## Supplemental Tables (A-O) for Mujcic and Oswald (2016)

Table A. (Table 1 Redone on Further Data). Life Satisfaction Equations: Fixed-effects Regression Models of Changes in Life Satisfaction on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2009 and 2013

| Independent variable | Model 1(no covariates) |  | Model 2(partial set of covariates) |  | Model 3 <br> (full set of covariates) |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Fruit and vegetable portions/day | 0.04 [0.02, 0.06] | . 000 | 0.04 [0.03, 0.06] | . 000 | 0.04 [0.02, 0.05] | . 000 |
| Log of household income |  |  | 0.01 [-0.03, 0.05] | . 682 | 0.01 [-0.03, 0.05] | . 596 |
| Age |  |  | -0.02 [-0.05, 0.00] | . 082 | -0.03 [-0.05, 0.00] | . 050 |
| Age-squared/100 |  |  | 0.02 [-0.01, 0.04] | . 165 | 0.02 [0.00, 0.05] | . 108 |
| Masters or doctorate |  |  | $0.04[-0.30,0.38]$ | . 810 | 0.04 [-0.30, 0.38] | . 816 |
| Bachelor or honors |  |  | -0.14 [-0.49, 0.22] | . 444 | -0.15 [-0.50, 0.20] | . 411 |
| Graduate diploma or certificate |  |  | -0.06 [-0.31, 0.19] | . 647 | -0.06 [-0.31, 0.19] | . 643 |
| Advanced diploma |  |  | 0.10 [-0.14, 0.35] | . 421 | 0.11 [-0.13, 0.35] | . 372 |
| Professional qualification |  |  | -0.13 [-0.34, 0.08] | . 237 | -0.12 [-0.33, 0.09] | . 254 |
| Year 12 high school |  |  | $-0.09[-0.26,0.07]$ | . 268 | -0.07 [-0.24, 0.09] | . 396 |
| Full-time student |  |  | 0.01 [-0.12, 0.14] | . 876 | 0.01 [-0.12, 0.14] | . 836 |
| Unemployed |  |  | -0.22 [-0.40, -0.04] | . 018 | -0.22 [-0.40, -0.05] | . 014 |
| Not in the labor force |  |  | -0.05 [-0.13, 0.04] | . 318 | -0.05 [-0.14, 0.04] | . 276 |
| Married |  |  | 0.05 [-0.09, 0.19] | . 452 | 0.04 [-0.10, 0.18] | . 568 |
| Separated |  |  | -0.48 [-0.74, -0.23] | . 000 | -0.51 [-0.76, -0.26] | . 000 |
| Divorced |  |  | 0.14 [-0.12, 0.40] | . 293 | 0.12 [-0.14, 0.38] | . 359 |
| Widowed |  |  | 0.04 [-0.26, 0.33] | . 808 | 0.02 [-0.27, 0.32] | . 875 |
| Long-term health condition |  |  | -0.22 [-0.30, -0.15] | . 000 | -0.22 [-0.30, -0.15] | . 000 |
| \# children under the age of 4 |  |  | -0.08 [-0.14, -0.02] | . 008 | -0.07 [-0.13, -0.02] | . 013 |
| \# children aged 5-14 |  |  | -0.04 [-0.09, 0.01] | . 142 | -0.04 [-0.09, 0.01] | . 138 |
| Drink alcohol 2 or 3 days/month |  |  |  |  | -0.03 [-0.12, 0.07] | . 579 |
| Drink alcohol 1 or 2 days/week |  |  |  |  | -0.05 [-0.14, 0.05] | . 321 |
| Drink alcohol 3 or 4 days/week |  |  |  |  | -0.04 [-0.16, 0.07] | . 478 |
| Drink alcohol 5 or 6 days/week |  |  |  |  | -0.12 [-0.26, 0.02] | . 097 |
| Drink alcohol everyday |  |  |  |  | -0.11 [-0.27, 0.05] | . 190 |
| Non-smoker |  |  |  |  | 0.03 [-0.08, 0.14] | . 639 |
| Never eat red meat |  |  |  |  | 0.03 [-0.25, 0.32] | . 829 |
| Never eat fish |  |  |  |  | -0.08 [-0.19, 0.02] | . 130 |
| Eat breakfast regularly |  |  |  |  | 0.13 [0.06, 0.20] | . 001 |
| Drink low fat or skim milk |  |  |  |  | 0.03 [-0.03, 0.09] | . 332 |
| Avoid fatty foods |  |  |  |  | 0.01 [-0.05, 0.07] | . 817 |
| BMI |  |  |  |  | 0.00 [-0.01, 0.01] | . 773 |
| Exercise regularly |  |  |  |  | 0.15 [0.09, 0.20] | . 000 |
| Constant | 7.76 [7.70, 7.83] | . 000 | 8.41 [7.79, 9.04] | . 000 | 8.38 [7.72, 9.04] | . 000 |
| Overall $R^{2}$ | . 02 |  | . 03 |  | . 04 |  |
| Number of individuals | 16,242 |  | 16,242 |  | 16,242 |  |
| Number of observations | 23,985 |  | 23,985 |  | 23,985 |  |

