Supplemental Table 1. Age-standardized Sociodemographic, Health Behavior, and Clinical Characteristics between Low, Medium, and High Neighborhood Social Cohesion Among 18–30, 31–49, and ≥50 years old, National Health Interview Survey, 2013–2018 (N=167,153) ^{a.}

| Low n=53,364 (32%) Sociodemographic 18–30 31–50 ≥50 | n= 18–30 n=10,073 | Medium -55,163 (33% 31–50 | %) | | High | |
|--|-------------------------|--|------------|---------|-------------|----------|
| Sociodemographic 18–30 31–50 ≥50 | 18–30 | | 6) | | | |
| 0 1 | | 31-50 | | n | =58,626 (35 | %) |
| | n=10,073 | | ≥50 | 18-30 | 31-50 | ≥50 |
| n=13,123 n=17,036 n=23,205 | | n=17,003 | n=28,087 | n=7,308 | n=16,130 | n=35,188 |
| Sex/gender | | | | | | |
| Women 51.2% 52.4% 54.1% | 47.1% | 49.1% | 50.4% | 50.8% | 51.4% | 54.1% |
| Race/ethnicity | | | | | | |
| NH-White 52.6% 51.6% 68.0% | 59.5% | 60.3% | 73.5% | 69.6% | 71.7% | 81.0% |
| NH-Black 16.4% 15.9% 12.8% | 12.5% | 12.5% | 11.1% | 10.2% | 7.5% | 7.5% |
| Hispanic/Latinx 25.5% 26.2% 14.4% | 21.5% | 18.8% | 10.0% | 14.8% | 14.1% | 7.4% |
| Asian 5.5% 6.3% 4.8% | 6.5% | 8.4% | 5.4% | 5.3% | 6.7% | 4.1% |
| Educational attainment | | | | | | |
| <high 10.0%="" 13.3%="" 14.8%<="" school="" td=""><td>8.0%</td><td>8.7%</td><td>10.0%</td><td>7.2%</td><td>6.8%</td><td>9.1%</td></high> | 8.0% | 8.7% | 10.0% | 7.2% | 6.8% | 9.1% |
| High school graduate 30.0% 27.1% 30.6% | 27.9% | 22.0% | 27.8% | 27.0% | 20.5% | 28.2% |
| Some college 38.8% 29.8% 29.1% | 38.0% | 27.1% | 28.5% | 41.4% | 27.4% | 28.1% |
| ≥College 21.1% 29.8% 25.4% | 26.1% | 42.1% | 33.7% | 24.4% | 45.3% | 34.6% |
| Annual household income | | | | | | |
| <\$35,000 42.4% 31.7% 37.6% | 32.5% | 20.6% | 27.1% | 27.3% | 14.6% | 25.3% |
| \$35-\$74,999 33.6% 32.5% 31.5% | 32.4% | 28.0% | 30.3% | 29.1% | 24.8% | 29.2% |
| ≥\$75,000 24.0% 35.8% 30.9% | 35.1% | 51.4% | 42.7% | 43.6% | 60.6% | 45.5% |
| Unemployed/not in labor force 30.4% 23.2% 54.8% | 30.3% | 18.1% | 50.7% | 31.2% | 18.0% | 50.8% |
| Occupational class | | | | | | |
| Professional/management 13.6% 19.7% 18.0% | 16.6% | 26.5% | 22.9% | 14.6% | 28.0% | 23.5% |
| Support services 48.6% 43.5% 43.0% | 47.2% | 42.8% | 44.3% | 50.2% | 44.8% | 46.5% |
| Laborers 37.8% 36.8% 39.0% | 36.1% | 30.7% | 32.7% | 35.1% | 27.2% | 30.0% |
| Marital/co-habiting status | | | | | | |
| Married/living with partner or cohabited 36.4% 65.0% 57.8% | 34.7% | 72.6% | 65.7% | 32.8% | 78.9% | 69.1% |
| Divorced/widowed 3.4% 15.4% 33.3% | 2.6% | 12.5% | 27.2% | 3.1% | 10.3% | 25.3% |
| Single/no live-in partner 60.2% 19.6% 8.9% | 62.7% | 15.0% | 7.1% | 64.0% | 10.8% | 5.5% |
| Region of residence | | | | | | |
| Northeast 15.1% 16.3% 19.5% | 16.8% | 17.4% | 20.0% | 17.0% | 17.4% | 18.4% |

