

Questionnaire on Personal Basic Information

Dear Participants,

Greetings! In order to better carry out health check-up work, we need to collect some of your basic personal information. This questionnaire is solely for academic research and data statistics purposes. We strictly protect your personal privacy, and all information will be kept strictly confidential. Please feel free to fill it out. Thank you for your support and cooperation!

I. Personal Basic Information

1. Your Gender:

- Male
- Female
- Other

2. Your Age: _____ years old

3. Your Height (accurate to one decimal place, e.g., 165.5): _____ cm

4. Your Weight (accurate to one decimal place, e.g., 55.3): _____ kg

5. Your Marital Status:

- Unmarried
- Married or Cohabiting
- Divorced
- Widowed

II. Lifestyle Survey

6. Do you often eat after 21:00 (9:00 PM) at night?

- Yes
- No

7. How many times do you usually eat at night per week?

- Never
- 1-2 times
- 3-5 times
- Every day

8. Do you like drinking coffee?

- Yes
- No

9. Approximately how many cups of coffee do you drink per week?

- Never
- 1-2 cups
- 3-5 cups
- 6 cups or more

10. Do you like drinking sugary beverages?

- Yes
- No

11. Approximately how many bottles of sugary beverages do you drink per week?

- Never
 - 1-2 bottles
 - 3-5 bottles
 - 6 bottles or more
12. Do you smoke? (Smoking continuously for more than one year)
- I have never smoked
 - Yes, I am currently smoking
 - I used to be a smoker
 - I am a passive smoker (exposed to secondhand smoke for a total of 15 minutes or more per day, more than one day per week)
13. Do you often drink alcohol?
- Yes
 - No
14. What type of alcohol do you drink?(Multiple selections allowed)
- Baijiu (Chinese liquor)
 - Beer
 - Red wine
 - Others
15. How many times do you drink alcohol per week?
- Never
 - 1-2 times
 - 3-5 times
 - 6 times or more
16. How much alcohol do you drink each time?
- Do not drink alcohol
 - Small amount (e.g., beer \leq 200 ml / red wine \leq 50 ml / Baijiu \leq 25 ml)
 - Moderate amount (e.g., beer 201-500 ml / red wine 51-150 ml / Baijiu 26-50 ml)
 - Large amount (e.g., beer 501-1000 ml / red wine 151-300 ml / Baijiu 51-100 ml)
 - Extra-large amount (e.g., beer $>$ 1000 ml / red wine $>$ 300 ml / Baijiu $>$ 100 ml)
17. How long do you stay sedentary every day except for work or study?
- $<$ 2 hours
 - \geq 2 hours
18. How many times do you exercise per week?
- Hardly ever exercise (0 times per week)
 - Exercise occasionally (1-2 times per week)
 - Exercise regularly (3-5 times per week)
 - Exercise frequently (6-7 times per week)
19. How long do you exercise each time?
- 15 minutes or less
 - 16-30 minutes
 - 31-60 minutes
 - 61-90 minutes
 - More than 90 minutes
20. What is your exercise method? (Multiple selections allowed)

- Aerobic exercises such as running, brisk walking
- Strength training such as weightlifting, push-ups
- Flexibility training such as yoga, Pilates
- Ball games (e.g., basketball, football, badminton, etc.)
- Other sports such as swimming, cycling
- No fixed exercise method (Supplementary explanation if needed: _____)