[^0]Table B. (Table 2 Redone on Further Data) Happiness Equations: Fixed-effects Regression Models of Changes in "Been a Happy Person" on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2009 and 2013

|  | Model 1 <br> (no covariates) |  | Model 2 <br> (partial set of covariates) | Model 3 <br> (full set of covariates) |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Fruit and vegetable portions/day | $0.02[0.01,0.04]$ | .000 | $0.02[0.01,0.04]$ | .001 | $0.02[0.01,0.03]$ | .006 |
| Log of household income |  |  | $-0.01[-0.03,0.03]$ | .790 | $-0.01[-0.03,0.03]$ | .823 |
| Other covariates included | No |  | Partial |  | Full |  |
| Constant | $4.33[4.28,4.38]$ | .000 | $5.04[4.53,5.56]$ | .000 | $5.06[4.51,5.60]$ | .000 |
| Overall $R^{2}$ | .01 |  | .01 |  | .02 |  |
| Number of individuals | 16,206 | 16,206 |  | 16,206 |  |  |
| Number of observations | 23,917 |  | 23,917 |  | 23,917 |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Been a Happy Person [range: 1-6].

Table C. (Full Version of Table B). Happiness Equations: Fixed-effects Regression Models of Changes in "Been a Happy Person" on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2009 and 2013