| Midwest | 22.2% | 20.1% | 21.2% | 24.0% | 22.4% | 22.3% | 25.2% | 23.5% | 23.5% |
|---|--------------|--------|-------|--------|--------|--------|--------|-------|---------|
| South | 36.1% | 36.9% | 36.2% | 35.6% | 35.6% | 35.6% | 37.1% | 37.2% | 38.3% |
| West | 26.6% | 26.7% | 23.1% | 23.5% | 24.6% | 22.1% | 20.7% | 21.9% | 19.7% |
| Health Behaviors | | Low | | | Medium | | | High | |
| | 18–30 | 31-50 | ≥50 | 18-30 | 31-50 | ≥50 | 18-30 | 31–50 | ≥50 |
| Sleep duration | | | | | | | | | |
| <6 hours (very short) | 9.8% | 12.1% | 12.3% | 6.4% | 9.0% | 7.8% | 6.4% | 8.1% | 7.5% |
| 6–7 hours (short) | 21.5% | 27.9% | 24.1% | 19.5% | 25.6% | 22.4% | 17.0% | 23.5% | 19.8% |
| 7–9 hours (recommended) | 64.6% | 57.4% | 58.4% | 70.1% | 63.9% | 65.5% | 72.6% | 66.7% | 67.8% |
| >9 hours (long) | 4.2% | 2.6% | 5.3% | 4.0% | 1.6% | 4.3% | 3.9% | 1.8% | 4.8% |
| Trouble falling asleep (≥3 times/week) | 24.4% | 24.8% | 25.9% | 17.8% | 18.4% | 18.9% | 15.5% | 16.4% | 16.9% |
| Trouble staying asleep (≥3 times/week) | 21.0% | 29.5% | 36.7% | 15.4% | 23.4% | 30.3% | 13.6% | 22.0% | 27.9% |
| Insomnia symptoms ^b | 31.2% | 36.5% | 42.4% | 23.7% | 29.1% | 34.7% | 20.8% | 27.0% | 32.2% |
| Woke up feeling unrested (≥3 days/week) | 51.8% | 56.5% | 48.0% | 43.0% | 49.6% | 39.0% | 38.1% | 44.7% | 33.3% |
| Sleep medication (≥3 times/week) | 5.3% | 8.5% | 14.4% | 3.5% | 6.7% | 11.3% | 3.5% | 6.8% | 11.5% |
| Smoking status | | | | | | | | | |
| Never/quit >12 months prior | 80.2% | 77.2% | 81.6% | 84.4% | 82.0% | 85.9% | 84.9% | 83.5% | 86.8% |
| Quit ≤12 months | 2.2% | 1.7% | 1.1% | 2.1% | 1.8% | 0.9% | 2.2% | 1.4% | 0.9% |
| Current | 17.5% | 21.1% | 17.3% | 13.5% | 16.2% | 13.2% | 13.0% | 15.1% | 12.4% |
| Alcohol status | | | | | | | | | |
| Never | 25.9% | 17.1% | 19.7% | 28.3% | 15.1% | 17.3% | 30.4% | 15.7% | 18.4% |
| Former | 5.5% | 11.7% | 23.3% | 4.9% | 10.0% | 18.9% | 5.4% | 9.4% | 17.9% |
| Current | 68.6% | 71.1% | 57.1% | 66.8% | 75.0% | 63.7% | 64.1% | 74.9% | 63.7% |
| Leisure-time physical activity | | | | | | | | | |
| Never/unable | 26.4% | 33.2% | 43.1% | 22.6% | 25.1% | 34.7% | 21.3% | 22.8% | 32.5% |
| Does not meet PA guidelines | 16.7% | 18.9% | 20.4% | 14.8% | 19.1% | 20.2% | 14.3% | 17.5% | 19.5% |
| Meets PA guidelines ^c | 56.9% | 47.9% | 36.5% | 62.5% | 55.8% | 45.1% | 64.4% | 59.6% | 48.0% |
| Clinical Characteristics | | Low | | | Medium | | | High | |
| | 18–30 | 31–50 | ≥50 | 18-30 | 31-50 | ≥50 | 18-30 | 31–50 | ≥50 |
| Health status | | | | | | | | | |
| Excellent/very good | 70.3% | 58.2% | 40.5% | 77.2% | 68.2% | 51.6% | 82.9% | 73.4% | 57.9% |
| Good | 23.2% | 29.3% | 33.2% | 19.0% | 24.2% | 31.2% | 13.9% | 21.0% | 27.4% |
| Fair/poor | c = 0/ | 12 (0/ | 26.3% | 3.8% | 7.6% | 17.2% | 3.2% | 5.6% | 14.7% |
| • | 6.5% | 12.6% | 20.5% | 3.0 /0 | 7.070 | 17.2/0 | 5.2 /0 | 3.070 | 14.7 /0 |
| Mental illness d | 6.5% 4.2% | 5.6% | 6.2% | 2.3% | 2.5% | 2.7% | 2.0% | 2.2% | 2.3% |

