

Table 1: Summary of the data used in the study.

Variable	Unit	Range	Mean	Std. Dev.
Age	Years	18-80	45.2	15.8
Gender	Male/Female	Male/Female	50.0/50.0	0.0/0.0
Education	Years	12-20	15.5	2.5
Income	USD	1000-10000	3500	2500
Health	Good/Bad	Good/Bad	60.0/40.0	0.0/0.0
Exercise	Hours/Week	0-10	3.5	2.5
Stress	Low/High	Low/High	40.0/60.0	0.0/0.0
Sleep	Hours/Night	6-10	8.5	1.5
Diet	Healthy/Unhealthy	Healthy/Unhealthy	50.0/50.0	0.0/0.0
Smoking	Yes/No	Yes/No	20.0/80.0	0.0/0.0
Alcohol	Yes/No	Yes/No	30.0/70.0	0.0/0.0
Family Size	1-5	1-5	2.5	1.0
Marital Status	Married/Single	Married/Single	70.0/30.0	0.0/0.0
Work Status	Employed/Unemployed	Employed/Unemployed	80.0/20.0	0.0/0.0
Health Insurance	Yes/No	Yes/No	90.0/10.0	0.0/0.0
Chronic Disease	Yes/No	Yes/No	10.0/90.0	0.0/0.0
Medication	Yes/No	Yes/No	20.0/80.0	0.0/0.0
Physical Activity	Yes/No	Yes/No	60.0/40.0	0.0/0.0
Mental Health	Good/Bad	Good/Bad	50.0/50.0	0.0/0.0
Social Support	High/Low	High/Low	40.0/60.0	0.0/0.0
Life Satisfaction	1-10	1-10	6.5	2.0
Overall Health	1-10	1-10	6.0	2.0

TABLE 1	
Year	Value
1990	1.00
1991	1.05
1992	1.10
1993	1.15
1994	1.20
1995	1.25
1996	1.30
1997	1.35
1998	1.40
1999	1.45
2000	1.50
2001	1.55
2002	1.60
2003	1.65
2004	1.70
2005	1.75
2006	1.80
2007	1.85
2008	1.90
2009	1.95
2010	2.00
2011	2.05
2012	2.10
2013	2.15
2014	2.20
2015	2.25
2016	2.30
2017	2.35
2018	2.40
2019	2.45
2020	2.50
2021	2.55
2022	2.60
2023	2.65
2024	2.70
2025	2.75
2026	2.80
2027	2.85
2028	2.90
2029	2.95
2030	3.00

