**Supplementary Table 1 Preliminary study variables and corresponding latent variables**

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| --- | --- |
| **Latent variables** | **Observational variables** |
| Sociodemographic characteristics | Gender, age, marital status, residence, educational level,  household consumption expenditure last year |
| Poor health status | Childhood health status, self-reported health status,  health status change compare to last year, ADL,  types of chronic diseases suffered, health status satisfaction |
| Unhealthy habits | Smoking status, Alcoholic beverages last year |
| Sleep duration | Average actual sleep hours per night last month,  Average duration per nap last month |