

Joinpoint Trends in Risk Factors Women								
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)	-0.04	(-0.69, 0.61)	0.9	(2017, 2019)	-6.12	(-9.43, -2.69)	0.0026
50+	(1995, 2019)	0.13	(-0.07, 0.32)	0.2	(2010, 2019)	-0.25	(-0.68, 0.18)	0.24
Cigarette Smoking - Current								
20-49	(1995, 2019)	-2.33	(-2.60, -2.07)	<0.0001	(2011, 2019)	-2.23	(-2.70, -1.76)	<0.0001
50+	(1995, 2019)	-2.23	(-2.61, -1.86)	<0.0001	(2016, 2019)	0.34	(-0.88, 1.58)	0.55
Alcohol Consumption - Light Drinker								
20-49	(2011, 2019)	0.19	(-0.25, 0.64)	0.39	(2016, 2019)	-1.03	(-2.35, 0.30)	0.097
50+	(2011, 2019)	0.44	(0.24, 0.64)	0.0013	(2011, 2019)	0.44	(0.24, 0.64)	0.0013
Alcohol Consumption - Moderate Drinker								
20-49	(2011, 2019)	-3.02	(-4.25, -1.77)	<0.0001	(2017, 2019)	-0.46	(-6.69, 6.17)	0.85
50+	(2011, 2019)	-0.27	(-0.65, 0.11)	0.14	(2011, 2019)	-0.27	(-0.65, 0.11)	0.14
Alcohol Consumption - Heavy Drinker								
20-49	(2011, 2019)	-2.85	(-5.00, -0.65)	0.011	(2014, 2019)	2.97	(-0.10, 6.14)	0.055
50+	(2011, 2019)	0.81	(-0.61, 2.26)	0.22	(2011, 2019)	0.81	(-0.61, 2.26)	0.22
Body Mass Index (BMI) - Overweight								
20-49	(1995, 2019)	0.01	(-0.23, 0.26)	0.93	(2016, 2019)	0.82	(0.03, 1.61)	0.043
50+	(1995, 2019)	-0.72	(-0.87, -0.56)	<0.0001	(2012, 2019)	-1.29	(-1.75, -0.82)	<0.0001
Body Mass Index (BMI) - Obese								
20-49	(1995, 2019)	2.61	(2.33, 2.88)	<0.0001	(2013, 2019)	3.23	(2.48, 3.99)	<0.0001
50+	(1995, 2019)	1.61	(1.00, 2.22)	<0.0001	(2013, 2019)	1.90	(1.15, 2.66)	<0.0001
Physical Inactivity - Below UK Recommendations								
20-49	(2003, 2012)	-1.44	(-2.43, -0.44)	0.02	(2003, 2012)	-1.44	(-2.43, -0.44)	0.02
50+	(2003, 2012)	-1.25	(-1.88, -0.61)	0.0084	(2003, 2012)	-1.25	(-1.88, -0.61)	0.0084
Fibre Intake Deficiency - Below UK Recommendations								
20-49	(2008, 2018)	-0.20	(-0.45, 0.06)	0.13	(2012, 2018)	-0.55	(-0.88, -0.22)	0.0066
50+	(2008, 2018)	-0.43	(-0.68, -0.18)	0.00071	(2014, 2018)	-0.02	(-0.63, 0.59)	0.94
Red Meat Consumption - Median								
20-49	(2008, 2018)	-7.06	(-12.04, -1.81)	0.009	(2015, 2018)	-17.80	(-32.31, -0.19)	0.048

² Annual Percentage Change

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50+	(2008, 2018)	-7.39	(-8.64, -6.13)	<0.0001	(2008, 2018)	-7.39	(-8.64, -6.13)	<0.0001

Processed Meat Consumption - Median

20-49	(2008, 2018)	-5.36	(-7.88, -2.77)	<0.0001	(2015, 2018)	-10.99	(-19.09, -2.09)	0.024
50+	(2008, 2018)	-5.55	(-7.37, -3.70)	<0.0001	(2008, 2018)	-5.55	(-7.37, -3.70)	<0.0001

¹ Average Annual Percentage Change² Annual Percentage Change