

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

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

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