Before:          During lockdown:

Supplementary Figure 1. Differences in multiple health behaviours during COVID-19 lockdown (May 2020) compared with prior levels, according to gender, education attainment, and ethnicity: a meta-analysis of 5 cohort studies. Note: estimates show the risk difference on the percentage scale and are weighted to account for survey non-response; ridit scores represent the odds ratio of the least compared with most disadvantaged socioeconomic position, the relative index of inequality.

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### Before:

![Before: Financial difficulties before COVID-19 most vs least difficulty (ridt score)](image)

### During lockdown:

![During lockdown: Financial difficulties before COVID-19 most vs least difficulty (ridt score)](image)

... Supplementary Figure 1 continued.
Supplementary Table 1. Changes in behaviors before and during COVID-19 lockdown: percentages in each cohort and risk factor group.

1) Risk factors according to all cohorts:

| Outcome, reported change during COVID-19 lockdown | Cohort | Gender | | | | Education attainment | | | | Ethnicity | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sleep | | | | | | | | | | | | | | |
| Less sleep | 25.2 | 21.6 | 19.5 | 16.2 | 13.0 | 22.5 | 14.6 | 17.3 | 19.7 | 23.0 | 28.6 |
| no change | 23.0 | 41.3 | 53.9 | 61.2 | 76.5 | 48.0 | 59.3 | 50.2 | 57.6 | 32.0 | 22.7 |
| More | 51.8 | 37.1 | 26.5 | 22.5 | 10.4 | 29.5 | 26.1 | 32.5 | 22.7 | 45.0 | 48.7 |
| Exercise | | | | | | | | | | | | | | |
| Less exercise | 33.7 | 29.5 | 20.2 | 18.8 | 18.1 | 21.7 | 23.5 | 23.2 | 21.2 | 30.8 | 39.8 |
| no change | 30.0 | 35.3 | 49.1 | 56.2 | 59.8 | 45.7 | 51.2 | 42.7 | 54.3 | 32.2 | 32.2 |
| More | 36.3 | 35.2 | 30.7 | 25.1 | 22.1 | 32.6 | 25.3 | 34.2 | 24.5 | 37.0 | 28.1 |
| Alcohol | | | | | | | | | | | | | | |
| More alcohol | 16.7 | 30.1 | 24.4 | 15.4 | 10.7 | 21.4 | 16.2 | 20.8 | 17.3 | 23.6 | 13.5 |
| no change | 47.5 | 55.1 | 67.0 | 72.7 | 80.1 | 63.0 | 69.9 | 62.6 | 68.6 | 48.7 | 65.2 |
| Less | 35.8 | 14.8 | 8.6 | 11.9 | 9.2 | 15.6 | 13.9 | 16.6 | 14.1 | 27.6 | 21.3 |
| Fruit & Veg | | | | | | | | | | | | | | |
| Less fruit & veg | 16.3 | 16.4 | 13.9 | 10.4 | 5.9 | 14.5 | 9.7 | 12.6 | 11.3 | 15.4 | 22.9 |
| no change | 51.7 | 63.0 | 70.0 | 76.6 | 82.3 | 66.8 | 74.2 | 68.7 | 73.4 | 57.7 | 48.7 |
| More | 32.0 | 20.6 | 16.2 | 13.1 | 11.8 | 18.7 | 16.0 | 18.8 | 15.3 | 26.9 | 28.4 |

Note: estimates are weighted to account for survey non-response.
2) Risk factors separately in each cohort

