

Supplementary materials

Table S1	Characteristics of India and Switzerland, 2005
Table S2	Sample characteristics, India, World Health Survey, 2003
Table S3	Sample characteristics for health status in India, World Health Survey, 2003 and Switzerland, Swiss Health Interview Study, 2007
Table S4	Explained variance of self-rated health by health status and health dimensions, adjusted
Table S5	Adjusted multivariable model for self-rated health, men
Table S6	Adjusted multivariable model for self-rated health, women
Table S7	Dimensions of self-rated health across age groups: explained variance and proportions of expected effect sizes, adjusted, World Health Survey, 2003
Table S8	Dimensions of self-rated health across educational groups: explained variance and proportions of expected effect sizes, adjusted, World Health Survey, 2003

Table S1 **Characteristics of India and Switzerland, 2005**

	India	Switzerland
Life expectancy at birth (years)	Men 62 Women 64	Men 79 Women 84
Infant mortality rate per 1,000 live births	56	4
Number of doctors per 10,000 inhabitants (2000-2006)	6	40
Total health expenditure as % of GDP	5.0	11.4
Health insurance	Limited government insurance	Mandatory private insurances
Median age of population (years)	23.8	40.1
Gross national income per capita (in US \$)	3,460	37,080
% living in urban areas	29%	68%

GDP, gross domestic product

Sources: World Health Organization Statistics 2005, 2007, 2008; United Nations, Department of Economic and Social Affairs, Population Division 2017.

Table S2 Sample characteristics, India, World Health Survey, 2003

	Men N=4,492	Women N=4,736
Mean age (SD)	39.5 (15.5)	38.2 (15.0)
Age range	18-102	18-100
Age groups		
18-35	2142 (47.7)	2535 (53.5)
36-59	1710 (38.1)	1605 (33.9)
60+	640 (14.2)	596 (12.6)
Education		
No education	1586 (35.3)	2848 (60.1)
Primary	889 (19.9)	738 (15.6)
Secondary	1887 (42.0)	1087 (23.0)
Post-secondary	130 (2.9)	63 (1.3)
Household permanent income (based on 16 assets)		
1 st quintile	907 (20.2)	931 (19.7)
2 nd quintile	916 (20.4)	958 (20.2)
3 rd quintile	908 (20.2)	970 (20.5)
4 th quintile	900 (20.0)	976 (20.6)
5 th quintile	861 (19.2)	901 (19.0)
Employment		
Out of the labour force	842 (18.7)	3452 (72.9)
In the labour force	3650 (81.3)	1284 (27.1)
Marital status		
Single	858 (19.1)	379 (8.0)
Married	3443 (76.6)	3697 (78.1)
Separated	22 (0.5)	40 (0.8)
Divorced	5 (0.1)	10 (0.2)
Widowed	164 (3.7)	610 (12.9)
Religion		
Hindu	3652 (81.3)	3846 (81.2)
Christian	551 (12.3)	550 (11.6)
Muslim	32 (0.7)	41 (0.9)
Others	110 (2.4)	127 (2.7)
No affiliation	147 (3.3)	172 (3.6)
Residence		
Urban	1299 (28.9)	1398 (29.5)
Rural	3193 (71.1)	3338 (70.5)
Indian states		
Assam	498 (11.1)	512 (10.8)
Karnataka	552 (12.3)	644 (13.6)
Maharashtra	875 (19.5)	1020 (21.5)
Rajasthan	844 (18.8)	905 (19.1)
Uttar Pradesh	1049 (23.4)	932 (19.7)
West Bengal	674 (15.0)	723 (15.3)

Table S3 Sample characteristics for health status in India, World Health Survey, 2003 and Switzerland, Swiss Health Interview Study, 2007

