

Concepts and methodology

Self-perceived general health: Subjective health status, self-assessment of health status based on the answer to the question "How is your health in general?".

Limitation in activities because of health problems: Has the respondent been restricted in carrying out daily activities for at least six months, and if so, to what extent (moderately, severely).

Self-perceived oral health: According to self-assessment, based on the answer to the question "How would you describe the state of your teeth and gums?". The question was included in EHIS2014 and EHIS2019.

Chronic disease or condition diagnosed by a doctor: Of the long-term / chronic diseases listed in the questionnaire, those that were diagnosed by a physician and affected the respondent in the 12 months prior to query.

Use of any medicines prescribed by a doctor: Use of medicines that were prescribed by a doctor in the 2 weeks prior to query (except those used solely for contraception). Besides pills, capsules and liquid medicines, creams, ointments, powders, drops, sprays and injections were also taken into account. This form of the question was included in EHIS2014 and EHIS2019.

Alcohol consumption:

- hazardous drinkers: men who drink at least 14 drinks (1 dl beer = 0,2 drink; 1 dl wine=0,5 drink; 1 cl of spirits =0,2 drink), or women who drink at least 7 drinks a week. People who drink 6 drinks or more at least once a week are also considered hazardous drinkers.
- moderate drinkers: weekly drinkers who are not hazardous drinkers.
- non-frequent alcohol drinkers: who drink alcoholic beverages less frequently than weekly.

The question from which the above categories were calculated referred to alcohol consumption "in the past week" in 2009, while in 2014 and 2019 it referred to alcohol consumption "in an average week".

Smoking: A smoker is someone who uses any tobacco product at the time of the recording (with the exception of e-cigarettes and similar electronic devices), regardless of the type and the amount used.

Vegetable and fruit consumption: Frequency of whether the respondent eats fresh, frozen, dried or canned fruit, vegetables or salad. In 2014, freshly squeezed fruit juice and vegetable juice were also included. The categories were calculated based on answers to two questions:

- How often do you eat fresh, frozen, dried or canned fruit?
- How often do you eat fresh, frozen, dried or canned vegetables or salad (excluding potatoes)?

The answers were combined according to the following scheme:

Vegetable		Daily		Weekly		Less than once a week	Never
		several times	once	4-6	1-3		
Fruit	several times						
	once						
Daily	4-6		daily				
	1-3				at least once a week		
Less than once a week							
Never						less than once a week or never	

Leisure and muscle-strengthening sports activity: complies with the WHO recommendation if someone spends at least 150 minutes doing aerobic physical activity (cycling, sports, recreational physical activities) and performs specifically muscle-strengthening and endurance-building exercises on at least 2 days in an average week. The question was included in EHIS2014 and EHIS2019.

Body Mass Index (BMI): Calculated by dividing body weight in kilograms by the square of body height in meters. Based on the obtained value, the measured person can be classified into the following categories:

- underweight: $BMI < 18,5$
- normal weight: $18,5 \leq BMI < 25,0$
- overweight: $25,0 \leq BMI < 30,0$
- obese: $30,0 \leq BMI$.

In case of ELEF, body height and weight are not measured but specified by the respondents.

Marital status: the questionnaires ask about the official marital status.

- Married people also include people living in a registered partnership.
- Widows also include those whose registered partnership ended due to the death of the partner.
- The divorced include those whose registered partnership has been legally terminated.

Degree of urbanisation:

- Densely-populated area: means a closely connected set of settlements, where each settlement has a population density of more than 500 persons/km² and whose total population is at least 50,000 persons.
- Intermediate-populated area: a group of closely connected settlements that do not belong to a densely populated area, the population density of which individually exceeds 100 people/km², and whose total population is at least 50,000 people or which border a densely populated area.
- Thinly-populated area: means a closely connected set of settlements that does not belong to the category of either densely populated area or average populated area.

Social support: The indicator is formed based on answers to three questions: how many close people the respondent can count on in case of personal problems; how much other people care about what happened to him/her; and how easily he/she would get practical help from neighbors if needed.

