

(A) Men aged <40 years old

		Smoking									
HR		Never smoker			Former smoker			Current smoker			BMI
		Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active	
Alcohol	None	1.00	1.05	1.00	0.73	1.13	1.03	0.75	1.00	0.99	Normal
		1.10	1.23	1.17	1.67	1.54	1.33	0.88	1.19	1.21	Over weight
		1.25	1.39	1.39	1.29	1.64	1.61	1.51	1.51	1.42	Obesity
	Moderate	1.07	0.98	1.02	0.88	1.15	1.09	0.93	1.07	1.11	Normal
		1.26	1.22	1.12	1.37	1.36	1.33	1.08	1.24	1.29	Over weight
		1.43	1.35	1.43	1.43	1.58	1.54	1.38	1.46	1.47	Obesity
	Heavy	1.03	1.18	1.07	0.89	1.14	1.13	0.63	1.30	1.38	Normal
		0.96	1.78	1.31	0.00	1.55	1.21	0.73	1.53	1.54	Over weight
		1.31	1.27	1.02	1.49	1.68	1.77	1.63	1.52	1.47	Obesity
		Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active	

(B) Men aged 40-64 years old

		Smoking									
HR		Never smoker			Former smoker			Current smoker			BMI
		Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active	
Alcohol	None	1.00	0.81	0.88	1.1	0.85	0.93	1.31	0.97	1.18	Normal
		1.04	0.85	0.9	1.13	0.87	0.98	1.22	0.95	1.12	Over weight
		1.1	0.94	0.96	1.13	0.96	1.04	1.30	0.97	1.10	Obesity
	Moderate	0.98	0.72	0.86	0.96	0.75	0.84	1.30	0.93	1.08	Normal
		0.94	0.79	0.86	0.92	0.79	0.87	1.10	0.88	0.97	Over weight
		1.06	0.86	0.92	1.03	0.84	0.91	1.10	0.9	0.97	Obesity
	Heavy	1.24	1.19	1.33	1.56	1.05	1.15	1.41	1.12	1.50	Normal
		1.13	0.84	1.15	0.93	0.82	0.99	1.43	0.98	1.11	Over weight
		1.21	1.01	1.05	0.94	0.93	1.09	1.15	0.88	1.06	Obesity
		Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active	

(C) Men aged ≥65 years old

		Smoking									
HR		Never smoker			Former smoker			Current smoker			
		Alcohol	None	1.00	1.04	1.04	1.29	1.12	1.16	1.26	1.33
1.05	1.00			1.08	1.04	1.07	1.12	1.41	1.43	1.32	Over weight
1.04	1.08			1.05	1.25	1.19	1.15	1.38	1.26	1.36	Obesity
Moderate	1.06		1.06	1.08	1.16	1.14	1.21	1.43	1.40	1.44	Normal
	1.08		1.02	1.07	1.23	1.22	1.25	1.52	1.35	1.40	Over weight
	1.14		1.08	1.06	1.26	1.26	1.20	1.34	1.33	1.29	Obesity
Heavy	1.40		1.26	1.17	1.44	1.31	1.19	1.05	1.64	1.59	Normal
	1.18		0.92	1.22	2.08	1.98	1.20	0.92	2.15	1.70	Over weight
	0.93		1.25	1.13	1.21	1.22	0.98	1.44	1.53	1.59	Obesity
	Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active		
Physical activity											

(D) Women aged <40 years old

		Smoking									
HR		Never smoker			Former smoker			Current smoker			
		Alcohol	None	1.00	1.07	1.03	1.10	0.91	0.91	1.26	0.80
1.30	1.20			1.31	2.39	0.73	1.36	0.98	0.63	0.84	Over weight
1.21	1.29			1.30	0.89	1.27	0.77	0.00	0.70	1.20	Obesity
Moderate	0.95		0.88	0.90	0.57	0.83	0.76	0.73	0.76	0.74	Normal
	0.94		1.16	1.08	0.41	1.11	1.21	1.15	1.16	0.93	Over weight
	1.08		1.11	1.17	1.94	0.91	0.73	0.24	0.65	0.98	Obesity
Heavy	1.02		0.23	0.47	0.00	0.85	0.00	1.17	0.29	1.04	Normal
	0.00		0.77	1.83	0.00	0.00	2.30	0.00	0.00	0.35	Over weight
	0.00		0.62	0.54	0.00	0.00	1.60	0.00	0.94	1.27	Obesity
	Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active		
Physical activity											