| Independent variable | Model 1(no covariates) |  | Model 2 <br> (partial set of covariates) |  | Model 3 <br> (full set of covariates) |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Fruit and vegetable portions/day | 0.02 [0.01, 0.04] | . 000 | 0.02 [0.01, 0.04] | . 001 | 0.02 [0.01, 0.03] | . 006 |
| Log of household income |  |  | -0.01 [-0.03, 0.03] | . 790 | -0.01 [-0.03, 0.03] | . 823 |
| Age |  |  | -0.02 [-0.04, 0.00] | . 068 | -0.02 [-0.04, 0.00] | . 039 |
| Age-squared/100 |  |  | 0.01 [-0.01, 0.03] | . 318 | 0.01 [-0.01, 0.03] | . 205 |
| Masters or doctorate |  |  | 0.13 [-0.16, 0.42] | . 374 | 0.14 [-0.15, 0.43] | . 356 |
| Bachelor or honors |  |  | 0.00 [-0.27, 0.28] | . 985 | 0.00 [-0.28, 0.28] | . 994 |
| Graduate diploma or certificate |  |  | 0.14 [-0.08, 0.35] | . 212 | $0.14[-0.08,0.36]$ | . 219 |
| Advanced diploma |  |  | 0.13 [-0.10, 0.37] | . 262 | 0.14 [-0.10, 0.37] | . 253 |
| Professional qualification |  |  | 0.07 [-0.10, 0.25] | . 422 | 0.07 [-0.11, 0.25] | . 441 |
| Year 12 high school |  |  | 0.01 [-0.14, 0.15] | . 912 | 0.02 [-0.13, 0.17] | . 789 |
| Full-time student |  |  | $0.09[-0.03,0.20]$ | . 154 | 0.09 [-0.03, 0.21] | . 141 |
| Unemployed |  |  | $0.01[-0.13,0.16]$ | . 854 | $0.01[-0.14,0.15]$ | . 899 |
| Not in the labor force |  |  | $-0.10[-0.17,-0.03]$ | . 004 | -0.11 [-0.18, -0.04] | . 003 |
| Married |  |  | $0.00[-0.12,0.11]$ | . 970 | 0.00 [-0.12, 0.11] | . 951 |
| Separated |  |  | -0.09 [-0.28, 0.11] | . 393 | $-0.10[-0.30,0.09]$ | . 300 |
| Divorced |  |  | 0.14 [-0.05, 0.34] | . 155 | 0.14 [-0.06, 0.33] | . 172 |
| Widowed |  |  | $0.00[-0.28,0.29]$ | . 973 | $0.00[-0.28,0.29]$ | . 989 |
| Long-term health condition |  |  | -0.17 [-0.23, -0.11] | . 000 | -0.17 [-0.23, -0.11] | . 000 |
| \# children under the age of 4 |  |  | $0.00[-0.05,0.05]$ | . 969 | 0.00 [-0.04, 0.05] | . 860 |
| \# children aged 5-14 |  |  | -0.01 [-0.06, 0.03] | . 647 | $-0.01[-0.06,0.03]$ | . 648 |
| Drink alcohol 2 or 3 days/month |  |  |  |  | 0.02 [-0.05, 0.09] | . 598 |
| Drink alcohol 1 or 2 days/week |  |  |  |  | -0.02 [-0.10, 0.06] | . 607 |
| Drink alcohol 3 or 4 days/week |  |  |  |  | -0.06 [-0.15, 0.04] | . 231 |
| Drink alcohol 5 or 6 days/week |  |  |  |  | -0.08 [-0.19, 0.03] | . 135 |
| Drink alcohol everyday |  |  |  |  | -0.04 [-0.17, 0.09] | . 549 |
| Non-smoker |  |  |  |  | -0.04 [-0.13, 0.06] | . 415 |
| Never eat red meat |  |  |  |  | 0.14 [-0.09, 0.38] | . 232 |
| Never eat fish |  |  |  |  | -0.03 [-0.12, 0.05] | . 427 |
| Eat breakfast regularly |  |  |  |  | 0.04 [-0.02, 0.10] | . 156 |
| Drink low fat or skim milk |  |  |  |  | 0.00 [-0.05, 0.05] | . 921 |
| Avoid fatty foods |  |  |  |  | 0.03 [-0.02, 0.09] | . 190 |
| BMI |  |  |  |  | 0.00 [-0.01, 0.01] | . 991 |
| Exercise regularly |  |  |  |  | 0.14 [0.09, 0.18] | . 000 |
| Constant | 4.33 [4.28, 4.38] | . 000 | 5.04 [4.53, 5.56] | . 000 | 5.06 [4.51, 5.60] | . 000 |
| Overall $R^{2}$ | . 01 |  | . 01 |  | . 02 |  |
| Number of individuals | 16,206 |  | 16,206 |  | 16,206 |  |
| Number of observations | 23,917 |  | 23,917 |  | 23,917 |  |

[^1]Table D. Description of Dietary and Lifestyle Covariates, HILDA Survey 2007 and $2009(N=12,385)$

| Variable | Description | Mean | SD | Min | Max |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Daily fruit intake | Average number of fruit serves based on weekly intake | 1.42 | 1.15 | 0 | $\geq 5$ |
| Daily vegetable intake | Average number of vegetable serves based on weekly intake | 2.43 | 1.34 | 0 | $\geq 5$ |
| Weekly fruit intake frequency | Number of days in a usual week that fruit is eaten | 5.31 | 2.17 | 0 | 7 |
| Weekly vegetable intake frequency | Number of days in a usual week that vegetables are eaten | 5.75 | 1.55 | 0 | 7 |
| Usual fruit intake quantity | On those days, number of fruit serves eaten | 1.79 | 1.07 | 0 | $\geq 5$ |
| Usual vegetable intake quantity | On those days, number of vegetable serves eaten | 2.89 | 1.28 | 0 | $\geq 5$ |
| Alcohol intake | Drink alcohol: never, no longer, or rarely | 0.38 | 0.48 | 0 | 1 |
| (0/1 indicators) | Drink alcohol 2 or 3 days per month | 0.12 | 0.32 | 0 | 1 |
|  | Drink alcohol 1 or 2 days per week | 0.20 | 0.40 | 0 | 1 |
|  | Drink alcohol 3 or 4 days per week | 0.14 | 0.35 | 0 | 1 |
|  | Drink alcohol 5 or 6 days per week | 0.09 | 0.29 | 0 | 1 |
|  | Drink alcohol everyday | 0.08 | 0.27 | 0 | 1 |
| Non-smoker | Do not smoke cigarettes at all | 0.80 | 0.40 | 0 | 1 |
| Eat breakfast regularly | Eat breakfast seven times a week | 0.70 | 0.46 | 0 | 1 |
| Low fat/skim milk | Drink low fat or skim milk | 0.49 | 0.50 | 0 | 1 |
| Avoid fatty foods | Eat fried potatoes, French fries, hot chips or wedges less than once a month | 0.26 | 0.44 | 0 | 1 |
| No fish intake | Never eat fresh, frozen, tinned fish, or shellfish | 0.11 | 0.31 | 0 | 1 |
| No meat intake | Never eat red meat (beef, veal, lamb, pork) | 0.03 | 0.17 | 0 | 1 |
| Regular physical exercise | Exercise at least three times a week per week; moderately to intensively | 0.51 | 0.50 | 0 | 1 |
| BMI | Body Mass Index | 26.59 | 5.66 | 9.6 | 85.3 |