The most negative answer is coded as one, and the other values of the scale are assigned a code number that increases one by one. The lowest value of the total number of codes formed in this way is 3, the highest value is 14, and the categories calculated are:

- poor support: $3 \leq S \leq 8$
- intermediate support: $9 \leq S \leq 11$
- strong support: $12 \leq S \leq 14$.

The question was included in EHIS2014 and EHIS2019.

How much you can do for your health: According to subjective judgment.

Income quintiles: Based on per capita monthly disposable (equivalised) income of the household. The equivalised income is calculated by dividing the household's monthly disposable income by its equivalent size (using the following weights: 1.0 to the first adult; 0.5 to the second and each subsequent person aged 14 and over; 0.3 to each child aged under 14, the equivalent size is the sum of the weights of all the members of a given household).

General well-being: Overall life satisfaction level during the recording period. Satisfaction is measured on an 11-point scale, where 0 means not satisfied at all, and 10 means completely satisfied with life. The question was included in EHIS2014 and EHIS2019.

Current mental well-being: (WHO-5 index): WHO-5 is an overall index of the frequency of experiencing positive emotional states (cheerful and in good spirits; calm and relaxed; active and vigorous; fresh and rested; feeling that daily life is full of interesting things) in the time frame of the previous two weeks. By totalling the figures of the five answers and multiplying this raw score by 4, a value between 0 and 100 is obtained (percentage score). The higher the percentage score, the higher the degree of well-being. A percentage score between 0-28 indicates low, a score between 32-68 means medium, and a score between 72-100 indicates high level of current well-being (the total score can only be divided by four, therefore the categories do not cover the entire range of the interval between 0-100 the total score). The question was included in EHIS2014 and EHIS2019.

Physical and sensory functional limitations:

- severely limited, who have severe vision, hearing or walking difficulties.
- moderately limited, who have difficulties seeing, hearing or walking, but none of them are severe.

Difficulty in seeing:

- severely limited (have severe seeing problems), who are blind or who (despite wearing glasses) have great difficulty seeing clearly, or cannot see clearly at all.
- moderately limited (have moderate seeing problems), who have minor (some) difficulties seeing clearly.

Difficulty in hearing:

- severely limited (have severe hearing problems), who are deaf or who (despite wearing a hearing aid) have great difficulty hearing their interlocutor or are unable to hear them at all.
- moderately limited (have moderate hearing difficulty), who have minor (some) difficulty hearing their interlocutor.

Difficulty in walking:

- severely limited (have severe difficulty in walking), for whom it is very difficult to walk 500 meters on level ground, or to walk up or down 12 steps without the use of any aid, or at least one of these is not at all possible.
- moderately limited (have moderate difficulty in walking), for whom it is at most a minor difficulty to walk 500 meters on level ground or 12 degrees on stairs.

Severity of current depressive symptoms (according to the PHQ-8 test): The set of questions assessing the mental health status of the population and the prevalence of depression asks about the same symptoms that are examined during the diagnosis of the disease. However, it examines only eight of the symptoms (little interest or pleasure in doing things; feeling down, depressed or hopeless; poor or too much sleep; feeling tired or having little energy; poor appetite or overeating; bad feelings about themselves; difficulty concentrating; slowed down or too fast speech, movement), the official diagnosis also includes suicidal tendencies, but this is not covered in the survey due to the sensitivity of the question.

Based on the sum of the code values (S) for the answers to the eight aspects, we created the following five categories.

- none: $S \leq 12$
- mild: $13 \leq S \leq 17$
- moderate: $18 \leq S \leq 22$
- moderately severe: $23 \leq S \leq 27$
- severe: $28 \leq S \leq 32$.

In the tables, the last two categories were united under the name "severe".

The question was included in EHIS2014 and EHIS2019.

The classification of **regions** is presented according to the public administration valid at the time of the data recording.

'...' notation was applied instead of data that can not be published due to the low number of elements in the sample.