| Recommended BMI (18.5-<25 km/m ²) | 45.5% | 28.0% | 27.4% | 48.8% | 32.1% | 29.3% | 50.0% | 34.0% | 31.8% |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Overweight (25–29.9 km/m ²) | 28.5% | 35.8% | 36.1% | 29.5% | 36.6% | 38.5% | 28.4% | 35.8% | 38.7% |
| Obese (≥30 kg/m²) | 26.0% | 36.2% | 36.5% | 21.7% | 31.3% | 32.2% | 21.6% | 30.2% | 29.6% |
| Dyslipidemia ^e | 12.2% | 39.9% | 64.9% | 12.1% | 36.1% | 61.6% | 12.9% | 37.8% | 62.3% |
| Hypertension ^f | 7.3% | 21.9% | 54.1% | 7.3% | 18.4% | 49.5% | 6.1% | 17.9% | 47.0% |
| Prediabetes/diabetes g | 3.6% | 11.7% | 29.4% | 3.3% | 9.3% | 24.1% | 2.2% | 8.1% | 21.5% |
| "Ideal" cardiovascular health h | 18.4% | 8.3% | 3.9% | 23.4% | 12.1% | 6.0% | 25.7% | 13.9% | 7.2% |

^a Note all estimates are weighted for the survey's complex sampling design. All estimates are age-standardized to the U.S. 2010 population, except for age.Percentage may not sum to 100 due to missing values or rounding. ^b Insomnia symptoms defined as either trouble falling asleep and/or difficulty maintaining sleep 3+ times a week. ^c Meets PA guidelines defined as ≥150 minutes/week of moderate intensity or ≥75 minutes/week of vigorous intensity or ≥150 minutes/week of moderate and vigorous intensity. ^d Kessler 6-psychological distress scale score ≥13. ^e Dyslipidemia defined as high cholesterol in the 12 months prior to interview. Available for survey years 2011–2017. ^f Hypertension defined as ever told by a doctor had hypertension. ^g Prediabetes/diabetes defined as ever told by a doctor had diabetes or prediabetic condition. ^h "Ideal" cardiovascular health includes never smoking/quit >12 months prior to interview, BMI 18.5 - <25 kg/m², meeting physical activity guidelines, and no prior diagnosis of dyslipidemia, hypertension, or diabetes/prediabetes.

Supplemental Table 2. Age-standardized Sociodemographic, Health Behavior, and Clinical Characteristics between Low, Medium, and High Neighborhood Social Cohesion Among Women and Men, National Health Interview Survey, 2013–2018 (N=167,153) ^{a.}

| | | | Neighborhood | Social Cohesion | | |
|--|-------------|-------------|--------------|-----------------|-------------|-------------|
| | Lo | ow | Med | ium | Hi | gh |
| | n=53,36 | 4 (32%) | n=55,168 | 3 (33%) | n=58,62 | 6 (35%) |
| Sociodemographic | Women | Men | Women | Men | Women | Men |
| | n=29,867 | n=23,497 | n=29,031 | n=26,132 | n=32,790 | n=25,836 |
| Age, mean (S.E.) | 44.5 (0.17) | 43.4 (0.17) | 47.8 (0.16) | 46.5 (0.17) | 51.4 (0.17) | 49.9 (0.17) |
| 18–30 years | 18.4% | 18.9% | 15.8% | 16.5% | 13.6% | 13.8% |
| 31–50 years | 21.2% | 20.8% | 23.9% | 23.1% | 26.1% | 25.8% |
| ≥50 years | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% |
| Race/ethnicity | | | | | | |
| NH-White | 60.4% | 63.2% | 67.7% | 68.5% | 76.9% | 77.1% |
| NH-Black | 15.3% | 12.8% | 12.5% | 10.9% | 7.9% | 7.9% |
| Hispanic/Latinx | 18.8% | 19.1% | 13.3% | 14.5% | 10.0% | 10.3% |
| Asian | 5.5% | 4.9% | 6.4% | 6.1% | 5.3% | 4.7% |
| Educational attainment | | | | | | |
| <high school<="" td=""><td>13.8%</td><td>13.4%</td><td>9.2%</td><td>9.6%</td><td>7.7%</td><td>8.9%</td></high> | 13.8% | 13.4% | 9.2% | 9.6% | 7.7% | 8.9% |
| High school graduate | 29.2% | 30.3% | 25.8% | 27.0% | 25.0% | 27.0% |
| Some college | 32.1% | 30.0% | 30.7% | 28.7% | 31.1% | 28.2% |
| ≥College | 24.9% | 26.3% | 34.3% | 34.7% | 36.3% | 35.9% |
| Annual household income | | | | | | |
| <\$35,000 | 40.3% | 33.8% | 28.6% | 24.2% | 25.0% | 20.2% |
| \$35-\$74,999 | 31.7% | 32.5% | 30.3% | 29.9% | 27.4% | 28.7% |
| ≥\$75,000 | 27.9% | 33.7% | 41.2% | 45.9% | 47.6% | 51.0% |
| Unemployed/not in labor force | 47.9% | 38.8% | 44.7% | 35.0% | 44.6% | 34.1% |
| Occupational class | | | | | | |
| Professional/management | 14.8% | 20.8% | 18.4% | 27.1% | 18.9% | 28.8% |
| Support services | 60.3% | 26.3% | 63.1% | 26.6% | 64.3% | 26.9% |
| Laborers | 24.9% | 52.9% | 18.5% | 46.3% | 16.8% | 44.3% |
| Marital/co-habiting status | | | | | | |
| Married/living with partner or co habited | 51.7% | 59.8% | 58.9% | 66.0% | 64.0% | 70.1% |
| Divorced/widowed | 28.9% | 18.0% | 24.2% | 15.1% | 22.4% | 13.5% |
| Single/no live-in partner | 19.4% | 22.2% | 16.9% | 18.9% | 13.5% | 16.4% |

