

## Supplemental A

Table 1S.

### Health Behaviors Questions

Factor	Question Number	Text	Scale
Finances			
	FIN1	Give to charity?	Never (1), Less than once a year (2), Once a year (3), Twice a year (4), More than twice a year (5)
	FIN2	Pay for your own health insurance?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	FIN3	Are charged late fees?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	FIN4	Pay all bills in full?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	FIN5	Save money other than retirement savings?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FIN6	Pay off your credit card balance every month?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	FIN7	Overuse credit card?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
Fitness			
	FIT1	Take the stairs instead of the elevator?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FIT2	Maintain consistent diet/exercise habits?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)

	FIT3	Drink more than 8 glasses of water a day?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FIT4*	How many hours of sleep do you get per night on average?	Continuous
	FIT5	Strenuous or high-intensity exercise?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FIT6	Yoga or active stretching	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FIT7	How many times per week do you exercise [for a minimum of 20 mins]?	0 times (1), 1 time (2), 2 times (3), 3 times (4), 4 times (5), 5 or more times (6)
Food			
	FO1	Skip breakfast?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO2	Track your calorie intake?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO3	Drink soda with sugar?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO4*	Drink soda with sweetener (other than sugar)?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO5	Drink energy drinks?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO6	Eat fast food?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO7	Eat out to avoid cooking?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO8	Eat heavy meals before bed?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO9	Plan your meals ahead of time?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO10	Plan food shopping in advance?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	FO11	How many times per week do you cook dinner at home on average?	0 times (1), 1 time (2), 2 times (3), 3 times (4), 4 times (5), 5 times (6), 6 times (7), 7 times (8)
	FO12	How many snacks do you eat per day on average?	Continuous

Health	FO13	How many cups of caffeinated beverages per day?	Continuous
	H1	Floss your teeth?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	H2	Visit the dentist?	Never (1), Less than once a year (2), Once a year (3), Twice a year (4), More than twice a year (5)
	H3	Get a flu shot?	Never (1), Less than once a year (2), Once a year (3), Twice a year (4), More than twice a year (5)
	H4	Get a cholesterol test?	Never (1), Less than once a year (2), Once a year (3), Twice a year (4), More than twice a year (5)
	H5	Get concerned about your health?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	H6	Use sunscreen?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	H7	Check your blood pressure?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	H8	Follow a doctor's treatment plans?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	H9	Go to the doctor for care when you are sick?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	H10	Take prescription medicine as prescribed?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
Household Savings			
	HS1	Keep air conditioning running often during summer?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	HS2	Try to use less electricity than average?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	HS3	Keep heat low during winter to reduce heating bill?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)

	HS4	Program your thermostat to turn on/off at specific times of day?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	HS5*	Keep home well-insulated?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
	HS6	Use energy efficient lighting (fluorescent bulbs)?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
Personal Development			
	PD1	Set personal goals?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	PD2	Socialize with friends?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	PD3	Spend time with family?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	PD4	Hold grudges?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	PD5	How stressed do you feel in your life currently?	Sliding scale: 0-10. "0 being no stress, 10 being very high stress"
	PD6	How well do you feel you manage your stress daily?	Sliding scale: 0-10. "0 being not managed, 10 being managed very well"
	PD7*	How many hours of TV do you watch per day on average?	Continuous
Risk Behaviors			
	RB1	Use tobacco?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	RB2	Use illegal drugs?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	RB3	Unprotected Sex?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
	RB4	Gamble?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
Safe Driving			

SD1	Initiate a text conversation while driving?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
SD2	Reply to a text while driving?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
SD3	Read a text while driving?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
SD4*	Wear a seatbelt?	Never (1), Rarely (2), Sometimes (3), Almost Always (4)
SD5*	Maintain your vehicle (oil changes, etc.)?	Never (1), Less than once a year (2), Once a year (3), Twice a year (4), More than twice a year (5)
SD6	Drive at high speeds?	Never (1), Rarely (2), sometimes (3), Almost Always (4), Not applicable (5)
SD7	How dangerous would you consider texting while driving?	Not very dangerous at all (1), Slightly dangerous (2), Moderately dangerous (3), Very dangerous (4), Extremely dangerous (5)

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\* Indicates questions that were not included in the final model.