Supplementary Table 1. Sampling of the study-participating schools in 1996, 2000, 2004, 2008, 2012, and 2017

	1996		2000		2004		2008		2012		2017	
	n	(%)	n	(%)	n	(%)	n	(%)	n	(%)	n	(%)
Junior high school												
(A) Number of schools in Japan	11,194		11,153		11,060		10,882		10,018		10,325	
(B) Number of schools sampled	122	(1.1)	132	(1.2)	131	(1.2)	130	(1.2)	140	(1.4)	98	(0.9)
(C) Number of schools which took part	80		99		92		92		94		48	
Response rate	65.6		75.0		70.2		70.8		67.1		49.0	
Senior high school												
(D) Number of schools in Japan	5,330		5,315		5,193		5,115		4,603		4,907	
(E) Number of schools sampled	109	(2.0)	102	(1.9)	109	(2.1)	110	(2.2)	124	(2.7)	86	(1.8)
(F) Number of schools which took part	73		77		87		80		85		55	
Response rate	67.0		75.5		79.8		72.7		68.5		64.0	

Supplementary Table 2. Prevalence of the amount of alcohol use per day among drinkers on a drinking day

Year	1996		2000		2004		2008		2012		2017	
Number of drinkers	n = 44,545		n = 39,497		n = 30,233		n = 16,110		n = 12,034		n = 3,584	
	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI
Less than 2 glasses	42.1	(41.7, 42.6)	60.3	(59.9, 60.8)	60.9	(60.4, 61.5)	61.6	(60.9, 62.4)	63.8	(62.9, 64.6)	65.2	(63.6, 66.7)
More than 3 glasses	39.4	(39.0, 39.9)	31.3	(30.9, 31.8)	32.2	(31.7, 32.7)	31.3	(30.6, 32.0)	30.2	(29.3, 31.0)	27.2	(25.7, 28.7)
Until I got drunk	10.6	(10.3, 10.9)	6.8	(6.6, 7.1)	5.9	(5.7, 6.2)	5.8	(5.4, 6.2)	4.4	(4.1, 4.8)	5.6	(4.8, 6.3)

CI, confidence interval

Supplementary Table 3. Prevalence of the average number of cigarettes smoked among smokers per day

Year	1996		2000		2004		2008		2012		2017	
Number of smokers	n = 20,070		n = 16,237		n = 9,614		n = 4,966		n = 2,851		n = 769	
	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI
Less than 9 cigarettes	60.2	(59.5, 60.9)	74.0	(73.2, 74.5)	—		—		—		—	
More than 10 cigarettes	35.9	(35.2, 36.5)	23.0	(21.9, 23.2)								
Less than 10 cigarettes	—		—		67.4	(66.4, 68.3)	67.3	(66.0, 68.6)	73.2	(71.5, 74.8)	69.1	(65.8, 72.3)
More than 11 cigarettes					29.3	(28.4, 30.2)	28.4	(27.2, 29.7)	23.1	(21.6, 24.7)	25.0	(21.9, 28.0)

CI, confidence interval

Supplementary Table 4. Prevalence of the number of days alcohol was used in the past 30 days among drinkers

Year	1996		2000		2004		2008		2012		2017	
Number of drinkers	n = 44,545		n = 39,497		n = 30,233		n = 16,110		n = 12,034		n = 3,584	
	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI
1-9 days	91.5	(91.3, 91.8)	91.1	(90.9, 91.4)	90.1	(89.8, 90.5)	89.6	(89.2, 90.1)	90.6	(90.1, 91.1)	89.3	(88.3, 90.3)
10-29 days	7.1	(6.8, 7.3)	8.0	(7.7, 8.3)	8.7	(8.4, 9.0)	8.9	(8.5, 9.4)	8.3	(7.8, 8.8)	9.1	(8.1, 10.0)
Every day	1.4	(1.3, 1.5)	0.9	(0.8, 1.0)	1.2	(1.1, 1.3)	1.4	(1.2, 1.6)	1.1	(1.0, 1.3)	1.6	(1.2, 2.0)

CI, confidence interval

Supplementary Table 5. Prevalence of the number of days when cigarettes were smoked in the past 30 days among smokers

Year	1996		2000		2004		2008		2012		2017	
Number of smokers	n = 20,070		n = 16,237		n = 9,614		n = 4,966		n = 2,851		n = 769	
	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI
1-9 days	33.0	(32.4, 33.7)	32.3	(31.6, 33.0)	35.0	(34.0, 35.9)	38.4	(37.1, 39.8)	38.0	(36.2, 39.7)	47.2	(43.7, 50.7)
10-29 days	19.2	(18.6, 19.7)	19.0	(18.4, 19.6)	21.0	(20.2, 21.9)	20.7	(19.6, 21.8)	23.7	(22.2, 25.3)	21.2	(18.3, 24.1)
Every day	47.8	(47.1, 48.5)	48.7	(47.9, 49.5)	44.0	(43.0, 45.0)	40.9	(39.5, 42.2)	38.3	(36.5, 40.1)	31.6	(28.3, 34.9)

CI, confidence interval