Fair/poor

| Region of residence | | | | | | |
|---|-------|-------|-------|-------|-------|-------|
| Northeast | 18.2% | 17.8% | 19.1% | 18.7% | 18.3% | 17.6% |
| Midwest | 21.2% | 21.1% | 22.5% | 22.7% | 23.0% | 24.5% |
| South | 37.0% | 35.6% | 36.1% | 35.2% | 38.1% | 37.6% |
| West | 23.6% | 25.6% | 22.3% | 23.5% | 20.5% | 20.4% |
| Health Behaviors | Low | | Med | ium | Hi | gh |
| | Women | Men | Women | Men | Women | Men |
| Sleep duration | | | | | | |
| <6 hours (very short) | 13.1% | 10.4% | 7.8% | 7.9% | 7.7% | 7.3% |
| 6–7 hours (short) | 24.5% | 24.3% | 22.6% | 22.6% | 19.8% | 21.0% |
| 7–9 hours (recommended) | 57.6% | 61.2% | 66.0% | 65.8% | 68.5% | 67.9% |
| >9 hours (long) | 4.8% | 4.1% | 3.6% | 3.6% | 3.9% | 3.9% |
| Trouble falling asleep (≥3 times/week) | 29.9% | 20.2% | 22.2% | 14.9% | 20.0% | 12.8% |
| Trouble staying asleep (≥3 times/week) | 36.2% | 27.8% | 29.7% | 23.0% | 27.7% | 20.7% |
| Insomnia symptoms ^b | 43.7% | 33.8% | 36.1% | 27.3% | 33.5% | 24.6% |
| Woke up feeling unrested (≥3 days/week) | 54.5% | 46.1% | 45.4% | 39.0% | 40.5% | 33.0% |
| Sleep medication (≥3 times/week) | 13.7% | 9.0% | 10.6% | 7.3% | 11.2% | 6.9% |
| Smoking status | | | | | | |
| Never/quit >12 months prior | 82.7% | 77.8% | 86.4% | 83.1% | 87.4% | 83.7% |
| Quit ≤12 months | 1.4% | 1.6% | 1.1% | 1.5% | 1.0% | 1.4% |
| Current | 15.9% | 20.6% | 12.5% | 15.3% | 11.5% | 15.0% |
| Alcohol status | | | | | | |
| Never | 26.0% | 13.7% | 23.5% | 13.6% | 23.7% | 14.2% |
| Former | 16.8% | 18.4% | 14.1% | 15.0% | 13.1% | 15.1% |
| Current | 57.2% | 67.9% | 62.4% | 71.3% | 63.2% | 70.7% |
| Leisure-time physical activity | | | | | | |
| Never/unable | 39.6% | 35.9% | 32.4% | 28.5% | 29.1% | 27.7% |
| Does not meet PA guidelines | 21.1% | 17.4% | 21.0% | 17.3% | 20.1% | 16.2% |
| Meets PA guidelines ^c | 39.3% | 46.7% | 46.6% | 54.2% | 50.8% | 56.1% |
| Clinical Characteristics | Lo | ow | Med | ium | Hi | gh |
| | Women | Men | Women | Men | Women | Men |
| Health status | | | | | | |
| Excellent/very good | 48.3% | 51.4% | 59.1% | 60.1% | 65.4% | 65.3% |
| Good | 31.2% | 29.7% | 28.1% | 27.1% | 23.8% | 24.0% |
| | | | | | | |

