

Supplementary Online Content

Jackson SE, Steptoe A, Wardle J. The influence of partner's behavior on health behavior change: the English Longitudinal Study of Ageing. *JAMA Intern Med*. Published online January 19, 2015. doi:10.1001/jamainternmed.2014.7554.

eTable 1. Logistic regression models examining the influence of partner's health behaviour on positive health behaviour change in men and women who were unhealthy at baseline – adjusting for the onset of chronic health conditions during the study interval

eTable 2. Logistic regression models examining the influence of partner's health behaviour (A) on positive changes in another health behaviour (B) in men who were unhealthy (on behaviour B) at baseline

eTable 3 Logistic regression models examining the influence of partner's health behaviour (A) on positive changes in another health behaviour (B) in women who were unhealthy (on behaviour B) at baseline

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1 Logistic regression models examining the influence of partner’s health behaviour on positive health behaviour change in men and women who were unhealthy at baseline – adjusting for the onset of chronic health conditions during the study interval

		Men		Women	
Partner’s health behaviour		OR [95% CI]	<i>p</i>	OR [95% CI]	<i>p</i>
Smoking					
Model 1					
	Stable smoker	1.00	-	1.00	-
	Stable non-smoker	4.41 [2.26-8.62]	<.001	2.25 [1.20-4.19]	.011
	Quit smoking	12.42 [4.66-33.10]	<.001	12.76 [4.65-35.03]	<.001
Model 2					
	Stable non-smoker	1.00	-	1.00	-
	Quit smoking	2.81 [1.22-6.50]	.015	5.68 [2.27-14.24]	<.001
Physical activity					
Model 1					
	Stable inactive	1.00	-	1.00	-
	Stable active	2.74 [1.96-3.84]	<.001	3.06 [2.21-4.24]	<.001
	Became active	5.45 [3.78-7.86]	<.001	5.33 [3.70-7.68]	<.001
Model 2					
	Stable active	1.00	-	1.00	-
	Became active	1.99 [1.40-2.83]	<.001	1.74 [1.26-2.41]	.001
Weight					
Model 1					
	Stable overweight	1.00	-	1.00	-
	Stable normal weight	1.35 [0.86-2.11]	.193	1.09 [0.65-1.84]	.734
	Overweight and lost weight	3.05 [1.94-4.80]	<.001	3.11 [1.98-4.91]	<.001
Model 2					
	Stable normal weight	1.00	-	1.00	-
	Overweight and lost weight	2.27 [1.33-3.85]	.003	2.84 [1.52-5.32]	.001

OR = odds ratio; CI = confidence interval.

Model 1 compared all three groups, with the consistently-unhealthy partner group as the reference category.

Model 2 compared the consistently-healthy and newly-healthy partner groups, with the consistently-healthy partner group as the reference category.

All models adjust for baseline wave, household wealth, the outcome partner’s age, and the onset of cancer, diabetes, coronary heart disease, stroke, myocardial infarction, or another limiting long-standing illness in either partner between baseline and follow-up.

eTable 2 Logistic regression models examining the influence of partner's health behaviour (A) on positive changes in another health behaviour (B) in men who were unhealthy (on behaviour B) at baseline

Partner's health behaviour	Smoking cessation				Increase in physical activity				Weight loss			
	<i>n</i>	%	OR [95% CI]	<i>p</i>	<i>n</i>	%	OR [95% CI]	<i>p</i>	<i>n</i>	%	OR [95% CI]	<i>p</i>
Smoking												
Stable smoker	-	-	-	-	174	37.9	1.00	-	87	9.2	1.00	-
Stable non-smoker	-	-	-	-	782	45.8	1.29 [0.90-1.84]	.162	863	12.9	1.38 [0.64-2.99]	.409
Quit smoking	-	-	-	-	37	45.9	1.22 [0.58-2.54]	.601	24	12.5	1.47 [0.35-6.08]	.597
Physical activity												
Stable inactive	105	20.0	1.00	-	-	-	-	-	655	11.5	1.00	-
Stable active	190	22.1	1.23 [0.67-2.26]	.509	-	-	-	-	192	13.0	1.04 [0.63-1.71]	.895
Became active	82	18.3	0.92 [0.44-1.93]	.819	-	-	-	-	200	13.5	1.08 [0.66-1.75]	.794
Weight												
Stable overweight	91	31.9	1.00	-	221	52.9	1.00	-	-	-	-	-
Stable normal weight	38	26.3	0.76 [0.32-1.83]	.543	93	58.1	1.11 [0.67-1.86]	.685	-	-	-	-
Overweight and lost weight	15	40.0	1.42 [0.46-4.37]	.544	56	39.3	0.58 [0.31-1.08]	.087	-	-	-	-

ns show the number of men in each group and percentages indicate the proportion of men who made a positive change to their behaviour between baseline and follow-up.

OR = odds ratio; CI = confidence interval.

Models compare all three groups, with the consistently-unhealthy partner group as the reference category. Models testing associations between smoking and physical activity use data over two years, while models that include weight use data over four years.

All models adjust for baseline wave, household wealth, and the outcome (male) partner's age.

eTable 3 Logistic regression models examining the influence of partner's health behaviour (A) on positive changes in another health behaviour (B) in women who were unhealthy (on behaviour B) at baseline

Partner's health behaviour	Smoking cessation				Increase in physical activity				Weight loss			
	<i>n</i>	%	OR [95% CI]	<i>p</i>	<i>n</i>	%	OR [95% CI]	<i>p</i>	<i>n</i>	%	OR [95% CI]	<i>p</i>
Smoking												
Stable smoker	-	-	-	-	151	44.4	1.00	-	71	12.7	1.00	-
Stable non-smoker	-	-	-	-	929	43.6	1.04 [0.72-1.49]	.852	759	17.8	1.43 [0.69-2.97]	.340
Quit smoking	-	-	-	-	36	41.7	0.91 [0.43-1.93]	.802	35	17.1	1.37 [0.44-4.24]	.586
Physical activity												
Stable inactive	128	15.6	1.00	-	-	-	-	-	616	15.9	1.00	-
Stable active	207	15.5	0.83 [0.44-1.58]	.571	-	-	-	-	138	24.6	1.82 [1.15-2.89]	.011
Became active	83	20.5	1.33 [0.63-2.78]	.453	-	-	-	-	159	18.2	1.19 [0.75-1.89]	.453
Weight												
Stable overweight	100	21.0	1.00	-	298	44.0	1.00	-	-	-	-	-
Stable normal weight	29	17.2	0.78 [0.26-2.29]	.649	82	54.9	1.49 [0.89-2.48]	.127	-	-	-	-
Overweight and lost weight	11	27.3	1.46 [0.35-6.07]	.605	50	50.0	1.25 [0.67-2.33]	.492	-	-	-	-

ns show the number of women in each group and percentages indicate the proportion of women who made a positive change to their behaviour between baseline and follow-up.

OR = odds ratio; CI = confidence interval.

Models compare all three groups, with the consistently-unhealthy partner group as the reference category. Models testing associations between smoking and physical activity use data over two years, while models that include weight use data over four years.

All models adjust for baseline wave, household wealth, and the outcome (female) partner's age.