

Supplementary Table S1. Self-report dieting attempts and IWL during the previous year by interaction of BMI and selected determinants (n=3749)*.

Determinants	Dieting attempts						IWL					
	BMI<25 (n=1455)		BMI=25-29.9 (n=1517)		BMI≥30 (n=777)		BMI<25 (n=1455)		BMI=25-29.9 (n=1517)		BMI≥30 (n=777)	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Sex												
Men	1		1		1		1		1		1	
Women	4.11	2.84-5.95	2.47	1.94-3.13	1.49	1.09-2.02	2.92	1.80-4.74	1.38	1.00-1.89	1.31	0.89-1.91
<i>p</i> for interaction						<.0001						0.01
Age (years)												
30-39	1		1		1		1		1		1	
40-49	0.71	0.51-0.97	1.00	0.74-1.35	0.92	0.57-1.49	0.67	0.44-1.03	0.74	0.50-1.08	0.99	0.57-1.73
50-59	0.42	0.28-0.64	0.63	0.45-0.86	0.76	0.48-1.20	0.51	0.29-0.88	0.58	0.38-0.88	0.90	0.53-1.53
60-69	0.26	0.14-0.50	0.56	0.38-0.81	0.55	0.33-0.92	0.43	0.19-0.95	0.39	0.23-0.67	0.59	0.31-1.11
<i>p</i> for interaction						0.23						0.82
Education												
Low	1		1		1		1		1		1	
Intermediate	1.17	0.77-1.79	0.93	0.70-1.24	1.24	0.87-1.77	1.02	0.58-1.79	0.94	0.64-1.40	1.52	0.98-2.35
High	1.51	1.01-2.26	1.33	0.99-1.79	1.16	0.78-1.70	1.39	0.82-2.36	1.29	0.87-1.92	1.37	0.86-2.18
<i>p</i> for interaction						0.43						0.46
Leisure-time physical activity												
Low	1		1		1		1		1		1	
Moderate	1.13	0.78-1.64	1.34	1.01-1.79	1.38	0.98-1.92	1.33	0.80-2.21	1.27	0.86-1.88	1.23	0.82-1.86
Regular vigorous training	1.23	0.80-1.90	1.57	1.11-2.22	1.89	1.15-3.09	1.14	0.62-2.06	1.27	0.79-2.02	1.28	0.72-2.28
<i>p</i> for interaction						0.79						0.98
Smoking												
Never	1		1		1		1		1		1	
Former smoker	1.24	0.83-1.84	1.06	0.80-1.41	1.85	1.27-2.70	1.21	0.71-2.07	1.60	1.09-2.34	1.48	0.96-2.28
Current smoker	1.01	0.73-1.39	0.76	0.58-1.00	0.88	0.60-1.28	1.33	0.88-2.01	1.28	0.89-1.84	1.03	0.65-1.63
<i>p</i> for interaction						0.12						0.77
Energy intake quintiles † (kcal/day)												
1st (lowest)	1		1		1		1		1		1	
2nd	0.67	0.44-1.02	1.10	0.78-1.55	0.79	0.49-1.26	0.48	0.27-0.86	0.92	0.59-1.45	1.13	0.63-2.01
3rd	0.57	0.37-0.88	0.78	0.55-1.12	0.88	0.55-1.40	0.51	0.29-0.91	0.86	0.54-1.38	1.02	0.57-1.82
4th	0.67	0.44-1.02	0.63	0.44-0.90	1.20	0.74-1.94	0.71	0.42-1.21	0.64	0.40-1.05	1.52	0.86-2.67
5th	0.43	0.26-0.69	0.56	0.39-0.79	0.99	0.61-1.59	0.53	0.29-0.97	0.71	0.44-1.12	0.75	0.41-1.37
<i>P</i> for interaction						0.02						0.15
AHEI quintiles ‡												

