**Depression:**

 No (0)

 Yes (1)

**Gender:**

 Female (0)

 Male (1)

**Ethnicity code:**

 Minorities (0)

 Han (1)

**Level of education:**

 Primary school or less (0)

 Junior high (1)

 High school (2)

 College or more (3)

**Marital status:**

 Single (0)

 Married (1)

**Urban/rural areas:**

 Rural areas (0)

 Urban areas (1)

**BMI:**

 <18.5 (0)

 18.5-24.0 (1)

 24.0-28.0 (2)

 ≥28.0 (3)

**Self-rated health:**

 poor health (0)

 fair (1)

 good (2)

 very good (3)

 excellent (4)

**Smoking:**

 No (0)

 Yes (1)

**Drinking:**

 No (0)

 Yes (1)

**Exercise:**

 No (0)

 Yes (1)