

Supplementary materials

Table S1. Descriptive statistics for participants (n = 21,444)

Variables	Definitions/Code	%
Self-rated health status	Very bad = 1	0.0853
	Bad = 2	7.722
	Fair = 3	30.471
	Good = 4	53.632
	Very good = 5	7.312
Gender	Men = 1	47.952
	Women = 2	52.047
Age group	18–26 (Emerging adults)	15.249
	27–45 (Young adults)	39.106
	46–64 (Middle-aged adults)	31.004
	65+ (Elderly)	13.640
Social security	Yes = 1	92.823
	No = 0	7.176
Education level	Primary school and less = 1	10.884
	Secondary school = 2	44.404
	High school and equivalent = 3	23.218
	Higher education = 4	21.493
Working status	Employee = 1	42.016
	Unemployed = 0	57.983
Marital status	Married = 1	70.084
	Single = 0	29.915
When was the last time you consulted a GP (general practitioner) or family doctor on your own behalf	Within the past 12 months	63.775
	12 months ago or longer	30.08
	Never	6.141
When was the last time you were vaccinated against flu?	Within the past 12 months = 2	3.068
	Too long ago (before last year) = 1	16.489
	Never = 0	80.442
When was the last time that your blood pressure was measured by a health professional?	Within the past 12 months = 4	13.071
	Less than 3 years ago = 3	47.728
	More than 3 to less than 5 years = 2	25.918
	5 years ago or more = 1	7.731
	Never = 0	5.549
When was the last time that your blood cholesterol was measured by a health professional?	Within the past 12 months = 4	20.346
	Less than 3 years ago = 3	42.501
	More than 3 to less than 5 years = 2	24.435
	5 years ago or more = 1	7.451
	Never = 0	5.264
When was the last time that your blood sugar was measured by a health professional?	Within the past 12 months = 4	18.191
	Less than 3 years ago = 3	44.539
	More than 3 to less than 5 years = 2	24.449
	5 years ago or more = 1	7.545
	Never = 0	5.274

How much time do you spend walking to get to and from places on a typical day?	10–29 minutes per day = 5	50.087
	30–59 minutes per day = 4	31.740
	1 hour to less than 2 hours per day = 3	12.373
	2 hours to less than 3 hours per day = 2	3.319
	3 hours or more per day = 1	2.479
Use of tobacco	Yes = 1	76.752
	No = 0	23.365
Use of alcohol	Yes = 1	18.074
	No = 0	81.925
Was there any time in the past 12 months when you needed medical care, but could not afford it?	Yes = 1	8.305
	No = 0	91.694
Was there any time in the past 12 months when you needed prescribed medicines, but could not afford it?	Yes = 1	6.104
	No = 1	93.895
Height – cm (μ)		167.4
Weight – kg (μ)		74.69
Portions of fruit, Daily (μ)		1.3901
Number of observations		21,444

Table S2. Multilevel probit model

Variables		18–26 age		27–45 age		46–64 age		65+ age	
Dependent variable: self-rated health status		β	Std. Err.	β	Std. Err.	β	Std. Err.	β	Std. Err.
Gender	Men: (reference-ref.)								
	Women	–0.235 ^a	0.096	–0.157 ^a	0.059	–0.252 ^a	0.057	–0.022	0.092
Social security	No: ref.								
	Yes	–0.161	0.139	–0.021	0.087	0.002	0.116	–0.103	0.205
Education level	Primary school and less: ref.								
	Secondary school	0.346 ^a	0.401	0.602 ^a	0.139	0.487 ^a	0.092	0.466 ^a	0.09
	High school and equivalent	0.671 ^b	0.398	0.836 ^a	0.143	0.582 ^a	0.105	0.663 ^a	0.144
	Higher education	0.538 ^a	0.402	1.061 ^a	0.1436	0.881 ^a	0.109	0.782 ^a	0.144
Working status	Unemployed: ref								
	Employee	0.104	0.096	0.0458	0.0596	0.260 ^a	0.054	0.195	0.155
Marital status	Single ref								
	Married	0.028	0.118	–0.107 ^a	0.060	–0.024	0.069	0.107	0.085
When was the last time you consulted a general practitioner or family doctor on your own behalf?	Within the past 12 months	0.090	0.156	0.345 ^a	0.096	0.200 ^a	0.113	–0.371	0.278
	12 months ago or longer	0.061	0.161	0.184 ^a	0.097	0.026	0.119	0.082	0.289
	Never: ref								

