

**Table S1.** Number of fulfilled lifestyle recommendations for bone health by sex and osteoporosis status.

	Women (n=859)			Men (n=751)		
	OG 1	OG 2	OG 3	OG 1	OG 2	OG 3
	(n=311)	(n=457)	(n=91)	(n=425)	(n=311)	(n=15)
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Number of fulfilled recommendations						
0	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
1	2 (0.6)	3 (0.7)	0 (0.0)	8 (1.9)	0 (0.0)	0 (0.0)
2	16 (5.1)	12 (2.6)	6 (6.6)	20 (4.7)	20 (6.4)	2 (13.3)
3	51 (16.4)	66 (14.4)	10 (11.0)	118 (27.8)	69 (22.2)	3 (20.0)
4	122 (39.2)	171 (37.4)	37 (40.7)	193 (45.4)	136 (43.7)	7 (46.7)
5	99 (31.8)	153 (33.5)	24 (26.4)	71 (16.7)	63 (20.3)	3 (20.0)
6	21 (6.8)	52 (11.4)	14 (15.4)	15 (3.5)	23 (7.4)	0 (0.0)
	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD
Mean number of fulfilled recommendations	4.17 ± 1.00	4.35 ± 0.99	4.33 ± 1.08	3.81 ± 0.95	4.00 ± 0.99	3.73 ± 0.96

OG 1: low risk of osteoporosis

OG 2: high risk of osteoporosis

OG 3: diagnosis of osteoporosis

SD: Standard deviation