18.9%

12.8%

12.8%

10.8%

10.7%

20.5%

| Mental illness d | 6.8% | 4.5% | 3.1% | 2.1% | 2.6% | 1.8% |
|---|-------|-------|-------|-------|-------|-------|
| Body Mass Index (BMI) | | | | | | |
| Recommended BMI (18.5-<25 km/m ²) | 34.4% | 27.1% | 39.8% | 26.9% | 42.6% | 26.6% |
| Overweight (25–29.9 km/m²) | 30.0% | 39.6% | 30.1% | 42.7% | 30.2% | 43.3% |
| Obese (≥30 kg/m²) | 35.7% | 33.3% | 30.1% | 30.4% | 27.2% | 30.2% |
| Dyslipidemia ^e | 50.6% | 51.3% | 47.1% | 49.7% | 49.3% | 50.7% |
| Hypertension ^f | 37.6% | 39.8% | 33.2% | 37.3% | 31.4% | 36.4% |
| Prediabetes/diabetes g | 20.7% | 21.1% | 16.4% | 18.3% | 14.6% | 16.4% |
| "Ideal" cardiovascular health h | 8.2% | 6.8% | 12.6% | 8.0% | 14.6% | 8.2% |

^a Note all estimates are weighted for the survey's complex sampling design. All estimates are age-standardized to the U.S. 2010 population, except for age. Percentage may not sum to 100 due to missing values or rounding. SE= standard error. ^b Insomnia symptoms defined as either trouble falling asleep and/or difficulty maintaining sleep 3+ times a week. Meets PA guidelines defined as ≥150 minutes/week of moderate intensity or ≥75 minutes/week of vigorous intensity or ≥150 minutes/week of moderate and vigorous intensity. ^d Kessler 6-psychological distress scale score ≥13. ^e Dyslipidemia defined as high cholesterol in the 12 months prior to interview. Available for survey years 2011–2017. ^f Hypertension defined as ever told by a doctor had hypertension. ^g Prediabetes/diabetes defined as ever told by a doctor had diabetes or prediabetic condition. ^h "Ideal" cardiovascular health includes never smoking/quit >12 months prior to interview, BMI 18.5 - <25 kg/m², meeting physical activity guidelines, and no prior diagnosis of dyslipidemia, hypertension, or diabetes/prediabetes.

Supplemental Table 3. Age-standardized Sociodemographic, Health Behavior, and Clinical Characteristics between Low, Medium, and High Neighborhood Social Cohesion Among Racial/Ethnic Groups, National Health Interview Survey, 2013–2018 (N=167,153) ^{a.}

