% confidence interval).  
 18 Statistical analysis by multinomial logistic regression using never compliers as reference and all the  
 19 variables indicated in the table.

20 **Supplemental table 5:** multivariable analysis of the factors associated with change in compliance  
 21 with meat  $\leq 5$ /week, CoLaus study, Lausanne, Switzerland.

	New	Former	Full
<b>Gender</b>			
Male	1 (ref.)	1 (ref.)	1 (ref.)
Female	1.82 (1.40 - 2.37)	1.32 (1.03 - 1.70)	2.46 (2.01 - 3.00)
<b>Age groups</b>			
40-49	1 (ref.)	1 (ref.)	1 (ref.)
50-59	1.19 (0.88 - 1.62)	1.06 (0.78 - 1.43)	1.28 (1.01 - 1.62)
60-69	1.23 (0.87 - 1.73)	1.58 (1.15 - 2.17)	1.69 (1.31 - 2.18)
70+	1.45 (0.91 - 2.29)	2.01 (1.33 - 3.04)	1.79 (1.26 - 2.54)
<b>Smoking</b>			
Never	1 (ref.)	1 (ref.)	1 (ref.)
Former	1.03 (0.78 - 1.37)	1.01 (0.78 - 1.32)	1.05 (0.85 - 1.30)
Current	0.85 (0.60 - 1.19)	0.93 (0.67 - 1.28)	0.81 (0.63 - 1.05)
<b>Marital status</b>			
Alone	1 (ref.)	1 (ref.)	1 (ref.)
In couple	0.84 (0.65 - 1.10)	0.84 (0.65 - 1.08)	0.70 (0.57 - 0.85)
<b>Country of birth</b>			
Switzerland	1 (ref.)	1 (ref.)	1 (ref.)
Other	1.06 (0.81 - 1.40)	1.20 (0.93 - 1.55)	0.92 (0.74 - 1.13)
<b>Educational level</b>			
University	1 (ref.)	1 (ref.)	1 (ref.)
High school	0.96 (0.68 - 1.36)	1.02 (0.73 - 1.42)	0.99 (0.76 - 1.28)
Apprenticeship	0.96 (0.68 - 1.35)	1.15 (0.84 - 1.58)	1.00 (0.78 - 1.29)
Obligatory	0.94 (0.61 - 1.47)	0.90 (0.59 - 1.38)	0.75 (0.53 - 1.06)
<b>BMI categories</b>			
Normal	1 (ref.)	1 (ref.)	1 (ref.)
Overweight	0.93 (0.71 - 1.23)	0.98 (0.75 - 1.27)	0.64 (0.52 - 0.79)
Obese	0.84 (0.57 - 1.25)	1.03 (0.72 - 1.47)	0.62 (0.46 - 0.83)
<b>Physical activity</b>			
Sedentary	1 (ref.)	1 (ref.)	1 (ref.)
Non-sedentary	1.08 (0.84 - 1.40)	1.19 (0.94 - 1.52)	1.27 (1.04 - 1.54)

22 BMI, body mass index. Results are expressed as relative risk ratio and (95% confidence interval).  
 23 Statistical analysis by multinomial logistic regression using never compliers as reference **and all the**  
 24 **variables indicated in the table.**



25 **Supplemental table 6:** multivariable analysis of the factors associated with change in compliance  
 26 with fish  $\geq 1$ /week, CoLaus study, Lausanne, Switzerland.

