**Appendix**

**Table 1. Definition of each indicators and outcomes**

| Indicator                        | Definition                                                                 |
|----------------------------------|---------------------------------------------------------------------------|
| **Smoking**                      |                                                                            |
| Currently smoking                |                                                                            |
| **Overweight/obesity**           |                                                                            |
| BMI > 25 kg/m² (Calculated using measured height and weight) |                                                                            |
| **Hypertension**                 |                                                                            |
| Self-reported hypertension diagnosed by a health care professional |                                                                            |
| **Diabetes**                     |                                                                            |
| Self-reported diabetes diagnosed by a health care professional |                                                                            |
| **Fruit and vegetable consumption** |                                                        |
| Fruit and vegetables consumed ≥ 5 times per day |                                                                            |
| **Physical activity**            |                                                                            |
| Moderate physical activity (days per week) |                                                                            |
| **Heart attack and stroke**      |                                                                            |
| Self-reported heart attack and stroke diagnosed by a health care professional |                                                                            |