

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

| Variable             | Unit              | Mean      | Standard Deviation | Minimum | Maximum |
|----------------------|-------------------|-----------|--------------------|---------|---------|
| Age                  | Years             | 35.2      | 12.5               | 18      | 65      |
| Gender               | Male/Female       | 50.0/50.0 | 0.0/0.0            | 0       | 1       |
| Education            | Years             | 12.5      | 2.5                | 8       | 16      |
| Income               | USD               | 3500      | 1500               | 1000    | 8000    |
| Health Status        | Good/Bad          | 60.0/40.0 | 0.0/0.0            | 0       | 1       |
| Exercise Frequency   | Times/Week        | 2.5       | 1.5                | 0       | 5       |
| Diet Quality         | Score             | 75        | 10                 | 60      | 90      |
| Stress Level         | Low/High          | 40.0/60.0 | 0.0/0.0            | 0       | 1       |
| Sleep Duration       | Hours             | 7.5       | 1.5                | 5       | 9       |
| Family Size          | Members           | 3.5       | 1.0                | 1       | 5       |
| Work Hours           | Hours/Week        | 40        | 5                  | 20      | 60      |
| Health Insurance     | Yes/No            | 80.0/20.0 | 0.0/0.0            | 0       | 1       |
| Access to Healthcare | Yes/No            | 90.0/10.0 | 0.0/0.0            | 0       | 1       |
| Health Literacy      | Low/High          | 30.0/70.0 | 0.0/0.0            | 0       | 1       |
| Health Beliefs       | Positive/Negative | 60.0/40.0 | 0.0/0.0            | 0       | 1       |
| Health Behavior      | Good/Bad          | 50.0/50.0 | 0.0/0.0            | 0       | 1       |
| Health Outcome       | Good/Bad          | 60.0/40.0 | 0.0/0.0            | 0       | 1       |

Table 2: Summary of the data used in the study.

| Variable             | Unit              | Mean      | Standard Deviation | Minimum | Maximum |
|----------------------|-------------------|-----------|--------------------|---------|---------|
| Age                  | Years             | 35.2      | 12.5               | 18      | 65      |
| Gender               | Male/Female       | 50.0/50.0 | 0.0/0.0            | 0       | 1       |
| Education            | Years             | 12.5      | 2.5                | 8       | 16      |
| Income               | USD               | 3500      | 1500               | 1000    | 8000    |
| Health Status        | Good/Bad          | 60.0/40.0 | 0.0/0.0            | 0       | 1       |
| Exercise Frequency   | Times/Week        | 2.5       | 1.5                | 0       | 5       |
| Diet Quality         | Score             | 75        | 10                 | 60      | 90      |
| Stress Level         | Low/High          | 40.0/60.0 | 0.0/0.0            | 0       | 1       |
| Sleep Duration       | Hours             | 7.5       | 1.5                | 5       | 9       |
| Family Size          | Members           | 3.5       | 1.0                | 1       | 5       |
| Work Hours           | Hours/Week        | 40        | 5                  | 20      | 60      |
| Health Insurance     | Yes/No            | 80.0/20.0 | 0.0/0.0            | 0       | 1       |
| Access to Healthcare | Yes/No            | 90.0/10.0 | 0.0/0.0            | 0       | 1       |
| Health Literacy      | Low/High          | 30.0/70.0 | 0.0/0.0            | 0       | 1       |
| Health Beliefs       | Positive/Negative | 60.0/40.0 | 0.0/0.0            | 0       | 1       |
| Health Behavior      | Good/Bad          | 50.0/50.0 | 0.0/0.0            | 0       | 1       |
| Health Outcome       | Good/Bad          | 60.0/40.0 | 0.0/0.0            | 0       | 1       |