

Variable	Question	Operationalization
Number of Poor Mental Health Days	Now thinking about your mental health, which includes stress, depression, or difficulties with emotions, for how many days during the past 30 days was your mental health not good?	a. Less than 7 days b. 7 days - 13 days c. 14+ days -- Significant mental distress, anxiety, or depression
Adverse Childhood Experiences	11 related questions in HOLISTICS Adverse Childhood Experiences Section	The number of Adverse Childhood Experiences (ACEs) for each student was calculated and then classified into two categories: those with 4 or more ACEs and those with fewer than 4 ACEs.
Alcohol Use	One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?	a. Current light drinker (Women = 3 or less, Men = 3 or less) b. Current moderate drinker (Women 4-7, Men 4-14) c. Current heavy drinker (Women more than 7 ; Men more than 14)
Marijuana/Cannabis Use	During the past 30 days, on now many occasions did you use marijuana or cannabis?	a. Not current user: 0 days b. Occasional user: 1-9 days c. Frequent user: more than 10 days
Diet	6 related questions in HOLISTICS Fruits and Vegetables Section	Each occasion of intake of any of these types of fruits or vegetables was counted as 1 serving. The American Heart Association recommend that adults eat at least 4-5 serving of fruits and veggies per day. a. Below recommended veggies/fruit intake b. Recommended veggies/fruit intake
Exercise	6 related questions in HOLISTICS Exercise Section	Exercise level of each student were identified by their frequent exercise type (light, moderate or vigorous) , average exercise length per time and average exercise frequency per week. The recommend level of exercise is (i) with moderate physical activity at least 30 minutes per day on at least five days per week; (ii) with moderate physical activity at least 150 mins per week; or (iii) with vigorous physical activity at least 20 minutes per day on at least three days per week. a. Level I: no physical activity b. Level II: below recommended level c. Level III: recommended level