Note: Average Daily fruit intake $=($ Weekly fruit intake frequency $\times$ Usual fruit intake quantity) divided by 7 days. Similarly, average Daily vegetable intake $=($ Weekly vegetable intake frequency $\times$ Usual vegetable intake quantity $)$ divided by 7 days. The Weekly intake frequency and Usual intake quantity variables correspond to the fruit and vegetable intake 'frequency' and 'quantity' survey questions presented in the Methods section. A standard serve (or portion) of fruit is 150 grams. A standard serve of vegetables is 75 grams.

Table E. Description of Socioeconomic Covariates, HILDA Survey 2007 and $2009(N=12,385)$

| Variable | Description | Mean | SD | Min | Max |
| :--- | :--- | :--- | :--- | :--- | :---: |
| Age | Years of age | 45.16 | 17.89 | 15 | 93 |
| Age-squared/100 | Years of age squared, divided by 100 | 23.59 | 17.37 | 2.25 | 86.49 |
| Income | Log of equivalized household income | 10.15 | 1.02 | 0 | 13.01 |
| Male | 1 if male, 0 if female |  |  |  |  |
| Full-time student | 1 if full-time student, 0 otherwise | 0.47 | 0.50 | 0 | 1 |
| Education level | Masters or doctorate | 0.07 | 0.26 | 0 | 1 |
| (0/1 indicators) | Bachelor or honors |  | 0.04 | 0.19 | 0 |
|  | Grad diploma, grad certificate | 0.14 | 0.34 | 0 | 1 |
|  | Advanced diploma, diploma | 0.06 | 0.23 | 0 | 1 |
|  | Professional qualification | 0.09 | 0.29 | 0 | 1 |
| (any certificate I, II, III, IV) | 0.22 | 0.41 | 0 | 1 |  |
|  | Year 12 |  | 0.15 | 0.36 | 0 |

Table F. (Full Estimation Results for First Part of Table 3) Prospective Analysis of Life Satisfaction: Linear Regression Model of Life Satisfaction on Lagged Fruit and Vegetable Consumption and Covariates, HILDA Survey $2007($ period $t)$ and $2009($ period $t+1)$

