Figure S1: Flow-chart of participants

•The e-panel of ARC Market and Opinion - approximately 55 000 individuals Panel •Sending an invitation to participate in the Lifestyle Project Invitation Accepting an invitation to participate in the study 6910 individuals Accepting • Verification of the inclusion criteria in the sample i.e. individuals aged 18 – 65 (5 individuals aged 66 or older were excluded from the sample) Verification •Sample meeting the inclusion criteria - 6 905 individuals Meeting • Quota selection regarding gender, age, place of residence and region Systematic monitoring of the quotas being filled Quota Individuals excluded from the study Systematic checking of the correctness of sample: completing the questionnaires: •144 individuals did not complete the questionnaire •5 individuals completed the questionnaire in too short time •3 individuals marked the same answers to all frequency questions •Individuals not qualified to the study sample – 5 746 individuals Sample

• Study sample - 1 007 individuals