

**Supplementary Table 1.** Baseline characteristics according to age-comparative self-rated health status

Characteristic	Total (n=471,551)	Age-comparative self-rated health		
		Better (n=90,738)	Same (n=309,022)	Worse (n=71,791)
<b>Sociodemographic factor</b>				
Age, mean±SD (yr)	50.9±10.5	50.8±10.7	50.9±10.5	51.4±10.5
Female sex (%)	58.9	54.0	58.8	65.6
Married (%)	91.0	91.1	91.4	89.0
No formal education (%)	18.6	14.3	18.6	24.1
Annual household income ≥35,000 Yuan (%)	17.8	20.3	18.3	12.7
Unemployed or not stated (%)	14.1	10.7	14.0	18.8
Healthcare coverage (%)	82.2	84.2	82.5	78.1
House/apartment owning (%)	44.7	39.3	47.7	38.9
Rural area (%)	57.7	45.4	61.0	58.8
<b>Lifestyle factor</b>				
Current regular smoker (%)	26.9	30.2	26.8	23.1
Weekly alcohol drinker (%)	15.3	20.5	14.8	10.5
Physical activity, mean±SD (MET-hr/day)	21.7±13.9	21.8±13.7	22.0±14.0	20.3±13.7
Sleep problems (%)	16.3	11.3	14.7	29.5
<b>Personal/family medical history</b>				
BMI, mean±SD (kg/m <sup>2</sup> )	23.6±3.4	24.0±3.2	23.5±3.3	23.3±3.7
Postmenopausal (women only) (%)	50.4	47.0	49.9	55.7
Family history of stroke (%)	17.7	19.9	16.5	19.7
Prevalent diabetes (%)	5.3	3.7	4.8	9.6
Prevalent hypertension (%)	32.5	29.4	32.7	35.6
Prevalent major depression (%)	0.6	0.3	0.4	1.8
Other prevalent medical conditions (%)	22.8	18.4	19.7	35.3

Two-sided *P*-values were derived from ANOVA for continuous variables and from the chi-square test for categorical variables, all *P*-values comparing the difference between age-comparative self-rated health status groups <0.001. SD, standard deviation; MET, metabolic equivalent; BMI, body mass index.