Dependent variable: Life satisfaction ${ }_{t+1}$

| Independent variable | $\beta$ | $t$ | $p$ |
| :---: | :---: | :---: | :---: |
| Fruit and vegetable portions/day ${ }_{\text {t }}$ | 0.03 [0.01, 0.04] | 3.82 | . 000 |
| Life satisfaction ${ }_{\text {t }}$ | 0.48 [0.47, 0.50] | 49.31 | . 000 |
| Log of household income ${ }_{t}$ | 0.03 [0.00, 0.07] | 1.78 | . 075 |
| Age ${ }_{\text {}}$ | -0.02 [-0.03, -0.01] | 3.16 | . 002 |
| Age-squared/100 t | 0.02 [0.01, 0.03] | 3.87 | . 000 |
| Male ${ }_{\text {t }}$ | 0.01 [-0.05, 0.06] | 0.20 | . 845 |
| Masters or doctorate ${ }_{t}$ | -0.13 [-0.27, 0.01] | 1.77 | . 077 |
| Bachelor or honors t | -0.08 [-0.20, 0.04] | 1.38 | . 169 |
| Graduate diploma or certificate ${ }_{t}$ | -0.06 [-0.14, 0.03] | 1.21 | . 225 |
| Advanced diploma ${ }_{\text {t }}$ | -0.12 [-0.21, -0.02] | 2.36 | . 018 |
| Professional qualification ${ }_{t}$ | -0.06 [-0.13, 0.02] | 1.47 | . 142 |
| Year 12 high school ${ }_{t}$ | -0.08 [-0.16, 0.00] | 1.86 | . 063 |
| Full-time student ${ }_{\text {t }}$ | 0.12 [-0.01, 0.25] | 1.75 | . 080 |
| Unemployed ${ }_{\text {t }}$ | 0.03 [-0.15, 0.21] | 0.32 | . 749 |
| Not in the labor force ${ }_{t}$ | -0.03 [-0.11, 0.05] | 0.83 | . 409 |
| Married ${ }_{\text {t }}$ | 0.13 [0.05, 0.21] | 3.11 | . 002 |
| Separated ${ }_{\text {t }}$ | -0.11 [-0.27, 0.05] | 1.36 | . 175 |
| Divorced ${ }_{\text {t }}$ | $-0.01[-0.12,0.10]$ | 0.15 | . 881 |
| Widowed $_{t}$ | 0.26 [0.10, 0.41] | 3.22 | . 001 |
| Long-term health condition ${ }_{t}$ | -0.21 [-0.28, -0.15] | 6.28 | . 000 |
| \# children under the age of $4_{t}$ | $0.01[-0.05,0.07]$ | 0.34 | . 732 |
| \# children aged 5-14 t | $-0.03[-0.07,0.01]$ | 1.65 | . 099 |
| Drink alcohol 2 or 3 days/month ${ }_{t}$ | 0.06 [-0.03, 0.14] | 1.29 | . 196 |
| Drink alcohol 1 or 2 days/week ${ }_{t}$ | 0.02 [-0.06, 0.09] | 0.43 | . 665 |
| Drink alcohol 3 or 4 days/week ${ }_{\text {t }}$ | 0.04 [-0.04, 0.12] | 0.96 | . 336 |
| Drink alcohol 5 or 6 days/week ${ }_{\text {t }}$ | 0.03 [-0.07, 0.13] | 0.63 | . 529 |
| Drink alcohol everyday t | 0.04 [-0.06, 0.14] | 0.76 | . 448 |
| Non-smoker ${ }_{\text {t }}$ | 0.08 [0.01, 0.15] | 2.19 | . 029 |
| Never eat red meat ${ }_{t}$ | $-0.13[-0.28,0.03]$ | 1.54 | . 123 |
| Never eat fish ${ }_{\text {t }}$ | 0.02 [-0.07, 0.11] | 0.43 | . 665 |
| Eat breakfast regularly | 0.03 [-0.04, 0.09] | 0.85 | . 397 |
| Drink low fat or skim milk ${ }_{\text {t }}$ | 0.05 [-0.01, 0.10] | 1.75 | . 080 |
| Avoid fatty foods t | 0.05 [-0.01, 0.11] | 1.65 | . 098 |
| BMI ${ }_{\text {t }}$ | -0.01 [-0.01, 0.00] | 2.79 | . 005 |
| Exercise regularly ${ }_{\mathrm{t}}$ | 0.06 [0.01, 0.11] | 2.29 | . 022 |
| Constant | 3.98 [3.55, 4.41] | 18.34 | . 000 |

Adjusted $R^{2}$
Number of observations
. 31
7,742

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Life Satisfaction [range: 0-10] in period $t+1$ (year 2009).

Table G. (Full Estimation Results for Table 2) Happiness Equations: Fixed-effects Regression Models of Changes in "Been a Happy Person" on Changes in Fruit and Vegetable Consumption and Covariates, HILDA Survey 2007 and 2009