| | | | | | Neig | hborhood | Social Cohe | sion | | | | |
|---|----------------------------------|-------------------------|-------------------|------------------|--------------------------|-------------------------|---------------------|------------------|----------------------------------|-------------------------|--------------------------|------------------|
| | | Lo | ow | | | Me | dium | | | H | igh | |
| | | n=53,36 | 64 (32%) | | | n=55,1 | 63 (33%) | | | n=58,62 | 26 (35%) | |
| Sociodemographic | NH- White <i>n</i> =31,233 | NH- Black n=8,507 | Hispanic n=10,742 | Asian n=2,882 | NH- White n=36,726 | NH- Black n=7,073 | Hispanic n=7,937 | Asian n=3,427 | NH- White <i>n</i> =45,173 | NH- Black n=4,987 | Hispanic <i>n</i> =5,765 | Asian n=2,701 |
| Aga maan (S.E.) | 46.3 | 41.8 | 39.5 | 42.9 | 49.1 | 45.5 | 41.1 | 44.7 | 52.0 | 48.4 | 44.8 | 47.3 |
| Age, mean (S.E.) | (0.17) | (0.27) | (0.23) | (0.41) | (0.16) | (0.29) | (0.28) | (0.38) | (0.15) | (0.39) | (0.36) | (0.48) |
| 18–30 years | 18.8% | 19.0% | 18.4% | 17.3% | 16.0% | 16.2% | 17.5% | 13.8% | 13.4% | 16.5% | 14.2% | 11.7% |
| 31–50 years | 20.8% | 20.7% | 21.3% | 22.3% | 23.6% | 23.4% | 22.2% | 25.9% | 26.2% | 23.1% | 25.5% | 28.0% |
| ≥50 years | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% | 60.3% |
| Sex/gender | | | | | | | | | | | | |
| Women | 52.1% | 57.5% | 53.3% | 56.1% | 49.2% | 53.1% | 47.2% | 50.7% | 52.9% | 53.1% | 52.6% | 55.7% |
| Educational attainment | | | | | | | | | | | | |
| <high school<="" td=""><td>8.0%</td><td>14.2%</td><td>34.8%</td><td>11.4%</td><td>5.5%</td><td>11.3%</td><td>30.5%</td><td>8.5%</td><td>5.3%</td><td>12.8%</td><td>29.9%</td><td>7.5%</td></high> | 8.0% | 14.2% | 34.8% | 11.4% | 5.5% | 11.3% | 30.5% | 8.5% | 5.3% | 12.8% | 29.9% | 7.5% |
| High school graduate | 28.8% | 36.2% | 28.5% | 21.1% | 25.4% | 32.0% | 28.3% | 18.4% | 25.4% | 32.0% | 27.9% | 18.2% |
| Some college | 33.4% | 33.3% | 23.9% | 20.4% | 31.0% | 32.2% | 25.2% | 18.6% | 30.8% | 30.0% | 24.9% | 20.1% |
| ≥College | 29.8% | 16.3% | 12.8% | 47.2% | 38.1% | 24.4% | 16.0% | 54.5% | 38.4% | 25.2% | 17.4% | 54.1% |
| Annual household income | | | | | | | | | | | | |
| <\$35,000 | 32.0% | 51.9% | 46.7% | 31.3% | 22.0% | 41.6% | 38.1% | 21.7% | 19.3% | 40.9% | 37.8% | 21.0% |
| \$35-\$74,999 | 32.5% | 29.9% | 32.8% | 27.0% | 29.5% | 30.5% | 32.9% | 25.3% | 27.5% | 29.9% | 30.4% | 22.4% |
| ≥\$75,000 | 35.6% | 18.2% | 20.5% | 41.6% | 48.5% | 27.9% | 29.0% | 53.0% | 53.2% | 29.2% | 31.8% | 56.6% |
| Unemployed/not in labor force | 42.3% | 49.0% | 43.8% | 41.5% | 38.0% | 44.9% | 43.1% | 39.3% | 38.4% | 46.4% | 43.4% | 38.8% |
| Occupational class | | | | | | | | | | | | |
| Professional/management | 20.6% | 11.6% | 9.0% | 26.5% | 25.2% | 15.2% | 12.1% | 32.6% | 25.0% | 14.2% | 13.3% | 33.2% |
| Support services | 46.3% | 44.1% | 34.6% | 47.3% | 46.2% | 44.6% | 33.9% | 43.0% | 48.1% | 44.2% | 36.3% | 43.6% |
| Laborers | 33.2% | 44.4% | 56.3% | 26.2% | 28.6% | 40.2% | 54.0% | 24.5% | 26.9% | 41.6% | 50.4% | 23.2% |
| Marital/co-habiting status | | | | | | | | | | | | |
| Married/living with partner or cohabited | 58.2% | 37.2% | 57.1% | 62.7% | 65.2% | 43.0% | 61.0% | 69.8% | 69.0% | 44.2% | 63.4% | 74.1% |
| Divorced/widowed | 23.2% | 29.7% | 23.9% | 18.9% | 18.7% | 28.2% | 20.9% | 15.2% | 17.5% | 27.7% | 20.7% | 14.1% |
| Single/no live-in partner Region of residence | 18.5% | 33.1% | 19.0% | 18.5% | 16.1% | 28.8% | 18.1% | 15.0% | 13.5% | 28.1% | 15.9% | 11.9% |
| Northeast | 18.8% | 17.4% | 15.2% | 18.0% | 20.0% | 15.8% | 14.2% | 23.4% | 19.2% | 13.2% | 12.3% | 17.8% |
| Midwest | 26.8% | 18.9% | 7.4% | 11.8% | 27.4% | 17.2% | 8.7% | 10.1% | 27.6% | 12.2% | 8.8% | 12.0% |