When was the last time you were vaccinated against flu?	Within the past 12 months	0.011	0.357	-0.266	0.195	0.212 ^b	0.125	0.063 ^b	0.105
	Too long ago (before last year)	0.170	0.128	0.118	0.066	0.006	0.064	0.132 ^b	0.086 ₇
	Never: ref								
When was the last time that your blood pressure was measured by a health professional?	Within the past 12 months	0.024	0.146	0.385 ^a	0.095	0.379 ^a	0.116	-0.062	0.236
	Less than 3 years ago	0.199	0.160	0.252 ^a	0.098	0.126	0.124	0.082	0.246
	More than 3 to less than 5 years	0.030	0.258	0.219 ^a	0.128	0.043	0.163	-0.328	0.297
	5 years and more	0.144	0.267	0.088 ^a	0.133	0.060	0.158	-0.231	0.305
	Never: ref								
When was the last time that your blood cholesterol was measured by a health professional?	Within the past 12 months	-0.224	0.211	0.047	0.123	-0.266 ^b	0.147	-0.485 ^b	0.295
	Less than 3 years ago	-0.044	0.225	0.0810	0.137	-0.172 ^b	0.152	-0.734 ^a	0.291
	More than 3 to less than 5 years	0.099	0.343	0.112	0.187	-0.364 ^b	0.221	0.159	0.351
	5 years and more	-0.599	0.502	-0.116	0.213	-0.129	0.239	-0.106	0.367
	Never: ref								
When was the last time that your blood sugar was measured by a health professional?	Within the past 12 months	-0.221	0.218	-0.100	0.129	-0.142	0.156	0.057	0.298
	Less than 3 years ago	-0.272	0.234	0.057	0.148	-0.015	0.159	0.504	0.304
	More than 3 to less than 5 years	-0.181	0.321	0.098	0.187	0.137	0.224	0.078	0.34
	5 years and more	0.404	0.486	0.228	0.211	-0.024	0.247	0.258	0.400
	Never: ref								
Time spent walking on a typical day	10–29 minutes per day: ref								
	30–59 minutes per day	-0.011	0.095	0.056	0.052	0.158 ^a	0.053	0.323 ^a	.086
	1 hour to less than 2 hours per day	0.083	0.126	0.061	0.074	0.256 ^a	0.075 ₆	0.491	0.11
	2 hours to less than 3 hours per day	-0.0744	0.210	0.152	0.136	0.187 ^a	0.137	0.259	0.254
	3 hours or more per day	0.017	0.248	0.414 ^a	0.146	0.590 ^a	0.179	0.690	0.261

Use of tobacco	No: ref								
	Yes	-0.216 ^a	0.106	-0.256 ^a	0.092	-0.172 ^a	0.071	-0.219 ^a	0.099
Use of alcohol	No: ref								
	Yes	0.059	0.121	-0.113 ^a	0.060	-0.138 ^a	0.063	-0.008	0.100
Has there been any time in the past 12 months when you needed medical care, but could not afford it?	No: ref								
	Yes	-0.357 ^a	0.225	-0.225 ^a	0.104	-0.247 ^a	0.106	-0.398 ^a	0.175
Has there been any time in the past 12 months when you needed prescribed medicines, but could not afford it?	No: ref								
	Yes	-0.468 ^a	0.240	-0.270 ^a	0.123	-0.325 ^a	0.135	-0.361	0.238
Portions of fruit, Daily		0.0359	0.036	0.0012 ^b	0.027	-0.021	0.026	0.074	0.049
Wald chi²		51.62		303.56		231.98		184.11	
Prob > chi²		0.0000		0.000		0.000		0.000	
Number of observations		3,270		8,386		6,250		2,925	

^a $p < 0.01$, ^b $p < 0.05$.