**Supplemental Table 1**. Definition of covariates.

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| Name | Type | Definition |
| Smoking | Categorical | Ideal: Never tried  Poor: tried or current smoker |
| Drinking | Categorical | Ideal: never drink  Media: light drinking  Poor: excessive drinking |
| Physical activity | Categorical | Ideal: ≥60 min of moderate or vigorous physical activity (MVPA) every day  Media: 0-60 min of MVPA every day  Poor: None |
| Sleep time | Continuous | Duration of sleep time in weekdays |
| Diet score | Categorical | Including the following 5-components: fruits and vegetables (≥1 time/day), fish or fish products (≥1 time/day), whole grains (≥1 time/day), salty snacks (≥1 time/day), and sugar-sweetened beverage (<1 time/day).  Ideal: achieved 4-5 components  Media: achieved 2-3 components  Poor: achieved 0-1 components |
| Parents’ educational level | Categorical | Graduate, university, college, senior high school, primary high school or below |