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Supplementary Materials: The Role of Healthy Lifestyle in the Implementation of Regressing Suboptimal Health Status among College Students in China: A Nested Case–Control Study

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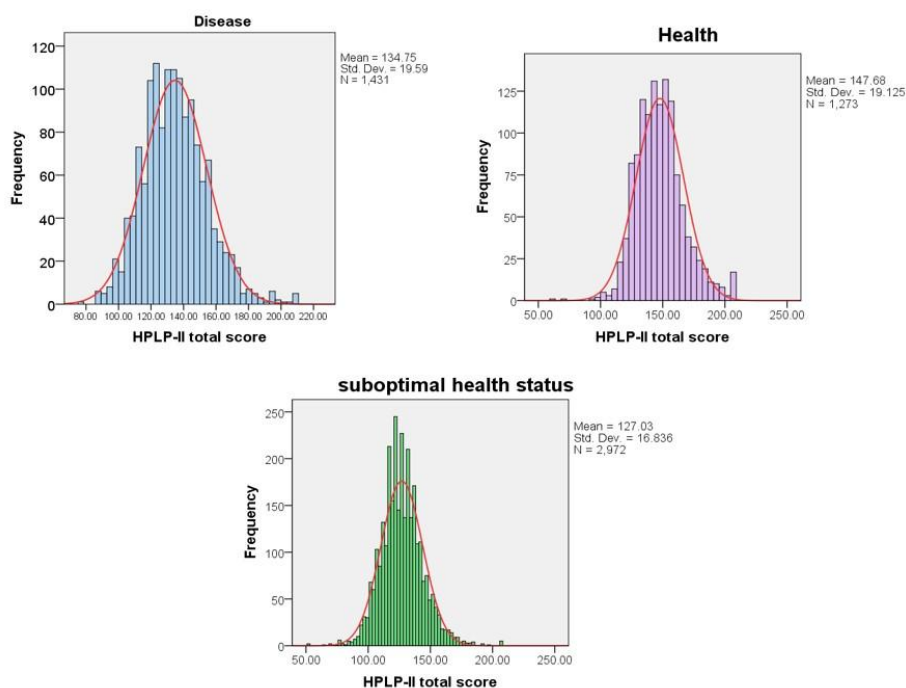

Figure S1. The health-promoting lifestyle (HPLP-II) total score of different health status.

Table S1. Health status compared with health-promoting lifestyle using one-way ANOVA.

	Health status			One-way ANOVA		
	Group 1: Health (n = 1273, 22.4%)	**Group 2: SHS (n = 2972, 52.4%)**	**Group 3: Disease (n = 1431.25.2%)**	**F value**	**_p_-value**	**Multiple comparisons**
Spiritual growth	29.58 (3.90)	25.02(4.37)	26.76 (4.86)	480.10	0.000	G3 < G2 < G1 *
Health responsibility	20.37 (4.95)	17.25 (3.76)	18.39 (4.37)	245.08	0.000	G2 < G3 < G1 *
Sports and exercise	19.92 (4.81)	16.71 (4.14)	17.51 (4.47)	240.61	0.000	G2 < G3 < G1 *
Nutrition	24.64 (4.50)	21.93 (4.16)	23.04 (4.36)	179.46	0.000	G2 < G3 < G1 *
Interpersonal relationship	28.51 (3.62)	24.88 (3.78)	26.54 (4.14)	410.75	0.000	G2 < G3 < G1*
Stress management	24.67 (3.49)	21.24 (3.36)	22.49 (3.80)	432.71	0.000	G2 < G3 < G1 *
Total score	147.68 (19.13)	127.03 (16.84)	134.75 (19.60)	584.11	0.000	G2 < G3 < G1 *

Data presented as mean (SD). ANOVA indicates analysis of variance. Bonferroni was used in the multiple comparisons; *p <0.001 (Significant after Bonferroni correction for post-hoc analysis.)

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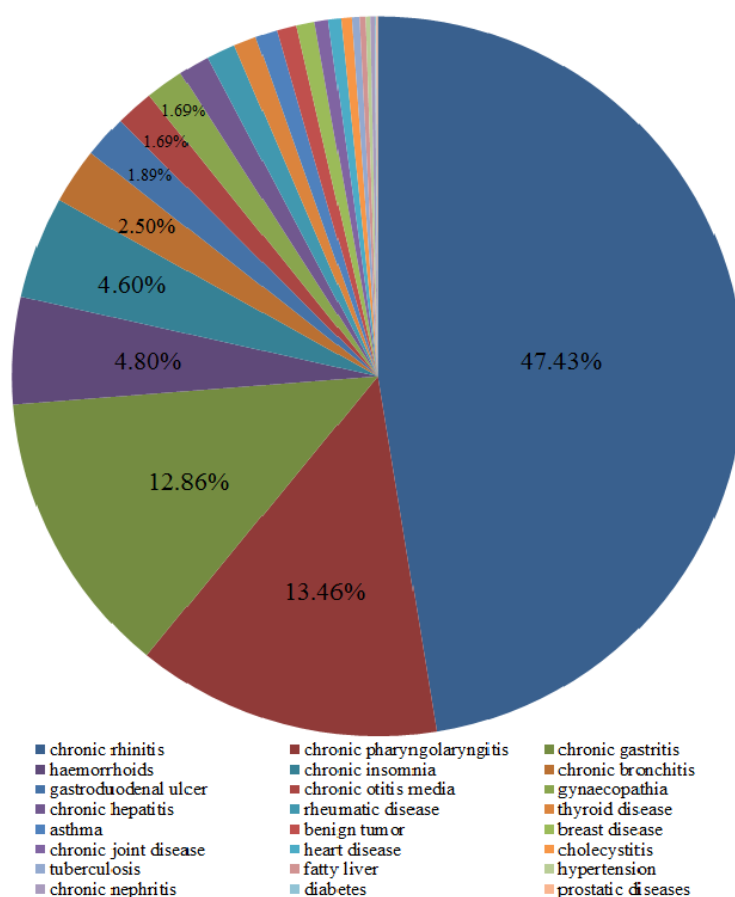
Figure S2. Distribution of disease at baseline in the study cohort (n = 1431). The reported major diseases were related to the respiratory, digestive systems and endocrine or autoimmune systems, such as chronic rhinitis (47.43%), chronic pharyngolaryngitis (13.46%), chronic gastritis (12.86%), haemorrhoids (4.80%) and chronic insomnia (4.60%).

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Table S2. Distribution of disease at baseline in the study cohort (n = 1431).

Disease	Count	Percentage
chronic rhinitis	701	47.43%
chronic pharyngolaryngitis	199	13.46%
chronic gastritis	190	12.86%
haemorrhoids	71	4.80%
chronic insomnia	68	4.60%
chronic bronchitis	37	2.50%
gastroduodenal ulcer	28	1.89%
chronic otitis media	25	1.69%
gynaecopathia	25	1.69%
chronic hepatitis	20	1.35%
rheumatic disease	19	1.29%
thyroid disease	15	1.01%
asthma	14	0.95%
benign tumor	13	0.88%
breast disease	12	0.82%
chronic joint disease	9	0.61%
heart disease	8	0.54%
cholecystitis	7	0.47%
tuberculosis	5	0.34%
fatty liver	4	0.27%
hypertension	3	0.20%
chronic nephritis	3	0.20%
diabetes	1	0.07%
prostatic diseases	1	0.07%