1st (lowest)	1		1		1		1		1		1	
2nd	1.33	0.84-2.09	1.43	0.97-2.11	1.35	0.79-2.29	1.48	0.78-2.81	1.20	0.69-2.07	1.59	0.79-3.19
3rd	1.22	0.78-1.93	1.65	1.13-2.40	1.51	0.92-2.48	1.74	0.94-3.23	1.38	0.82-2.32	1.04	0.53-2.06
4th	1.37	0.85-2.20	1.71	1.16-2.52	2.29	1.36-3.85	1.66	0.86-3.21	1.34	0.78-2.31	2.01	1.03-3.93
5th	1.66	1.05-2.64	2.37	1.61-3.47	3.59	2.15-6.00	2.16	1.14-4.09	2.01	1.20-3.37	2.76	1.46-5.22
<i>p</i> for interaction						0.31						0.61
Daily consuming certain sugary products [§]												
No	1		1		1		1		1		1	
Yes	0.76	0.53-1.09	0.53	0.40-0.72	1.29	0.86-1.93	0.62	0.38-1.03	0.66	0.44-0.99	1.03	0.62-1.71
<i>p</i> for interaction						0.002						0.31
Knee or hip osteoarthritis												
No	1		1		1		1		1		1	
Yes	0.31	0.04-2.37	1.65	0.99-2.77	0.70	0.42-1.17	-	-	2.74	1.51-4.97	1.12	0.59-2.12
<i>p</i> for interaction						0.03						0.01
SOC quartiles												
1st (highest)	1		1		1		1		1		1	
2nd	0.84	0.57-1.24	1.01	0.74-1.37	1.15	0.74-1.78	0.78	0.47-1.29	1.25	0.83-1.86	0.88	0.53-1.45
3rd	1.03	0.70-1.50	1.18	0.86-1.61	1.09	0.70-1.70	0.81	0.48-1.35	0.98	0.64-1.52	0.66	0.39-1.13
4th (lowest)	1.40	0.93-2.09	1.49	1.08-2.07	1.52	0.98-2.37	1.30	0.77-2.17	1.23	0.79-1.92	0.73	0.43-1.24
<i>p</i> for interaction						0.97						0.22
Concerns about one's appearance												
Does not feel that looks any worse than used to	1		1		1		1		1		1	
Concerns about one's appearance	1.64	1.14-2.35	1.41	1.04-1.93	0.90	0.62-1.31	1.71	1.07-2.72	1.23	0.82-1.85	0.70	0.44-1.11
<i>p</i> for interaction						0.06						0.02
Concerns about one's health												
Not worried about their health more than usually	1		1		1		1		1		1	
Concerns about one's health	1.05	0.76-1.45	1.27	1.00-1.61	1.24	0.90-1.70	0.83	0.53-1.31	1.05	0.75-1.45	1.12	0.77-1.63
<i>p</i> for interaction						0.62						0.58

IWL, Intentional weight loss; BMI, Body mass index; *n*, Number of subjects in respective category; OR, Odds ratio; CI, Confidence interval; AHEI, Alternate Healthy Eating Index; SOC, Sense of coherence; FFMI, Fat free mass index; Fs-, Fasting serum; HDL, High density lipoprotein. Bolded results are statistically significant. * Adjusted for sex (only when men and women analyzed together), age (continuous), education, BMI (continuous), FFMI (continuous as quintiles), leisure-time physical activity, sitting time (continuous as tertiles), smoking, energy intake (continuous as quintiles), AHEI (continuous as quintiles),

daily consuming certain sugary products, sleep duration, fs-triglycerides, fs-HDL, elevated blood pressure, type 2 diabetes, osteoarthritis, SOC (continuous as quartiles), concerns about one's appearance, concerns about one's health. [†] Energy intake quintile ranges (kcal): 1st 688-1745 for male, 593-1613 for female; 2nd 1746-2097 for male, 1614-1942 for female ; 3rd 2098-2467 for male, 1943-2285for female; 4th 2468-3013 for male, 2286-2692 for female; 5th 3014-6413 for male, 2693-6495 for female. [‡] AHEI quintile ranges (points): 1st 7-16 for male, 7-16 for female; 2nd 17-19 for male, 17-19 for female ; 3rd 20-22 for male, 20-22 for female; 4th 23-25 for male, 23-25 for female; 5th 26-34 for male, 26-35 for female. [§] Daily consuming juices, lemonades, hot chocolate, toffee, liquorice, dried fruit, e.g. raisins, sweets, hard pastilles, or candy without xylitol, chocolate, or filled biscuits. ^{||} SOC quartile ranges (score):1st 1.50-5.00 for male, 2.25-4.83 for female; 2nd 5.01-5.50 for male, 4.84-5.50 for female; 3rd 5.51-6.00 for male, 5.51-6.00 for female; 4th 6.01-7.00 for male, 6.01-7.00 for female.