Appendix 1 Diet behavior instrument for left-behind farmers in rural Anhui China

Q1: How would you describe your lifetime preference of food salt?
   1) Bland diet
   2) A bit salty
   3) Salty
   4) Very salty

Q2: How would you describe your lifetime consumption of spicy food?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q3: How would you describe your lifetime consumption of acidic food?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q4: How would you describe your lifetime consumption of sweet food?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q5: How would you describe your lifetime consumption of fried food?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often
Q6: How would you describe your lifetime preference of hot or cold food?
   1) Cold
   2) A bit cold
   3) A bit hot
   4) Hot

Q7: How would you describe your lifetime consumption of fruits?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q8: How would you describe your lifetime consumption of milk?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q9: How would you describe your lifetime consumption of cured food?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q10: How would you describe your lifetime consumption of processed food?
     1) Seldom
     2) Occasionally
     3) Frequently
     4) Very often

Q11: How would you describe your lifetime consumption of bean products?
Q12: How would you describe your lifetime consumption of vegetables?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q13: How would you describe your lifetime volume of average meal?
   1) Small
   2) A bit small
   3) A bit large
   4) Large

Q14: How would you describe your lifetime consumption of meats?
   1) Seldom
   2) Occasionally
   3) Frequently
   4) Very often

Q15: How would you describe your lifetime regularity of eating?
   1) Irregular
   2) A bit irregular
   3) A bit regular
   4) Regular

Q16: How would you describe your lifetime frequency of having breakfast?
   1) Seldom
2) Occasionally
3) Frequently
4) Very often

Q17: How would you describe your lifetime frequency of having late night meals?
1) Seldom
2) Occasionally
3) Frequently
4) Very often

Q18: How would you describe your lifetime frequency of cooking?
1) Seldom
2) Occasionally
3) Frequently
4) Very often
Appendix 2 Life event instrument for left-behind farmers in rural China

Q1: Have you ever experienced schooling and major examination failures in your lifetime?
   1) Yes
   2) No (Skip to Q3)

Q2: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q3: Have you ever experienced abandonment of major favorite pursuits in your lifetime?
   1) Yes
   2) No (Skip to Q5)

Q4: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q5: Have you ever experienced important punishments or dismisses in your lifetime?
   1) Yes
   2) No (Skip to Q7)

Q6: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q7: Have you ever experienced important promotions or awards in your lifetime?
1) Yes
2) No (Skip to Q9)

Q8: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q9: Have you ever experienced admirable achievements in your lifetime?
   1) Yes
   2) No (Skip to Q11)

Q10: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q11: Have you ever experienced forced or disliked endeavors in your lifetime?
   1) Yes
   2) No (Skip to Q13)

Q12: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q13: Have you ever experienced major accidents or mistakes in your lifetime?
   1) Yes
   2) No (Skip to Q15)
Q14: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely
Q15: Have you ever experienced natural disasters in your lifetime?
   1) Yes
   2) No (Skip to Q17)
Q16: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely
Q17: Have you ever experienced important misunderstandings or blames in your lifetime?
   1) Yes
   2) No (Skip to Q19)
Q18: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely
Q19: Have you ever experienced law suits due to yourself in your lifetime?
   1) Yes
   2) No (Skip to Q21)
Q20: To what extent has the experience affected you?
   1) A little
2) Slightly
3) Moderately
4) Severely
Q21: Have you ever experienced law suits due to your relatives in your lifetime?
   1) Yes
   2) No (Skip to Q23)
Q22: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely
Q23: Have you ever experienced long-term enmities with others in your lifetime?
   1) Yes
   2) No (Skip to Q25)
Q24: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely
Q25: Have you ever experienced marital or love breakups or conflicts in your lifetime?
   1) Yes
   2) No (Skip to Q27)
Q26: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
4) Severely

Q27: Have you ever experienced major injuries or diseases of your relatives in your lifetime?
  1) Yes
  2) No (Skip to Q29)

Q28: To what extent has the experience affected you?
  1) A little
  2) Slightly
  3) Moderately
  4) Severely

Q29: Have you ever experienced loss of relatives like parent, spouse and children?
  1) Yes
  2) No (Skip to Q31)

Q30: To what extent has the experience affected you?
  1) A little
  2) Slightly
  3) Moderately
  4) Severely

Q31: Have you ever experienced frequent parental conflicts in your lifetime?
  1) Yes
  2) No (Skip to Q33)

Q32: To what extent has the experience affected you?
  1) A little
  2) Slightly
  3) Moderately
  4) Severely

Q33: Do you agree you have lived a life prevailed by stressful tasks?
Q34: To what extent can your life be described as stressful tasks prevailed?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q35: Do you agree that you have worried a lot about your children most of your lifetime?
   1) Yes
   2) No

Q36: To what extent can your life be described as over worried about your children?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q37: Have you ever experienced financial hardship in your lifetime?
   1) Yes
   2) No (Skip to Q39)

Q38: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely

Q39: Have you ever experienced other mis-happenings in your lifetime?
   1) Yes
   2) No
Q40: To what extent has the experience affected you?
   1) A little
   2) Slightly
   3) Moderately
   4) Severely
Gender

Age

Body mass index

Fasting capillary glucose

Physical activity

Diet risk index

Alcohol intake

Life events index