<p>| Cohort, outcome | reported change during COVID-19 lockdown | Gender | | Education attainment | | | | Ethnicity | | | | | |
|-----------------|-----------------------------------------|--------|---------|---------------------|---------|---------|---------|---------|---------|--------|
|                 |                                         | Females| Males   | High education      | Low education | White | Non-white | | | | | | |
| 2001, sleep     | Less sleep                              | 26.2   | 24.2    | 21.6                | 28.5        | 24.0   | 34.1      | | | | | | |
|                 | no change                               | 20.6   | 25.4    | 22.9                | 23.9        | 24.3   | 14.5      | | | | | | |
|                 | More                                     | 53.3   | 50.4    | 55.5                | 47.5        | 51.7   | 51.4      | | | | | | |
| 2001, exercise  | Less exercise                           | 28.7   | 38.8    | 31.7                | 37.1        | 32.4   | 42.6      | | | | | | |
|                 | no change                               | 28.0   | 32.0    | 29.4                | 29.6        | 30.3   | 27.6      | | | | | | |
|                 | More                                     | 43.3   | 29.2    | 38.9                | 33.2        | 37.3   | 29.8      | | | | | | |
| 2001, alcohol   | More alcohol                            | 17.0   | 16.4    | 16.1                | 18.2        | 17.7   | 9.7       | | | | | | |
|                 | no change                               | 43.5   | 51.7    | 43.2                | 51.4        | 45.4   | 62.9      | | | | | | |
|                 | Less                                     | 39.5   | 32.0    | 40.7                | 30.3        | 36.9   | 27.5      | | | | | | |
| 2001, fruit &amp; veg| Less fruit &amp; veg                        | 16.3   | 16.4    | 16.2                | 15.7        | 15.0   | 25.2      | | | | | | |
|                 | no change                               | 47.4   | 56.2    | 48.8                | 57.6        | 52.8   | 42.8      | | | | | | |
|                 | More                                     | 36.3   | 27.4    | 35.0                | 26.7        | 32.2   | 32.0      | | | | | | |
| 1990, sleep     | Less sleep                              | 23.2   | 19.7    | 18.8                | 26.4        | 21.7   | 21.2      | | | | | | |
|                 | no change                               | 38.0   | 45.5    | 42.3                | 39.4        | 42.4   | 33.7      | | | | | | |
|                 | More                                     | 38.8   | 34.9    | 38.9                | 34.2        | 35.9   | 45.1      | | | | | | |
| 1990, exercise  | Less exercise                           | 23.7   | 36.7    | 27.3                | 34.4        | 28.5   | 36.0      | | | | | | |
|                 | no change                               | 38.2   | 31.8    | 33.0                | 38.4        | 34.9   | 38.2      | | | | | | |
|                 | More                                     | 38.2   | 31.5    | 39.7                | 27.2        | 36.6   | 25.8      | | | | | | |
| 1990, alcohol   | More alcohol                            | 31.7   | 28.1    | 30.3                | 31.1        | 31.7   | 18.7      | | | | | | |
|                 | no change                               | 54.5   | 56.0    | 54.8                | 54.5        | 53.3   | 68.4      | | | | | | |
|                 | Less                                     | 13.9   | 16.0    | 14.9                | 14.4        | 15.1   | 12.9      | | | | | | |
| 1990, fruit &amp; veg| Less fruit &amp; veg                        | 18.5   | 14.0    | 16.2                | 13.8        | 15.9   | 20.3      | | | | | | |
|                 | no change                               | 61.7   | 64.6    | 63.6                | 64.4        | 64.0   | 55.6      | | | | | | |
|                 | More                                     | 19.8   | 21.5    | 20.2                | 21.9        | 21.1   | 24.1      | | | | | | |</p>
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<th>Education attainment</th>
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### Supplementary Table 2. Behaviors pre and during COVID-19 lockdown: percentages in each cohort and risk factor group.