	India		Switzerland	
	Men N=4,492	Women N=4,736	Men N=7,702	Women N=8,949
SRH				
Very bad	82 (1.8)	101 (2.1)	53 (0.7)	58 (0.6)
Bad	463 (10.3)	755 (15.9)	240 (3.1)	251 (2.8)
So-so / Moderate	1167 (26.0)	1285 (27.1)	731 (9.5)	1059 (11.8)
Good	1651 (36.8)	1708 (36.1)	5039 (65.4)	5890 (65.8)
Very good	1129 (25.1)	887 (18.7)	1639 (21.3)	1691 (18.9)
Physical health				
BMI				
underweight	500 (11.1)	1001 (21.1)	48 (0.6)	509 (5.7)
normal weight	2570 (57.2)	2426 (51.2)	3838 (49.8)	5693 (63.6)
overweight	1047 (23.3)	715 (15.1)	3095 (40.2)	2012 (22.5)
obesity	375 (8.3)	594 (12.5)	721 (9.4)	735 (8.2)
Pain, discomfort in chest	501 (11.2)	523 (11.0)	645 (8.4)	799 (8.9)
Back pain	1301 (29.0)	2045 (43.2)	3028 (39.3)	4349 (48.6)
Limbs or joint pain	927 (20.6)	1426 (30.1)	2631 (34.2)	3451 (38.6)
Chronic diseases				
Arthritis	812 (18.1)	1236 (26.1)	626 (8.1)	1117 (12.5)
Asthma	307 (6.8)	298 (6.3)	361 (4.7)	538 (6.0)
Diabetes	172 (3.8)	103 (2.2)	493 (6.4)	421 (4.7)
Mental health				
Depression	556 (12.4)	660 (13.9)	507 (6.6)	960 (10.7)
Feeling felt sad, empty or depressed	1481 (33.0)	1827 (38.6)	1790 (23.2)	2708 (30.3)
Loss of interest	1219 (27.1)	1494 (31.6)	1171 (15.2)	1249 (14.0)
Feel tired, exhausted or without energy	1376 (30.6)	1661 (35.1)	3015 (39.1)	4097 (45.8)
Problems with sleeping	1351 (30.1)	1864 (39.4)	1525 (19.8)	2237 (25.0)
Functional health				
Limitations in daily activities	1972 (43.9)	2592 (54.7)	1694 (22.0)	2343 (26.2)
Limitations in reading	1017 (22.6)	1236 (26.1)	309 (4.0)	456 (5.1)
Health behaviours				
Smoking (yes)	2359 (52.5)	764 (16.1)	2451 (31.8)	2174 (24.3)
Drinking alcohol last 7 days	488 (10.9)	52 (1.1)	5645 (73.3)	4230 (47.3)
Vigorous or moderate physical activity last 7 days	3872 (86.2)	4001 (84.5)	6210 (80.6)	6834 (76.4)
Eating fruits daily	3167 (70.5)	3260 (68.9)	5682 (73.8)	7725 (86.3)
Eating vegetables daily	4469 (99.4)	4702 (99.3)	6032 (78.3)	7928 (88.6)

BMI, body mass index

Table S4 Explained variance of self-rated health² by health status and by health dimensions, adjusted²

	Men		Women	
	India	Switzerland	India	Switzerland
	Adj. R2	Adj. R2	Adj. R2	Adj. R2
Physical health	0.248	0.173	0.244	0.175
BMI	0.176	0.110	0.168	0.084
Tightness, discomfort in chest	0.197	0.124	0.186	0.109
Back pain	0.210	0.120	0.222	0.105
Pain in the limbs or joint	0.190	0.135	0.200	0.117
Chronic diseases	0.223	0.129	0.208	0.103
Arthritis	0.191	0.108	0.193	0.084
Asthma	0.197	0.104	0.181	0.082
Diabetes	0.169	0.114	0.171	0.074
Mental health	0.276	0.144	0.293	0.123
Depression	0.184	0.131	0.183	0.109
Feeling felt sad, empty or depressed	0.201	0.115	0.229	0.079
Loss of interest	0.203	0.112	0.222	0.083
Feel tired, exhausted or without energy	0.208	0.110	0.227	0.080
Problems with sleeping	0.247	0.108	0.245	0.081
Functional health	0.372	0.224	0.404	0.214
Limitations in daily activities	0.368	0.218	0.394	0.208
Limitations in reading	0.178	0.109	0.197	0.082
Health behaviours	0.174	0.118	0.176	0.088
Smoking (yes)	0.166	0.099	0.172	0.068
Drinking alcohol last 7 days	0.163	0.100	0.166	0.073
Vigorous or moderate physical activity last 7 days	0.165	0.115	0.166	0.081
Eating fruits daily	0.168	0.101	0.170	0.069
Eating vegetables daily	0.163	0.102	0.166	0.072

BMI, body mass index

¹Very bad =1, very good=5

² Adjusted for age, education, household income, employment, marital status, religion and residence; Indian sample adjusted for Indian states.

Table S5 Adjusted¹ multivariable model for self-rated health, men

	Self-rated health ²			
	India		Switzerland	
	B	p-value	B	p-value
Physical health				
BMI (ref. normal weight)				
underweight	-0.091	0.016	-	-
overweight	0.136	<0.001	-0.039	0.006
obesity	0.138	0.001	-0.172	<0.001
Tightness, discomfort in chest	-	-	-0.186	<0.001
Back pain	-0.130	<0.001	-0.086	<0.001
Pain in the limbs or joint	-	-	-0.136	<0.001
Chronic diseases				
Arthritis	-0.105	0.002	-0.079	0.003
Asthma	-0.357	<0.001	-0.138	<0.001
Diabetes	-	-	-0.247	<0.001
Mental health				
Depression	-	-	-0.260	<0.001
Feeling felt sad, empty or depressed	-	-	-0.088	<0.001
Loss of interest	-0.100	0.013	-	-
Feel tired, exhausted or without energy	-0.102	0.004	-	-
Problems with sleeping	-0.245	<0.001	-0.056	0.002
Functional health				
Limitations in daily activities	-0.752	<0.001	-0.446	<0.001
Limitations in reading	-0.083	0.013	-0.212	<0.001
Health behaviours				
Smoking (yes)	-0.084	0.001	-	-
Drinking alcohol last 7 days	0.102	0.007	-	-
Vigorous or moderate physical activity last 7 days	0.080	0.029	0.166	<0.001
Eating fruits daily	0.082	0.004	-	-
Eating vegetables daily	-	-	0.039	0.024
Adjusted R2	0.430	-	0.291	-

BMI, body mass index

¹ Adjusted for age, education, household income, employment, marital status, religion and residence; Indian sample adjusted for Indian states.

