Figure 1. Associations* (odds ratio and 95% CI) between 1-point increase in Healthy Lifestyle Index (HLI) during childhood and current wheeze\(^1\) (A), current symptoms of rhino-conjunctivitis\(^2\) (B), and current symptoms of eczema\(^3\) (C), ISAAC Phase Three.

<table>
<thead>
<tr>
<th>Study ID</th>
<th>Study</th>
<th>% Weight</th>
<th>Odds Ratio (95% CI)</th>
<th>% Weight</th>
<th>Odds Ratio (95% CI)</th>
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<tbody>
<tr>
<td>A</td>
<td>Study 1</td>
<td>0.94</td>
<td>1.13 (0.84, 1.51)</td>
<td>0.74</td>
<td>1.13 (0.79, 1.23)</td>
<td>0.53</td>
<td>1.13 (0.79, 1.23)</td>
</tr>
<tr>
<td>B</td>
<td>Study 2</td>
<td>0.94</td>
<td>1.13 (0.84, 1.51)</td>
<td>0.74</td>
<td>1.13 (0.79, 1.23)</td>
<td>0.53</td>
<td>1.13 (0.79, 1.23)</td>
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<td>C</td>
<td>Study 3</td>
<td>0.94</td>
<td>1.13 (0.84, 1.51)</td>
<td>0.74</td>
<td>1.13 (0.79, 1.23)</td>
<td>0.53</td>
<td>1.13 (0.79, 1.23)</td>
</tr>
</tbody>
</table>

*Centre-specific odds ratios and 95% confidence intervals from meta-analysis using random effects.

For each centre, the mean HLI score is stated in brackets.

1Models adjusted for child’s sex, breastfeeding and pets at home. Punta Arenas and Caracas centers not included because of incomplete data.

2Models adjusted for child’s sex and pets at home. Poznan, Ciudad Victoria and Caracas centers not included because of incomplete data.

3Models adjusted for child’s sex, maternal education level, breastfeeding and siblings. Punta Arenas, Caracas, Fukuoka, Singapore, and Al-Khod centers not included because of incomplete data.
**Figure 2.** Associations* (odds ratio and 95% CI) between 1-point increase in Healthy Lifestyle Index (HLI) during childhood and asthma ever1 (A), hay fever ever2 (B), and ever eczema3 (C) in children aged 6-7 years, the ISAAC Phase Three.

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*Centre-specific odds ratios and 95% confidence intervals from meta-analysis using random effects. For each centre, the mean HLI score is stated in brackets.

1Models adjusted for child’s sex, maternal education level, siblings and pets at home. Singapore, Al-Khod and Caracas centers not included because of incomplete data.

2Models adjusted for child’s sex, maternal education level, breastfeeding and siblings. Punta Arenas, Caracas, Singapore and Al-Khod centers not included because of incomplete data.

3Models adjusted for child’s sex, maternal education level and breastfeeding. Punta Arenas, Caracas, Fukuoka and Al-Khod centers not included because of incomplete data.

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