### Additional file 2: Healthy Lifestyle Index Score

| Healthy Lifestyle Factors | Score-0 | Score-1 |
|---------------------------|---------|---------|
| **BMI**²                  | ≥ 23.5 kg/m² | <23.5 kg/m² |
| **Physical Activity**³    | <150 min/week moderate and <75 min/week vigorous-intensity | ≥150 min/week moderate or ≥75 min/week vigorous-intensity |
| **Dietary habit**         | Dining at Hawker center | Never Dining at Hawker center |
| **Dietary quality**       | Eating uncooked vegetables < 4 times/month and Eating fruits < 4 times/week | Eating uncooked vegetables ≥ 4 times/month or Eating fruits ≥ 4 times/week |
| **Smoking**⁴              | Smoker | Non-smoker |

* Healthy Lifestyle Index; 0 (poor) ---> 5 (Excellent)

References:
1. Spring, Bonnie, et al. "Healthy lifestyle change and subclinical atherosclerosis in young adults: Coronary Artery Risk Development in Young Adults (CARDIA) study." Circulation (2014): CIRCULATIONAHA-113.
2. Lewis, Cora E., et al. "Mortality, Health Outcomes, and Body Mass Index in the Overweight Range A Science Advisory From the American Heart Association." Circulation 119.25 (2009): 3263-3271.
3. Ahmed, Haitham M., et al. "Low-risk lifestyle, coronary calcium, cardiovascular events, and mortality: results from MESA." American journal of epidemiology 178.1 (2013): 12-21.
4. Jiao, Li, et al. "A combined healthy lifestyle score and risk of pancreatic cancer in a large cohort study." Archives of internal medicine 169.8 (2009): 764-770.
5. [https://www.healthylifestyleindex.sg/asset/image/v2/hli_White_Paper_Summary.pdf](https://www.healthylifestyleindex.sg/asset/image/v2/hli_White_Paper_Summary.pdf)