	New	Former	Full
<b>Gender</b>			
Male	1 (ref.)	1 (ref.)	1 (ref.)
Female	0.88 (0.67 - 1.16)	0.98 (0.73 - 1.31)	0.95 (0.76 - 1.18)
<b>Age groups</b>			
40-49	1 (ref.)	1 (ref.)	1 (ref.)
50-59	0.96 (0.69 - 1.32)	1.52 (1.08 - 2.16)	1.08 (0.83 - 1.40)
60-69	1.00 (0.71 - 1.40)	1.05 (0.71 - 1.54)	1.15 (0.87 - 1.51)
70+	1.05 (0.66 - 1.66)	1.27 (0.77 - 2.10)	1.15 (0.79 - 1.65)
<b>Smoking</b>			
Never	1 (ref.)	1 (ref.)	1 (ref.)
Former	1.20 (0.90 - 1.61)	1.02 (0.75 - 1.40)	1.08 (0.86 - 1.36)
Current	1.23 (0.88 - 1.73)	0.84 (0.58 - 1.23)	0.79 (0.60 - 1.04)
<b>Marital status</b>			
Alone	1 (ref.)	1 (ref.)	1 (ref.)
In couple	1.17 (0.90 - 1.52)	1.12 (0.85 - 1.48)	1.53 (1.24 - 1.88)
<b>Country of birth</b>			
Switzerland	1 (ref.)	1 (ref.)	1 (ref.)
Other	1.24 (0.92 - 1.66)	1.27 (0.93 - 1.75)	1.48 (1.16 - 1.87)
<b>Educational level</b>			
University	1 (ref.)	1 (ref.)	1 (ref.)
High school	1.09 (0.75 - 1.57)	0.91 (0.62 - 1.34)	0.93 (0.70 - 1.25)
Apprenticeship	1.05 (0.74 - 1.50)	0.80 (0.55 - 1.17)	0.76 (0.57 - 1.00)
Obligatory	1.16 (0.71 - 1.89)	0.79 (0.46 - 1.34)	0.92 (0.63 - 1.36)
<b>BMI categories</b>			
Normal	1 (ref.)	1 (ref.)	1 (ref.)
Overweight	1.13 (0.85 - 1.51)	0.88 (0.64 - 1.20)	0.99 (0.79 - 1.25)
Obese	1.02 (0.69 - 1.49)	0.75 (0.49 - 1.15)	0.74 (0.55 - 1.01)
<b>Physical activity</b>			
Sedentary	1 (ref.)	1 (ref.)	1 (ref.)
Non-sedentary	1.46 (1.12 - 1.90)	1.11 (0.83 - 1.48)	1.27 (1.02 - 1.57)

27 BMI, body mass index. Results are expressed as relative risk ratio and (95% confidence interval).  
 28 Statistical analysis by multinomial logistic regression using never compliers as reference and all the  
 29 variables indicated in the table.

30 **Supplemental table 7:** multivariable analysis of the factors associated with change in compliance  
 31 with dairy  $\geq 3$ /day, CoLaus study, Lausanne, Switzerland.

	New	Former	Full
<b>Gender</b>			
Male	1 (ref.)	1 (ref.)	1 (ref.)
Female	0.97 (0.69 - 1.37)	1.11 (0.78 - 1.58)	0.89 (0.55 - 1.45)
<b>Age groups</b>			
40-49	1 (ref.)	1 (ref.)	1 (ref.)
50-59	1.03 (0.67 - 1.61)	1.16 (0.76 - 1.77)	0.75 (0.39 - 1.42)
60-69	1.37 (0.88 - 2.13)	1.46 (0.95 - 2.24)	1.39 (0.77 - 2.51)
70+	2.47 (1.50 - 4.09)	0.74 (0.37 - 1.49)	1.75 (0.83 - 3.67)
<b>Smoking</b>			
Never	1 (ref.)	1 (ref.)	1 (ref.)
Former	0.78 (0.54 - 1.12)	1.18 (0.83 - 1.69)	0.71 (0.41 - 1.22)
Current	0.98 (0.63 - 1.53)	0.87 (0.54 - 1.40)	1.32 (0.74 - 2.36)
<b>Marital status</b>			
Alone	1 (ref.)	1 (ref.)	1 (ref.)
In couple	0.79 (0.57 - 1.10)	0.74 (0.53 - 1.03)	0.73 (0.46 - 1.17)
<b>Country of birth</b>			
Switzerland	1 (ref.)	1 (ref.)	1 (ref.)
Other	1.13 (0.79 - 1.62)	1.15 (0.80 - 1.64)	1.08 (0.65 - 1.80)
<b>Educational level</b>			
University	1 (ref.)	1 (ref.)	1 (ref.)
High school	1.41 (0.88 - 2.28)	1.29 (0.81 - 2.07)	1.09 (0.58 - 2.05)
Apprenticeship	1.54 (0.97 - 2.45)	1.29 (0.82 - 2.05)	0.95 (0.50 - 1.78)
Obligatory	1.38 (0.75 - 2.56)	1.46 (0.81 - 2.63)	0.88 (0.37 - 2.11)
<b>BMI categories</b>			
Normal	1 (ref.)	1 (ref.)	1 (ref.)
Overweight	0.89 (0.62 - 1.27)	0.96 (0.67 - 1.38)	1.51 (0.90 - 2.53)
Obese	0.97 (0.59 - 1.58)	0.58 (0.33 - 1.04)	1.28 (0.62 - 2.65)
<b>Physical activity</b>			
Sedentary	1 (ref.)	1 (ref.)	1 (ref.)
Non-sedentary	1.34 (0.96 - 1.86)	0.91 (0.65 - 1.27)	1.17 (0.73 - 1.88)

32 BMI, body mass index. Results are expressed as relative risk ratio and (95% confidence interval).  
 33 Statistical analysis by multinomial logistic regression using never compliers as reference and all the  
 34 variables indicated in the table.