**SUPPLEMENTARY MATERIAL**

**Supplemental Table 1** – Factorial loads, commonalities (h2) and variance estimated for the four patterns of risk behaviors related to lifestyle identified in individuals who did not self-reported being carrier of a chronic noncommunicable disease (systemic arterial hypertension, diabetes mellitus, hypercholesterolemia); National Health Survey, Brazil, 2013 (n = 32,604)

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| --- | --- | --- | --- | --- | --- |
|  | **FACTORIAL LOAD** | | | | **h2** |
| **PATTERNS** | | | |
| **“Physical inactivity and Inadequate consumption of FV\*”** | **“Saturated fat”** | **“Alcohol and Smoking”** | **“Sedentary behavior and Sugar”** |
| Absence of physical activity in leisure | 0.410 |  |  |  | 0.188 |
| Irregular intake of green or raw vegetable salad | 0.792 |  |  |  | 0.635 |
| Irregular intake of cooked vegetable | 0.748 |  |  |  | 0.567 |
| Irregular intake of fruits | 0.634 |  |  |  | 0.453 |
| Intake of meat with apparent fat |  | 0.763 |  |  | 0.629 |
| Intake of chicken with skin |  | 0.818 |  |  | 0.672 |
| Smoking |  |  | 0.703 |  | 0.518 |
| Alcohol abuse |  |  | 0.752 |  | 0.598 |
| Sedentary behavior |  |  |  | 0.487 | 0.343 |
| Intake of soft drinks/artificial juices |  |  |  | 0.686 | 0.520 |
| Regular intake of sweet foods |  |  |  | 0.696 | 0.593 |
| Eigenvalues | 2.00 | 1.48 | 1.16 | 1.08 |  |
| % variance explained | 18.18 | 13.43 | 10.52 | 9.84 |  |
| % accumulated variance explained | 18.18 | 31.61 | 42.13 | 51.97 |  |

\*F/V = Fruits and vegetables

**Supplemental Table 2** – Factorial loads, commonalities (h2) and variance estimated for the four patterns of risk behaviors related to lifestyle identified in individuals who self-reported being carriers of some chronic noncommunicable disease (systemic arterial hypertension, diabetes mellitus, hypercholesterolemia); National Health Survey, Brazil, 2013 (n = 27,598)

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| --- | --- | --- | --- | --- | --- |
|  | **FACTORIAL LOAD** | | | | **h2** |
| **PATTERNS** | | | |
| **“Physical inactivity and Inadequate consumption of FV\*”** | **“Saturated fat”** | **“Alcohol and Smoking”** | **“Sedentary behavior and Sugar”** |  |
| Absence of physical activity in leisure | 0.399 |  |  |  | 0.164 |
| Irregular intake of green or raw vegetable salad | 0.799 |  |  |  | 0.643 |
| Irregular intake of cooked vegetable | 0.758 |  |  |  | 0.577 |
| Irregular intake of fruits | 0.632 |  |  |  | 0.461 |
| Intake of meat with apparent fat |  | 0.743 |  |  | 0.624 |
| Intake of chicken with skin |  | 0.796 |  |  | 0.642 |
| Smoking |  |  | 0.701 |  | 0.518 |
| Alcohol abuse |  |  | 0.689 |  | 0.506 |
| Sedentary behavior |  |  |  | 0.432 | 0.459 |
| Intake of soft drinks/artificial juices |  |  |  | 0.683 | 0.532 |
| Regular intake of sweet foods |  |  |  | 0.735 | 0.601 |
| Eigenvalues | 2.05 | 1.48 | 1.13 | 10.6 |  |
| % variance explained | 18.66 | 13.47 | 10.26 | 9.65 |  |
| % accumulated variance explained | 18.66 | 32.14 | 32.14 | 52.05 |  |

\*F/V = Fruits and vegetables