**Table S2: Relative risks for the effects of alcohol use on disease outcomes from meta-analyses.**

| **Disease outcome** | **Sex** | **Age (years)** | **I a** | **II** | **III** | **IV** |
| --- | --- | --- | --- | --- | --- | --- |
| Ischemic heart disease [[1-3](#_ENREF_1)] | Both | 30–44 | 1.00 | 0.60 | 0.62 | 1.00 b |
|  |  | 45–50 | 1.00 | 0.63 | 0.65 | 1.00 b |
|  |  | 60–69 | 1.00 | 0.82 | 0.83 | 1.00 b |
|  |  | 70–79 | 1.00 | 0.92 | 0.93 | 1.00 b |
|  |  | ≥80 | 1.00 | 0.97 | 0.98 | 1.00 b |
| Ischemic stroke [[2-4](#_ENREF_2)] | Men | 30–44 | 1.00 | 0.83b | 1.07 b | 3.84 |
|  |  | 45–50 | 1.00 | 0.88b | 1.05 b | 2.52 |
|  |  | 60–69 | 1.00 | 0.94 b | 1.02 b | 1.69 |
|  |  | 70–79 | 1.00 | 0.97 b | 1.01 b | 1.32 |
|  |  | ≥80 | 1.00 | 1.00 b | 1.00 b | 1.00 b |
|  | Women | 30–44 | 1.00 | 0.88 b | 0.85 b | 1.33 b |
|  |  | 45–50 | 1.00 | 0.91 b | 0.89 b | 1.22 b |
|  |  | 60–69 | 1.00 | 0.96 b | 0.95 b | 1.10 b |
|  |  | 70–79 | 1.00 | 0.98 b | 0.98 b | 1.05 b |
|  |  | ≥80 | 1.00 | 1.00 b | 1.00 b | 1.00 b |
| Hemorrhagic stroke [[2-4](#_ENREF_2)] | Men | 30–44 | 1.00 | 1.65 b | 3.16 b | 6.65 |
|  |  | 45–50 | 1.00 | 1.42 b | 2.22 b | 3.60 |
|  |  | 60–69 | 1.00 | 1.19 b | 1.55 b | 2.18 |
|  |  | 70–79 | 1.00 | 1.09 b | 1.26 b | 1.55 |
|  |  | ≥80 | 1.00 | 1.00 b | 1.00 b | 1.00 b |
|  | Women | 30–44 | 1.00 | 1.30 b | 2.07 b | 3.89 b |
|  |  | 45–50 | 1.00 | 1.20 b | 1.67 b | 2.54 b |
|  |  | 60–69 | 1.00 | 1.09 b | 1.30 b | 1.70 b |
|  |  | 70–79 | 1.00 | 1.04 b | 1.14 b | 1.32 b |
|  |  | ≥80 | 1.00 | 1.00 b | 1.00 b | 1.00 b |
| Hypertensive disease [[2](#_ENREF_2),[5](#_ENREF_5)] | Men | 30≥ | 1.00 | 1.40 | 2.00 | 4.10 |
|  | Women | 30≥ | 1.00 | 1.40 | 2.00 | 2.00 |
| Cardiac arrhythmias [[2](#_ENREF_2),[6](#_ENREF_6)] | Both | 30≥ | 1.00 | 1.51 | 2.23 | 2.23 |
| Larynx cancer [[2](#_ENREF_2),[6](#_ENREF_6)] | Both | 30≥ | 1.00 | 1.83 | 3.90 | 4.93 |
| Mouth and pharynx cancer [[2](#_ENREF_2)] | Both | 30≥ | 1.00 | 1.45 | 1.85 | 5.39 |
| Selected other cancers [[3](#_ENREF_3)] | Both | 30≥ | 1.00 | 1.10 | 1.30 | 1.70 |
| Diabetes mellitus [[2](#_ENREF_2)] | Men | 30≥ | 1.00 | 0.99 | 0.57 | 0.73 |
|  | Women | 30≥ | 1.00 | 0.92 | 0.87 | 1.13 |
| Liver cirrhosis [[3](#_ENREF_3),[6](#_ENREF_6)] | Both | 30≥ | 1.00 | 1.30 | 9.50 | 13.00 |
| Pancreatitis [[2](#_ENREF_2),[5](#_ENREF_5)] | Men | 30≥ | 1.00 | 1.30 | 1.80 | 3.20 |
|  | Women | 30≥ | 1.00 | 1.30 | 1.80 | 1.80 |

I, Abstainers; II, <40 g/day of ethanol intake; III, 40–59.9 g/day; IV, ≥60 g/day.

a Reference category

b We replaced these statistically insignificant relative risks with 1 in our analysis.

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