| South West | 32.8% 21.6% | 55.3% 8.4% | 37.9% 39.6% | 20.9% 49.2% | 32.7% 19.9% | 59.0% 8.0% | 36.7% 40.4% | 21.1% 45.3% | 35.2% 18.0% | 68.0% 6.7% | 39.5% 39.4% | 28.3% 42.0% |
|---|----------------|---------------|----------------|----------------|----------------|---------------|----------------|----------------|----------------|---------------|----------------|----------------|
| Health Behaviors | 21.0 /0 | | 0W | 49.2 /0 | 19.9/0 | | dium | 45.576 | 10.0 /0 | | igh | 42.0 /0 |
| ricaltii beliaviois | NH- White | NH- Black | Hispanic | Asian | NH- White | NH- Black | Hispanic | Asian | NH- White | NH- Black | Hispanic | Asian |
| Sleep duration | | | | | | | | | | | | |
| <6 hours (very short) | 11.2% | 15.4% | 11.6% | 11.8% | 7.4% | 11.6% | 7.9% | 7.9% | 6.9% | 13.1% | 8.1% | 7.7% |
| 6–7 hours (short) | 24.0% | 26.2% | 24.1% | 26.0% | 22.2% | 26.4% | 21.2% | 24.1% | 20.0% | 23.9% | 19.8% | 23.6% |
| 7-9 hours (recommended) | 60.4% | 52.4% | 60.2% | 58.7% | 66.9% | 56.7% | 67.9% | 65.3% | 69.4% | 56.7% | 67.6% | 66.4% |
| >9 hours (long) | 4.3% | 6.0% | 4.1% | 3.6% | 3.5% | 5.4% | 3.0% | 2.7% | 3.6% | 6.3% | 4.6% | 2.4% |
| Trouble falling asleep (≥3 times/week) | 26.9% | 23.7% | 25.0% | 16.5% | 19.7% | 18.8% | 16.8% | 12.1% | 17.2% | 16.2% | 16.7% | 10.6% |
| Trouble staying asleep (≥3 times/week) | 36.1% | 28.3% | 25.7% | 19.8% | 29.4% | 23.1% | 18.9% | 14.5% | 26.1% | 21.9% | 18.9% | 12.8% |
| Insomnia symptoms ^b | 43.2% | 34.3% | 32.9% | 25.6% | 35.0% | 27.8% | 24.2% | 18.6% | 31.3% | 25.8% | 23.2% | 17.0% |
| Woke up feeling unrested (≥3 days/week) | 53.1% | 46.2% | 48.0% | 44.4% | 43.8% | 40.3% | 39.3% | 36.7% | 37.9% | 35.8% | 35.1% | 30.6% |
| Sleep medication (≥3 times/week) Smoking status | 13.4% | 8.5% | 9.5% | 4.6% | 10.4% | 6.5% | 6.4% | 3.6% | 10.1% | 6.5% | 6.4% | 3.1% |
| Never/quit >12 months prior ^c | 77.0% | 80.3% | 87.2% | 89.0% | 82.9% | 83.8% | 89.6% | 91.7% | 84.8% | 84.3% | 89.2% | 92.5% |
| Quit ≤12 months | 1.8% | 1.1% | 0.9% | 1.2% | 1.5% | 1.1% | 1.0% | 0.5% | 1.3% | 1.0% | 0.9% | 0.4% |
| Current | 21.2% | 18.5% | 11.9% | 9.8% | 15.5% | 15.1% | 9.3% | 7.8% | 13.9% | 14.7% | 9.9% | 7.1% |
| Alcohol status | | | | | | | | | | | | |
| Never | 14.0% | 29.0% | 29.2% | 40.9% | 13.1% | 27.9% | 28.8% | 38.9% | 15.1% | 31.2% | 31.0% | 43.1% |
| Former | 18.1% | 18.1% | 17.6% | 10.7% | 14.3% | 17.4% | 15.7% | 9.8% | 13.8% | 18.0% | 14.2% | 9.5% |
| Current | 67.9% | 52.9% | 53.2% | 48.4% | 72.6% | 54.8% | 55.5% | 51.3% | 71.0% | 50.8% | 54.8% | 47.4% |
| Leisure-time physical activity | | | | | | | | | | | | |
| Never/unable | 34.5% | 45.1% | 44.1% | 33.0% | 27.5% | 38.3% | 39.0% | 27.3% | 25.8% | 41.0% | 39.3% | 26.2% |
| Does not meet PA guidelines | 20.0% | 18.1% | 18.2% | 22.0% | 19.3% | 18.6% | 17.0% | 22.1% | 18.4% | 17.1% | 15.8% | 21.7% |
| Meets PA guidelines ^c | 45.5% | 36.8% | 37.7% | 45.0% | 53.2% | 43.1% | 44.0% | 50.6% | 55.8% | 42.0% | 44.8% | 52.1% |
| Clinical Characteristics | | L | ow | | | Me | dium | | | Н | igh | |
| | NH- White | NH- Black | Hispanic | Asian | NH- White | NH- Black | Hispanic | Asian | NH- White | NH- Black | Hispanic | Asian |

