

Table S1. Description of the intervention for each of the unhealthy behaviours and the stage of change of participants.

Unhealthy behaviours													
	Tobacco use			Physical inactivity			Non-adherence mediterranean diet						
Stage of change	Individual	Group	Community	Individual	Group	Community	Individual	Group	Community				
Precontemplation	Very brief intervention + SMS		Social prescribing	Very brief intervention + SMS	Health education workshops	Social prescribing	Very brief intervention + SMS	Health education workshops	Social prescribing				
Contemplation				Brief intervention App+ SMS			Brief intervention App+ SMS						
Preparation				Very brief intervention + SMS			Very brief intervention + SMS						
Action													
Maintenance													
Termination													

Table S2. Community physical activity resources in participants PHCs by regions.

Region	Resources (N)	Physical activity	Intensity
Andalusia	6	gymnastics, pilates, dance, zumba, aerobics	moderate, high
Aragon	8	walking, cycling, swimming	low, moderate, high
Balearic Island	20	gymnastics, pilates, yoga, fitness, swimming, aquagym, Tai-chi, dancing, 'solidarity garden'	low, moderate
Basque Country	11	walking, gymnastics, swimming, aquagym, dance, 'healthy aging'.	moderate, high
Castile and Leon	1	walking	low, moderate
Catalonia	11	aerobics, fitness, walking, dancing	low, moderate, high
Galicia	21	gymnastics, pilates, yoga, swimming, aquagym, Tai-chi, dancing, zumba, cycling	low, moderate, high