**Appendix 1 The code for all variables and their problem descriptions**

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| **Variable** | **Code** | **Question description** | **Answer** |
| Gender | BA000\_W2\_3 | Interviewer record the Respondent’s gender | 1. Male2. Female |
| Age | BA002 | What’s your actual date of birth? |  |
| Residence | A001 | Take down the type of this neighborhoods. | 1.Rural Village2.Urban Community |
| Education | BD001\_W2\_4 | What’s the highest level of education your have now (not including adult education)? | 1. No formal education (illiterate)2. Did not finish primary school3. Sishu/home school4. Elementary school5. Middle school6. High school7. Vocational school8. Two-/Three-Year College/Associate degree9. Four-Year College/Bachelor’s degree10. Master’s degree11. Doctoral degree/Ph.D. |
| Marital status | BE001 | What is your marital status? | 1. Married and live with spouse2. Married but don’t living with spouse temporarily for reasons such as work3. Separated, don’t live together as a couple anymore4. Divorced5. Widowed6. Never married |
| Health insurance status | EA001\_W4 | Are you the policy holder/primary beneficiary of any of the types of health insurance listed below? (circle all that apply) | 1. Urban employee medical insurance (yi-bao)2. Urban and rural resident medical insurance (integrated urban resident medical insurance and new rural cooperative medical insurance)3. Urban resident medical insurance4. New rural cooperative medical insurance (he-zuo-yi-liao)5. Government medical insurance6. Medical aid7. Private medical insurance: purchased by work unit8. Private medical insurance: purchased by individual9. Urban non-employed persons’s health insurance10. Long-term care insurance11. Other medical insurance12. No insurance |
| Physical activity | DA051 | Now we would like to ask about the amount of time you spend on different types of physical activities in a usual week.  | 1.Now, think about all the vigorous activities requiring hard/high-intensity physical effort that you do in a usual week. Vigorous activities make you breathe much harder than normal and may include heavy lifting, digging, plowing, aerobics, fast bicycling, and cycling with a heavy load. Think only about those physical activities that you did for at least 10 minutes at a time.2.Now think about activities which take moderate physical effort that you do in a usual week. Moderate physical activities make you breathe somewhat harder than normal and may include carrying light loads, bicycling at a regular pace, or mopping the floor. Again, think about only those physical activities that you did for at least 10 minutes at a time. 3.Now think about the time you spend walking in a usual week. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure. |
| Social activity participation | DA056 | Have you done any of these activities in the last month? (Check all that apply) | 1. Interacted with friends2. Played Ma-jong, played chess, played cards, or went to community club3. Provided help to family, friends, or neighbors who do not live with you4. Went to a sport, social, or other kind of club5. Took part in a community-related organization6. Done voluntary or charity work7. Cared for a sick or disabled adult who does not live with you8. Attended an educational or training course9. Stock investment10. Used the Internet11. Other12. None of these |
| Smoking status | DA059 | Have you ever chewed tobacco, smoked a pipe, smoked self-rolled cigarettes, or smoked cigarettes/cigars? | 1. Yes2. No |
|  | DA061 | Do you still have the habit or have you totally quit? | 1. Still have2. Quit |
| Drinking status | DA067 | Did you drink any alcoholic beverages, such as beer, wine, or liquor in the past year? How often? | 1. Drink more than once a month2. Drink but less than once a month3. None of these |
| Nighttime sleep duration (hours) | DA049 | During the past month, how many hours of actual sleep did you get at night (average hours for one night)? |  |
| Midday napping (minutes) | DA050 | During the past month, how long did you take a nap after lunch? |  |
| Height | PI001 | Can you understand the measurement method and are you willing to participate in this measurement? | 1. YES2. No |
| Weight | PL002 | Can you understand the measurement method and are you willing to participate in this measurement? | 1. Yes2. No |
| Chronic disease | DA007 | Have you been diagnosed with [conditions listed below, read one by one] by a doctor? | 1. Hypertension2. Dyslipidemia3. Diabetes or high blood sugar4. Cancer or malignant tumor5. Chronic lung diseases6. Liver disease7. Heart attack8. Stroke9. Kidney disease10. Stomach or other digestive diseases11. Memory-related disease12. Arthritis or rheumatism13. Asthma |
| Depression | DC009 | I was bothered by things that don’t usually bother me | 1. Rarely or none of the time2. Some or a little of the time3. Occasionally or a moderate amount of the time4. Most or all of the time8. Do not know9. Refuse to answer |
|  | DC010 | I had trouble keeping my mind on what I was doing | 1. Rarely or none of the time2. Some or a little of the time3. Occasionally or a moderate amount of the time4. Most or all of the time8. Do not know9. Refuse to answer |
|  | DC011 | I felt depressed | 1. Rarely or none of the time2. Some or a little of the time3. Occasionally or a moderate amount of the time4. Most or all of the time8. Do not know9. Refuse to answer |
|  | DC012 | I felt everything I did was an effort | 1. Rarely or none of the time2. Some or a little of the time3. Occasionally or a moderate amount of the time4. Most or all of the time8. Do not know9. Refuse to answer |
|  | DC013 | I felt hopeful about the future | 1. Rarely or none of the time2. Some or a little of the time3. Occasionally or a moderate amount of the time4. Most or all of the time8. Do not know9. Refuse to answer |
|  | DC014 | I felt fearful |
|  | DC015 | My sleep was restless |
|  | DC016 | I was happy |
|  | DC017 | I felt lonely |
|  | DC018 | I could not get “going” |
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