| Health status | | | | | | | | | | | | |
|---------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Excellent/very good | 52.5% | 42.9% | 43.3% | 52.1% | 63.0% | 48.3% | 50.9% | 59.7% | 68.0% | 52.5% | 54.2% | 64.5% |
| Good | 29.3% | 32.1% | 32.8% | 31.3% | 25.8% | 32.0% | 31.3% | 29.7% | 22.6% | 29.0% | 28.8% | 25.7% |
| Fair/poor | 18.2% | 25.0% | 23.9% | 16.6% | 11.2% | 19.6% | 17.8% | 10.5% | 9.4% | 18.5% | 17.0% | 9.8% |
| Mental illness d | 6.2% | 4.5% | 6.5% | 2.4% | 2.7% | 2.7% | 2.6% | 2.0% | 2.1% | 3.1% | 3.1% | 1.2% |
| Body Mass Index (BMI) | | | | | | | | | | | | |
| Recommended BMI | 32.1% | 25.8% | 24.8% | 55.2% | 33.8% | 25.7% | 25.8% | 56.4% | 35.5% | 24.9% | 28.2% | 56.9% |
| (18.5-<25 km/m²) | 32.1 % | 23.6% | 24.0% | 33.2% | 33.6% | 23.7 % | 23.6% | 30.4% | 33.3% | 24.9% | 20.270 | 36.9% |
| Overweight (25–29.9 | 33.5% | 32.7% | 40.3% | 32.1% | 36.3% | 34.6% | 41.2% | 32.9% | 36.7% | 33.8% | 39.0% | 32.5% |
| km/m²) | 33.3 /6 | 32.7 /0 | 40.3 /0 | 32.1 /0 | 30.3 /6 | 34.0 /0 | 41.2 /0 | 32.9 /0 | 30.7 /6 | 33.0 /0 | 39.0 /6 | 32.3 /6 |
| Obese (≥30 kg/m²) | 34.5% | 41.5% | 34.9% | 12.7% | 29.8% | 39.7% | 33.0% | 10.7% | 27.8% | 41.3% | 32.8% | 10.6% |
| Dyslipidemia ^e | 51.6% | 49.9% | 49.4% | 53.4% | 47.8% | 47.2% | 50.6% | 56.3% | 50.0% | 49.2% | 50.8% | 53.7% |
| Hypertension ^f | 37.6% | 48.6% | 36.9% | 34.1% | 37.6% | 46.8% | 32.8% | 31.9% | 32.9% | 46.8% | 33.3% | 31.3% |
| Prediabetes/diabetes g | 19.0% | 24.5% | 26.4% | 21.0% | 15.2% | 23.3% | 24.1% | 19.7% | 14.0% | 21.9% | 21.0% | 19.0% |
| "Ideal" cardiovascular | 8.6% | 4.3% | 5.4% | 12.8% | 11.2% | 6.3% | 7.5% | 14.1% | 12.6% | 5.2% | 7.3% | 14.9% |
| health ^h | 0.070 | 1.5 /0 | 5.170 | 12.070 | 11.270 | 0.570 | 7.570 | 11.170 | 12.070 | 3.270 | 7.370 | 11.770 |

a Note all estimates are weighted for the survey's complex sampling design. All estimates are age-standardized to the U.S. 2010 population, except for age. Percentage may not sum to 100 due to missing values or rounding. b Insomnia symptoms defined as either trouble falling asleep and/or difficulty maintaining sleep 3+ times a week. c Meets PA guidelines defined as ≥150 minutes/week of moderate intensity or ≥75 minutes/week of vigorous intensity or ≥150 minutes/week of moderate and vigorous intensity. d Kessler 6-psychological distress scale score ≥13. b Dyslipidemia defined as high cholesterol in the 12 months prior to interview. Available for survey years 2011–2017. Hypertension defined as ever told by a doctor had hypertension. Prediabetes/diabetes defined as ever told by a doctor had diabetes or prediabetic condition. Hadali' cardiovascular health includes never smoking/quit >12 months prior to interview, BMI 18.5 - <25 kg/m², meeting physical activity guidelines, and no prior diagnosis of dyslipidemia, hypertension, or diabetes/prediabetes.

Supplemental Table 4. Age-standardized Sociodemographic between Neighborhood Social Cohesion Scale. National Health Interview Survey, 2013–2018 (N=167,153) ^a

| | Neighborhood Social Cohesion | | | | | | | | | |
|-------------|---|--|--|--------------------------------------|--|--|--|--|--|--|
| | People in this neighborhood help each other out | There are people I can count on in this neighborhood | People in this neighborhood can be trusted | This is a close-knit neighborhood | | | | | | |
| All | 68,704 (41.1%) | 84,914 (50.8%) | 78,656 (47.1%) | 49,516 (29.6%) | | | | | | |
| Age | | | | | | | | | | |
| 18–30 years | 30.9% | 39.6% | 36.0% | 22.8% | | | | | | |
| 31–50 years | 39.0% | 47.9% | 44.1% | 28.3% | | | | | | |
| ≥50 years | 45.6% | 56.5% | 53.8% | 32.4% | | | | | | |
| Sex/gender | | | | | | | | | | |
| Women | 42.4% | 52.5% | 48.8% | 30.4% | | | | | | |

| Race/ethnicity | | | | |
|-----------------|-------|-------|-------|-------|
| NH-White | 45.6% | 57.2% | 54.6% | 31.6% |
| NH-Black | 32.2% | 38.5% | 30.8% | 26.5% |
| Hispanic/Latinx | 31.1% | 38.9% | 35.1% | 25.0% |
| Asian | 38.7% | 43.2% | 43.2% | 28.5% |

^a Note all estimates are weighted for the survey's complex sampling design. All estimates are age-standardized to the U.S. 2010 population, except for age.

Supplemental Figure 1: Flow Chart of Participant Selection.