(E) Women aged 40-64 years old

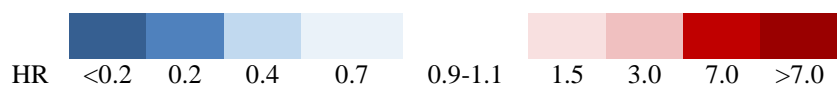
		Smoking									
HR		Never smoker			Former smoker			Current smoker			
			1.00	1.00	0.97	0.91	1.01	1.08	1.03	1.15	1.27
Alcohol	None	1.13	1.11	1.05	1.19	1.20	1.32	1.41	1.56	1.25	Over weight
		1.24	1.21	1.13	1.43	1.02	1.31	1.36	1.40	1.46	Obesity
		0.92	0.94	0.93	1.07	0.97	0.90	1.19	1.05	1.02	Normal
	Moderate	1.01	1.00	0.94	1.26	1.21	1.16	0.82	1.08	1.12	Over weight
		1.05	1.06	1.05	0.93	1.15	1.07	1.38	1.17	1.11	Obesity
		1.05	0.80	1.28	0.00	1.29	3.52	0.53	0.57	1.35	Normal
	Heavy	0.98	1.63	0.89	0.00	0.00	1.88	0.00	0.55	0.68	Over weight
		0.88	0.65	1.50	11.76	2.62	0.55	0.00	1.26	1.37	Obesity
			Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active

Physical activity

(F) Women aged ≥65 years old

		Smoking									
HR		Never smoker			Former smoker			Current smoker			
			1.00	0.98	0.94	1.38	0.99	1.13	0.88	1.10	1.31
Alcohol	None	1.07	1.04	0.97	1.47	1.21	1.17	1.31	1.21	1.27	Over weight
		1.06	1.12	1.01	1.07	1.07	1.20	1.64	1.35	1.89	Obesity
		0.82	0.91	0.89	0.30	0.83	1.10	1.06	1.76	1.28	Normal
	Moderate	1.11	1.00	0.95	1.01	1.22	0.66	1.24	1.28	0.00	Over weight
		1.15	1.08	1.10	1.16	1.19	1.21	1.95	1.19	0.00	Obesity
		0.00	5.63	0.00	0.00	7.77	0.00	0.00	0.00	0.00	Normal
	Heavy	0.00	3.06	0.00	0.00	4.09	1.33	0.00	0.81	0.00	Over weight
		2.63	0.00	1.38	0.00	0.00	1.23	0.00	0.00	0.00	Obesity
			Very active	Moderate	In-active	Very active	Moderate	In-active	Very active	Moderate	In-active

Physical activity



S4 Fig. Age- and sex-specific relative risks of cancer incidence according to 81 combinations of adherence to cancer prevention guidelines. Smoking: 0, never; 1, former; 2, current smoker. Alcohol consumption: 0, non-drinking (0 g/day); 1, moderate drinking (≤ 50 g/day); 2, heavy drinking (> 50 g/day). Physical activity: 0, very active (5 or more time a week); 1, moderate (1-4 times per week); 2, inactive (< 1 time per week). Body mass index (BMI): 0, normal weight (< 23.0 kg/m²); 1, overweight (23.0-24.9 kg/m²); 2, obesity (≥ 25.0 kg/m²). Reference group: full adherence to healthy lifestyle (combination of never smoking, no consumption of alcohol, normal BMI and physically very active). Bold fonts indicate statistically significant according to a Bonferroni-adjusted significance level of 0.000625. Gray and italic fonts indicate cells with insufficient number of cases. HR, hazard ratio.