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<td>4 or more times a week</td>
<td>18.0%</td>
<td>8.4%</td>
<td>7.3%</td>
<td>18.2%</td>
</tr>
<tr>
<td>2-3 times a week</td>
<td>26.5%</td>
<td>26.2%</td>
<td>19.6%</td>
<td>29.1%</td>
</tr>
<tr>
<td>2-4 times per month</td>
<td>21.4%</td>
<td>29.7%</td>
<td>27.6%</td>
<td>22.2%</td>
</tr>
<tr>
<td>Monthly or less</td>
<td>17.2%</td>
<td>20.4%</td>
<td>25.0%</td>
<td>17.4%</td>
</tr>
<tr>
<td>Never</td>
<td>16.9%</td>
<td>15.3%</td>
<td>20.5%</td>
<td>16.1%</td>
</tr>
<tr>
<td>Alcohol, during (times/week)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 or more times a week</td>
<td>23.8%</td>
<td>8.9%</td>
<td>14.6%</td>
<td>25.5%</td>
</tr>
<tr>
<td>2-3 times a week</td>
<td>24.2%</td>
<td>19.5%</td>
<td>23.9%</td>
<td>27.0%</td>
</tr>
<tr>
<td>2-4 times per month</td>
<td>17.0%</td>
<td>24.0%</td>
<td>20.4%</td>
<td>16.7%</td>
</tr>
<tr>
<td>Monthly or less</td>
<td>13.0%</td>
<td>19.9%</td>
<td>15.9%</td>
<td>11.9%</td>
</tr>
<tr>
<td>Never</td>
<td>22.0%</td>
<td>27.7%</td>
<td>25.2%</td>
<td>19.0%</td>
</tr>
<tr>
<td>Alcohol, pre (high risk drinking)</td>
<td>19.2%</td>
<td>32.6%</td>
<td>16.0%</td>
<td>17.3%</td>
</tr>
<tr>
<td>Alcohol, during (high risk drinking)</td>
<td>16.8%</td>
<td>13.0%</td>
<td>12.7%</td>
<td>21.7%</td>
</tr>
</tbody>
</table>

### Fruit & veg, pre (portions/day)

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Whole sample</th>
<th>2001</th>
<th>1990</th>
<th>1970</th>
<th>1958</th>
<th>Females</th>
<th>Males</th>
<th>High, degree</th>
<th>Low, GCSE/none</th>
<th>White</th>
<th>Non-white</th>
</tr>
</thead>
<tbody>
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<td>0</td>
<td>1.6%</td>
<td>3.5%</td>
<td>1.5%</td>
<td>1.9%</td>
<td>1.1%</td>
<td>0.3%</td>
<td>1.2%</td>
<td>2.0%</td>
<td>1.0%</td>
<td>1.8%</td>
<td>2.4%</td>
</tr>
<tr>
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<td>8.6%</td>
<td>10.0%</td>
<td>7.4%</td>
<td>3.1%</td>
<td>5.6%</td>
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<td>7.3%</td>
<td>8.8%</td>
<td>11.4%</td>
</tr>
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<td>16.3%</td>
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<td>16.9%</td>
<td>15.5%</td>
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<td>12.9%</td>
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<td>22.2%</td>
<td>21.2%</td>
<td>23.5%</td>
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</tr>
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<td>16.9%</td>
<td>16.7%</td>
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<td>17.8%</td>
<td>26.4%</td>
<td>19.4%</td>
<td>18.2%</td>
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<td>20.1%</td>
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<td>21.2%</td>
<td>19.6%</td>
<td>21.1%</td>
<td>17.7%</td>
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<td>17.7%</td>
<td>15.1%</td>
</tr>
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<td>12.1%</td>
<td>7.2%</td>
<td>7.8%</td>
<td>11.2%</td>
<td>14.5%</td>
<td>16.5%</td>
<td>14.6%</td>
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### Fruit & veg, during (portions/day)

<table>
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<tr>
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<tr>
<td>0</td>
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<td>3.5%</td>
<td>2.5%</td>
<td>2.1%</td>
<td>0.9%</td>
<td>0.2%</td>
<td>1.2%</td>
<td>2.2%</td>
<td>1.4%</td>
<td>2.0%</td>
<td>3.0%</td>
</tr>
<tr>
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<td>8.7%</td>
<td>12.1%</td>
<td>9.4%</td>
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<td>7.5%</td>
<td>3.0%</td>
<td>6.3%</td>
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</tr>
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<td>22.6%</td>
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<td>25.0%</td>
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<td>22.9%</td>
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<tr>
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<td>10.8%</td>
<td>14.8%</td>
<td>12.1%</td>
<td>10.3%</td>
</tr>
</tbody>
</table>

**Notes:**

High risk drinking is consuming more than 14 drinks a week or more than 5 drinks in a typical drinking day.

Measures in italics are those used in the main analyses shown in Figure 2.