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Intelligence in youth and health behaviours in middle age

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Table S1

Characteristics of the participants' AFQT scores, childhood SES, and adult SES by behavioural outcome categories

		obs	AFQT Mean (sd)	P value	obs	Adult SES Mean (sd)	P value	obs	Childhood SES Mean (sd)	P value
Are you able to do the following activities?										
Strength training activities	Yes	6,163	-0.31 (1.02)	p<.001	5,013	0.09 (0.81)	p<.001	6,163	-0.41 (0.08)	p<.001
	No	348	-0.77 (0.91)		226	-0.29 (0.76)		348	-0.60 (0.98)	
Moderate cardiovascular activities	Yes	6,582	-0.31 (1.02)	p<.001	5,348	0.08 (0.81)	p<.001	6,582	-0.35 (1.08)	p<.001
	No	163	-0.83 (0.89)		106	-0.38 (0.80)		163	-0.67 (1.03)	
Vigorous cardiovascular activities	Yes	6,398	-0.31(1.01)	p<.001	5,214	0.09 (0.81)	p<.001	6,398	-0.34 (1.08)	p<.001
	No	316	-0.80 (0.92)		201	-0.40 (0.76)		316	-0.61 (1.01)	
How much of the following activities do										
Strength training (sessions/week)	0	3,363	-0.39 (1.01)	p<.001	2,691	-0.04 (0.79)	p<.001	3,363	-0.43 (1.07)	p<.001
	1 to 3	1,711	-0.08 (1.01)		1,443	0.31 (0.77)		1,711	-0.16 (1.10)	
	≥4	981	-0.36 (1.02)		794	0.14 (0.85)		981	-0.33 (1.09)	
Moderate cardio vascular activity (minutes/week)	<75	2,787	-0.35 (1.03)	p<.001	2,262	0.11 (0.83)	p<.001	2,787	-0.40 (1.08)	p<.001
	≥75 to 149	1,136	-0.13 (1.06)		933	0.21 (0.81)		1,136	-0.21 (1.09)	
	≥150 to 254	1,580	-0.26 (1.02)		1,288	0.09 (0.81)		1,580	-0.29 (1.11)	
	≥510	749	-0.50 (0.90)		602	-0.18 (0.71)		749	-0.45 (0.99)	
Vigorous cardiovascular activity (minutes/week)	<38	2,164	-0.42 (1.02)	p<.001	1,710	-0.05 (0.80)	p<.001	2,164	-0.46 (1.09)	p<.001
	≥38 to 74	698	-0.16 (1.00)		583	0.16 (0.79)		698	-0.26 (1.03)	
	≤75 to 254	2,009	-0.11 (1.00)		1,715	0.27 (0.79)		2,009	-0.19 (1.08)	
	≥255	1,258	-0.41 (0.96)		1,002	0.07 (0.81)		1,258	-0.36 (1.09)	
In the past week have										
Eaten fast food	Yes	4,095	-0.36 (1.00)	p=.010	3,341	0.05 (0.79)	p=.338	4,095	-0.43 (1.06)	p<.001
	No	2,892	-0.30 (1.04)		2,278	0.08 (0.85)		2,892	-0.27 (1.10)	
Skipped any meals	Yes	4,257	-0.30 (1.00)	p<.001	3,435	0.06 (0.81)	p=.413	2,708	-0.33 (1.07)	p=.004
	No	2,708	-0.40 (1.05)		2,171	0.08 (0.83)		4,257	-0.41 (1.09)	
Snacked between meals	Yes	5,888	-0.29 (1.02)	p<.001	4,781	0.09 (0.81)	p<.001	5,888	-0.34 (1.08)	p=.002
	No	1,073	-0.56 (0.99)		829	-0.07 (0.81)		1,073	-0.45 (1.08)	
Had any sugary drinks	Yes	3,695	-0.52 (0.98)	p<.001	2,925	-0.08 (0.78)	p<.001	3,695	-0.56 (1.03)	p<.001
	No	3,286	-0.13 (1.03)		2,689	0.22 (0.81)		3,286	-0.15 (1.09)	
When shopping do you:										
Read nutritional	Always	2,061	-0.21 (1.01)	p<.001	1,663	0.17 (0.82)	p<.001	2,061	-0.24 (1.06)	p<.001
	Often	1,465	0.03 (1.00)		1,234	0.27 (0.80)		1,465	-0.12 (1.08)	
	Sometimes	1,471	-0.52 (1.02)		1,160	-0.05 (0.79)		1,471	-0.54 (1.07)	
	Rarely	693	-0.35 (0.98)		562	0.01 (0.81)		693	-0.38 (1.07)	
	Never	1,256	-0.73 (0.90)		967	-0.21 (0.76)		1,256	-0.63 (1.03)	
Read the ingredients	Always	1,801	-0.32 (1.03)	p<.001	1,416	0.07 (0.84)	p<.001	1,801	-0.29 (1.07)	p<.001
	Often	1,238	-0.05 (0.99)		1,037	0.24 (0.81)		1,238	-0.20 (1.09)	
	Sometimes	1,663	-0.35 (1.07)		1,338	0.05 (0.81)		1,663	-0.41 (1.11)	
	Rarely	829	-0.19 (0.96)		688	0.16 (0.78)		829	-0.29 (1.04)	
	Never	1,417	-0.67 (0.91)		1,107	-0.14 (0.76)		1,417	-0.59 (1.04)	
Smoking & Drinking										
Did you drink alcohol in the past month?	Yes	3,830	-0.10 (1.01)	p<.001	2,360	0.22 (0.79)	p<.001	3,830	-0.15 (1.07)	p<.001
	No	3,131	-0.61 (0.96)		3,250	-0.15 (0.79)		3,131	-0.62 (1.04)	
Did you have 6 or more drinks on one occasion in the past month?	Yes	991	-0.34 (1.00)	p<.001	827	0.02 (0.80)	p<.001	991	-0.34 (1.05)	p<.001
	No	2,832	-0.02(1.00)		2,420	0.29 (0.78)		2,832	-0.08 (1.07)	
Do you smoke?	Yes	1,733	-0.63 (0.90)	p<.001	1,323	-0.32 (0.76)	p<.001	1,733	-0.51 (0.95)	p<.001
	No	5,220	-0.24 (1.04)		4,266	0.18 (0.79)		5,220	-0.31 (1.12)	
Oral care										
Do you floss?	Yes	5,085	-0.22 (1.00)	p<.001	4,198	0.16 (0.79)	p<.001	5,085	-0.29 (1.09)	p<.001
	No	1,505	-0.56 (1.01)		1,151	-0.17 (0.84)		1,505	-0.49 (1.05)	
How often do you floss (times per week)?	Never	1,506	-0.55 (1.01)	p<.001	1,151	-0.17 (0.84)	p<.001	1,506	-0.49 (1.05)	p<.001
	1 to 4	1,825	-0.16 (1.01)		1,538	0.15 (0.77)		1,825	-0.25 (1.08)	
	5 to 7	2,160	-0.16 (1.03)		1,788	0.22 (0.79)		2,160	-0.23 (1.08)	
	> 7	1,100	-0.43 (0.91)		872	0.06 (0.78)		1,100	-0.45 (1.10)	
How many times a day do you brush your teeth?	< once	188	-0.78 (1.10)	p<.001	128	-0.36 (0.91)	p<.001	188	-0.70 (1.11)	p<.001
	1 to <2	1,570	-0.38 (1.04)		1,260	-0.04 (0.81)		1,570	-0.41 (1.02)	
	2 +	4,845	-0.25 (1.00)		3,970	0.15 (0.80)		4,845	-0.29 (1.09)	