**Supplementary Table 2 Assignment of study variables**

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| **Variables** | **Value** |
| **Sociodemographic characteristics** |  |
| 1. Age (years old) | 1 = 60-69, 2 = 70-79, 3 = ≥80. |
| 2. Marital status | 1 = Living with spouse present,  2 = Married but not living with spouse temporarily,  3 = Separated / Divorced / Widowed / Never married. |
| 3. Educational level | 1 = Illiterate, 2 = Elementary school or below,  3 = Middle school, 4 = High school or Vocational school,  5 = Bachelor’s degree / Associate degree or greater. |
| **Poor health status** |  |
| 4. Self-reported health status | 1 = Very good, 2 = Good, 3 = Fair, 4 = Poor, 5 = Very poor |
| 5. Health status change compare  to last year | 1 = Better, 2 = About the same, 3 = Worse. |
| 6. Types of chronic diseases  suffered\* | 1 = none, 2 = One type, 3 = Two types,  4 = Three or more types |
| 7. Health status satisfaction | 1 = Completely satisfied, 2 = Very satisfied,  3 = Somewhat satisfied, 4 = Not very satisfied,  5 = Not at all satisfied. |
| **Unhealthy habits** |  |
| 8. Smoking status | 1 = Never smoke, 2 = Past smoker, 3 = Current smoker. |
| 9. Alcoholic beverages last year | 1 = None, 2 = Drink but less than once a month,  3 = Drink more than once a month. |
| **Sleep duration** |  |
| 10. Average actual sleep hours  per night last month | 1 = less than 6 hours, 2 = 6-7 hours, 3 = 7-8 hours,  4 = more than 8 hours. |
| 11. Average duration per nap  last month | 1 = never take a nap, 2 = less than 30 minutes,  3 = 30-60 minutes, 4 = over 60minutes. |

\*A total of 14 types of chronic diseases were asked: 1. Hypertension; 2. Dyslipidemia (elevation of low density lipoprotein, triglycerides (TGs), and total cholesterol, or a low high density lipoprotein level); 3. Diabetes or high blood sugar; 4. Cancer or malignant tumor (excluding minor skin cancers); 5. Chronic lung diseases, such as chronic bronchitis, emphysema (excluding tumors, or cancer); 6. Liver disease (except fatty liver, tumors, and cancer); 7. Heart attack, coronary heart disease, angina, congestive heart failure, or other heart problems; 8. Stroke; 9. Kidney disease (except for tumor or cancer); 10. Stomach or other digestive disease (except for tumor or cancer); 11. Emotional, nervous, or psychiatric problems; 12. Memory-related disease; 13. Arthritis or rheumatism; 14. Asthma.