

Joinpoint Trends in Risk Factors Men								
Age Group	AAPC				Most Recent APC			
	Time Period	AAPC ¹	CI 95%	P Value	Time Period	APC ²	CI 95%	P Value
Cigarette Smoking - Former								
20-49	(1995, 2019)	-0.01	(-0.33, 0.32)	0.96	(2017, 2019)	-3.54	(-5.93, -1.09)	0.009
50+	(1995, 2019)	-1.07	(-1.31, -0.82)	<0.0001	(2015, 2019)	-0.11	(-1.07, 0.85)	0.81
Cigarette Smoking - Current								
20-49	(1995, 2019)	-1.63	(-2.04, -1.22)	<0.0001	(2016, 2019)	-1.26	(-2.43, -0.09)	0.037
50+	(1995, 2019)	-2.25	(-2.62, -1.88)	<0.0001	(2013, 2019)	-3.71	(-4.68, -2.74)	<0.0001
Alcohol Consumption - Light Drinker								
20-49	(2011, 2019)	1.30	(0.70, 1.91)	<0.0001	(2016, 2019)	0.35	(-1.45, 2.18)	0.62
50+	(2011, 2019)	0.61	(0.06, 1.16)	0.029	(2017, 2019)	-1.31	(-3.99, 1.44)	0.25
Alcohol Consumption - Moderate Drinker								
20-49	(2011, 2019)	-2.17	(-2.90, -1.44)	<0.0001	(2017, 2019)	-0.75	(-4.44, 3.08)	0.61
50+	(2011, 2019)	-1.10	(-1.56, -0.64)	<0.0001	(2017, 2019)	0.69	(-1.66, 3.09)	0.47
Alcohol Consumption - Heavy Drinker								
20-49	(2011, 2019)	-3.56	(-5.03, -2.06)	<0.0001	(2016, 2019)	-1.10	(-5.61, 3.63)	0.55
50+	(2011, 2019)	0.25	(-0.27, 0.77)	0.29	(2011, 2019)	0.25	(-0.27, 0.77)	0.29
Body Mass Index (BMI) - Overweight								
20-49	(1995, 2019)	-0.41	(-0.67, -0.14)	0.0026	(2015, 2019)	0.39	(-0.49, 1.28)	0.37
50+	(1995, 2019)	-0.39	(-0.57, -0.20)	<0.0001	(2007, 2019)	-0.24	(-0.40, -0.09)	0.0046
Body Mass Index (BMI) - Obese								
20-49	(1995, 2019)	2.19	(1.89, 2.50)	<0.0001	(2001, 2019)	0.79	(0.58, 1.01)	<0.0001
50+	(1995, 2019)	2.11	(1.69, 2.53)	<0.0001	(2009, 2019)	0.50	(0.21, 0.80)	0.0024
Physical Inactivity - Below UK Recommendations								
20-49	(2003, 2012)	-1.86	(-3.51, -0.18)	0.039	(2003, 2012)	-1.86	(-3.51, -0.18)	0.039
50+	(2003, 2012)	-0.73	(-0.93, -0.53)	0.0014	(2003, 2012)	-0.73	(-0.93, -0.53)	0.0014
Fibre Intake Deficiency - Below UK Recommendations								
20-49	(2008, 2018)	-0.38	(-1.34, 0.58)	0.43	(2016, 2018)	2.19	(-3.31, 8.00)	0.37
50+	(2008, 2018)	-0.30	(-0.50, -0.10)	0.0072	(2008, 2018)	-0.30	(-0.50, -0.10)	0.0072
Red Meat Consumption - Median								
20-49	(2008, 2018)	-7.41	(-8.92, -5.87)	<0.0001	(2016, 2018)	-19.99	(-27.17, -12.10)	0.0012

² Annual Percentage Change

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50+	(2008, 2018)	-4.40	(-8.10, -0.54)	0.026	(2016, 2018)	-13.92	(-31.34, 7.91)	0.16
Processed Meat Consumption - Median								
20-49	(2008, 2018)	-4.88	(-7.38, -2.32)	0.00023	(2012, 2018)	-7.77	(-10.91, -4.52)	0.0012
50+	(2008, 2018)	-2.03	(-5.33, 1.38)	0.24	(2013, 2018)	-9.97	(-15.25, -4.36)	0.0054
¹ Average Annual Percentage Change								
² Annual Percentage Change								