Table S1. Baseline variable definitions in the present study

Variable	Questions in the CLHLS questionnaires	Options of questions in the CLHLS questionnaires	Reclassifications of options in the CLHLS codes	Reclassifications of options in the present study[a]
Sex: male		1. male 2. female	1. male 2. female	• male • female
Age	Validated age; also write the evidence for confirming the age	Number	Number	• actual age
Education	How many years did you attend school?	Number	88. don't know 99. missing	• actual education years • missing: don't know, missing
Marital status	Current marital status?	1. married and living with spouse 2. separated 3. cohabiting with a partner 4. divorced 5. widowed 6. never married	1. currently married and living with spouse 2. separated 3. divorced 4. widowed 5. never married 9. missing	• in marriage: currently married and living with spouse, separated • not in marriage: divorced, widowed, never married • missing
Residence	Current residence area of interviewee?	1. city 2. town 3. rural	1. city 2. town 3. rural	• urban: city, town • rural: rural
Co-residence	Co-residence?	1. with household member(s) 2. alone 3. in a nursing home	1. with household member(s) 2. alone 3. in an institution 9. missing	• with household member(s) • alone • in a institution • missing

Household income	How do you rate your economic status compared with others in your local area?	1. very rich 2. rich 3. so so 4. poor 5. very poor 8. didn't answer	1. very rich 2. richer 3. fair 4. poorer 5. very poor 8. didn't answer 9. missing	• rich: very rich, richer • fair: fair • poor: poorer, very poor • missing: didn`t answer, missing
Fresh fruit	Do you eat fresh fruit?	1. everyday or almost everyday 2. quite often 3. occasionally 4. rarely or never	1. almost everyday 2. quite often 3. occasionally 4. rarely or never 9. missing	• often: almost everyday, quite often • occasionally: occasionally • never: rarely or never • missing
Fresh vegetable	Do you eat fresh vegetables?	1. everyday or almost everyday 2. quite often 3. occasionally 4. rarely or never	1. almost everyday 2. quite often 3. occasionally 4. rarely or never 9. missing	• often: almost everyday, quite often • occasionally: occasionally • never: rarely or never • missing
Current smoking	Do you smoke at the present time?	1. yes 2. no	1. yes 2. no 9. missing	• current smoking: yes • no smoking at present: no • missing
Current drinking	Do you drink alcohol at the present time?	1. yes 2. no	1. yes 2. no 9. missing	• current drinking: yes • no drinking at present: no • missing
Current regular exercise	Do you do exercises regularly at present?	1. yes 2. no	1. yes 2. no 9. missing	• current regular exercise: yes • no regular exercise at present: no • missing

Hypertension	Are you suffering from this disease?	1. yes 2. no 3. don't know	1. yes 2. no 3. don't know 9. missing	• yes: yes • no: no • unknown: don`t know • missing
Diabetes	Are you suffering from this disease?	1. yes 2. no 3. don't know	1. yes 2. no 3. don't know 9. missing	• yes: yes • no: no • unknown: don`t know • missing
Heart disease	Are you suffering from this disease?	1. yes 2. no 3. don't know	1. yes 2. no 3. don't know 9. missing	• yes: yes • no: no • unknown: don`t know • missing
Cerebrovascular disease	Are you suffering from this disease?	1. yes 2. no 3. don't know	1. yes 2. no 3. don't know 9. missing	• yes: yes • no: no • unknown: don`t know • missing
Respiratory disease	Are you suffering from this disease?	1. yes 2. no 3. don't know	1. yes 2. no 3. don't know 9. missing	• yes: yes • no: no • unknown: don`t know • missing
Cancer	Are you suffering from this disease?	1. yes 2. no 3. don't know	1. yes 2. no 3. don't know 9. missing	• yes: yes • no: no • unknown: don`t know • missing

Supplemental material

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| Self-rated health | How do you rate your health at present? | 1. very good
2. good
3. so so
4. bad
5. very bad
8. not able to answer | 1. very good
2. good
3. so so
4. bad
5. very bad
8. not able to answer | • good: very good, good
• fair: so so
• poor: bad, very bad
• unknown: not able to answer
• missing |

[a] The missing values for all the baseline variables analyzed in this research were less than 0.70%. Due to such low missing rates, we did not impute the missing values, and we deleted the cases with missing values in the statistical analyses.