² Very bad =1, very good=5

Table S6 Adjusted¹ multivariable model for self-rated health, women

	Self-rated health ²			
	India		Switzerland	
	B	p-value	B	p-value
Physical health				
BMI (ref. normal weight)				
underweight	-0.064	0.028	-0.050	0.001
overweight	-	-	-	-
obesity	-	-	-0.162	<0.001
Tightness, discomfort in chest	-	-	-0.245	<0.001
Back pain	-0.127	<0.001	-0.112	<0.001
Pain in the limbs or joint	-	-	-0.141	<0.001
Chronic diseases				
Arthritis	-0.073	0.015	-0.064	0.001
Asthma	-0.234	<0.001	-0.161	<0.001
Diabetes	-	-	-0.122	<0.001
Mental health				
Depression	-	-	-0.252	<0.001
Feeling felt sad, empty or depressed	-0.100	0.007	-	-
Loss of interest	-0.079	0.047	-0.069	<0.001
Feel tired, exhausted or without energy	-0.109	0.002	-	-
Problems with sleeping	-0.236	<0.001	-0.052	<0.001
Functional health				
Limitations in daily activities	-0.814	<0.001	-0.430	<0.001
Limitations in reading	-0.160	<0.001	-0.207	<0.001
Health behaviours				
Smoking (yes)	-0.107	0.001	-	-
Drinking alcohol last 7 days	-	-	0.040	0.002
Vigorous or moderate physical activity last 7 days	-	-	0.135	<0.001
Eating fruits daily	-	-	-	-
Eating vegetables daily	-	-	0.070	<0.001
Adjusted R2	0.448	-	0.300	-

BMI, body mass index

¹ Adjusted for age, education, household income, employment, marital status, religion and residence; Indian sample adjusted for Indian states.

² Very bad =1, very good=5

Table S7 Dimensions of self-rated health across age groups: explained variance and proportions of expected effect sizes, adjusted¹, World Health Survey, 2003

	Self-rated health ²					
	Explained variance (bivariable models)			Proportions of expected effect sizes (multivariable models)		
	18-35	36-59	60+	18-35	36-59	60+
	Adj. R2	Adj. R2	Adj. R2	% ⁴	% ⁴	% ⁴
Physical health ³	0.257	0.313	0.300	69	71	60
Chronic diseases	0.133	0.174	0.163	100	100	75
Infectious diseases	0.095	0.122	0.129	100	100	100
Mental health	0.251	0.302	0.319	67	92	83
Functional health	0.366	0.402	0.377	78	78	78
Health behaviours	0.098	0.118	0.138	60	60	80
Mean %	-	-	-	79	83	79
Adjusted R2	-	-	-	0.398	0.455	0.436

¹ Adjusted for sex, education, household income, employment, marital status, religion, residence and Indian states.

² Very bad =1, very good=5

³ Cataract included in physical health only among individuals ≥ 60 years old (the question was restricted to these respondents).

⁴ Proportion of the number of health status variables with expected directions of the effect size (i.e., poor health status was associated with low SRH) divided by the total number health status variables belonging to the health dimension.

Table S8 Dimensions of self-rated health across educational groups: explained variance and proportions of expected effect sizes, adjusted¹, World Health Survey, 2003

	Self-rated health ²							
	Explained variance (bivariable models)				Proportions of expected effect sizes (multivariable models)			
	No education	Primary	Secondary	Post-secondary	No education	Primary	Secondary	Post-secondary
	Adj. R2	Adj. R2	Adj. R2	Adj. R2	% ³	% ³	% ³	% ³
Physical health	0.355	0.324	0.225	0.050	64	64	57	57
Chronic diseases	0.207	0.166	0.135	0.001	100	100	67	33
Infectious diseases	0.163	0.116	0.103	-0.007	100	100	100	0
Mental health	0.352	0.313	0.222	0.072	92	75	58	50
Functional health	0.438	0.417	0.337	0.131	89	78	67	43
Health behaviours ⁴	0.165	0.112	0.105	0.013	60	60	60	75
Mean %	-	-	-	-	84	80	68	43
Adjusted R2	-	-	-	-	0.489	0.464	0.362	0.155

¹ Adjusted for age, sex, household income, employment, marital status, religion, residence and Indian states.

² Very bad =1, very good=5

³ Proportion of the number of health status variables with expected directions of the effect size (i.e., poor health status was associated with low SRH) divided by the total number health status variables belonging to the health dimension.

⁴ Health behaviours without vegetables in models of post-secondary