
Additional file 2: Healthy Lifestyle Index Score

Healthy Lifestyle Factors* ^{1,2,3,4,5}	Score-0	Score-1
BMI²	≥ 23.5 kg/m ²	<23.5 kg/m ²
Physical Activity³	<150min/week moderate and <75min/week vigorous-intensity	≥150 min/week moderate or ≥75min/week vigorous-intensity
Dietary habit	Dining at Hawker center	Never Dining at Hawker center
Dietary quality	Eating uncooked vegetables < 4 times/month and Eating fruits < 4 times/week	Eating uncooked vegetables ≥ 4 times/month or Eating fruits ≥ 4 times/week
Smoking⁴	Smoker	Non-smoker

* Healthy Lifestyle Index; 0 (poor) ---> 5 (Excellent)

References:

1. Spring, Bonnie, et al. "Healthy lifestyle change and subclinical atherosclerosis in young adults: Coronary Artery Risk Development in Young Adults (CARDIA) study." *Circulation* (2014): CIRCULATIONAHA-113.
2. Lewis, Cora E., et al. "Mortality, Health Outcomes, and Body Mass Index in the Overweight Range A Science Advisory From the American Heart Association." *Circulation* 119.25 (2009): 3263-3271.
3. Ahmed, Haitham M., et al. "Low-risk lifestyle, coronary calcium, cardiovascular events, and mortality: results from MESA." *American journal of epidemiology* 178.1 (2013): 12-21.
4. Jiao, Li, et al. "A combined healthy lifestyle score and risk of pancreatic cancer in a large cohort study." *Archives of internal medicine* 169.8 (2009): 764-770.
5. https://www.healthylifestyleindex.sg/asset/image/v2/hli_White_Paper_Summary.pdf