| Independent variable | Model 1 (no covariates) |  | Model 2 <br> (partial set of covariates) |  | Model 3 <br> (full set of covariates) |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Fruit and vegetable portions/day | 0.02 [0.01, 0.03] | . 003 | 0.02 [0.01, 0.04] | . 002 | 0.02 [0.003, 0.03] | . 017 |
| Log of household income |  |  | 0.02 [-0.02, 0.05] | . 369 | 0.02 [-0.02, 0.05] | . 320 |
| Age |  |  | -0.01 [-0.05, 0.03] | . 736 | 0.00 [-0.04, 0.04] | . 832 |
| Age-squared/100 |  |  | 0.01 [-0.03, 0.05] | . 525 | 0.01 [-0.03, 0.05] | . 571 |
| Masters or doctorate |  |  | 0.10 [-0.41, 0.61] | . 697 | 0.15 [-0.35, 0.65] | . 560 |
| Bachelor or honors |  |  | $-0.13[-0.53,0.26]$ | . 507 | -0.10 [-0.49, 0.29] | . 614 |
| Graduate diploma or certificate |  |  | -0.05 [-0.36, 0.27] | . 778 | $-0.01[-0.32,0.30]$ | . 942 |
| Advanced diploma |  |  | $-0.30[-0.73,0.13]$ | . 173 | $-0.30[-0.74,0.15]$ | . 190 |
| Professional qualification |  |  | 0.08 [-0.16, 0.32] | . 493 | 0.08 [-0.16, 0.32] | . 511 |
| Year 12 high school |  |  | -0.04 [-0.23, 0.15] | . 706 | -0.01 [-0.20, 0.18] | . 891 |
| Full-time student |  |  | -0.03 [-0.16, 0.09] | . 620 | $-0.03[-0.15,0.10]$ | . 653 |
| Unemployed |  |  | 0.05 [-0.10, 0.19] | . 528 | 0.05 [-0.10, 0.19] | . 519 |
| Not in the labor force |  |  | -0.10 [-0.19, -0.02] | . 015 | -0.11 [-0.19, -0.03] | . 010 |
| Married |  |  | -0.02 [-0.18, 0.14] | . 808 | $-0.02[-0.18,0.14]$ | . 805 |
| Separated |  |  | -0.23 [-0.48, 0.03] | . 083 | -0.24 [-0.49, 0.02] | . 069 |
| Divorced |  |  | 0.01 [-0.27, 0.29] | . 942 | $-0.01[-0.29,0.27]$ | . 958 |
| Widowed |  |  | -0.14 [-0.47, 0.19] | . 405 | -0.15 [-0.48, 0.17] | . 358 |
| Long-term health condition |  |  | -0.07 [-0.13, -0.01] | . 024 | $-0.06[-0.12,0.00]$ | . 040 |
| \# children under the age of 4 |  |  | 0.03 [-0.03, 0.10] | . 321 | 0.04 [-0.03, 0.11] | . 233 |
| \# children aged 5-14 |  |  | 0.02 [-0.04, 0.08] | .460 | 0.03 [-0.03, 0.09] | . 339 |
| Drink alcohol 2 or 3 days/month |  |  |  |  | -0.02 [-0.10, 0.05] | . 570 |
| Drink alcohol 1 or 2 days/week |  |  |  |  | -0.05 [-0.14, 0.04] | . 244 |
| Drink alcohol 3 or 4 days/week |  |  |  |  | -0.07 [-0.17, 0.04] | . 209 |
| Drink alcohol 5 or 6 days/week |  |  |  |  | -0.04 [-0.16, 0.08] | . 516 |
| Drink alcohol everyday |  |  |  |  | 0.03 [-0.12, 0.18] | . 673 |
| Non-smoker |  |  |  |  | 0.01 [-0.09, 0.12] | . 776 |
| Never eat red meat |  |  |  |  | -0.02 [-0.27, 0.24] | . 907 |
| Never eat fish |  |  |  |  | 0.05 [-0.04, 0.14] | . 250 |
| Eat breakfast regularly |  |  |  |  | 0.12 [0.05, 0.18] | . 000 |
| Drink low fat or skim milk |  |  |  |  | -0.01 [-0.07, 0.05] | . 776 |
| Avoid fatty foods |  |  |  |  | 0.00 [-0.05, 0.05] | . 935 |
| BMI |  |  |  |  | -0.01 [-0.02, 0.00] | . 009 |
| Exercise regularly |  |  |  |  | 0.14 [0.10, 0.19] | . 000 |
| Constant | 4.35 [4.30, 4.40] | . 000 | 4.29 [3.40, 5.17] | . 000 | 4.31 [3.42, 5.20] | . 000 |
| Overall $R^{2}$ | . 02 |  | . 01 |  | . 03 |  |
| Number of individuals | 12,360 |  | 12,360 |  | 12,360 |  |
| Number of observations | 20,054 |  | 20,054 |  | 20,054 |  |

[^2]Table H. (Full Estimation Results for Second Part of Table 3) Prospective Analysis of Happiness: Linear Regression Model of "Been a Happy Person" on Lagged Fruit and Vegetable Consumption and Covariates, HILDA Survey $2007(\operatorname{period} t)$ and $2009($ period $t+1)$

| Dependent variable: Been a happy person ${ }_{t+1}$ |  |  |  |
| :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $t$ | $p$ |
| Fruit and vegetable portions/day ${ }_{\mathrm{t}}$ | 0.02 [0.01, 0.03] | 3.97 | . 000 |
| Been a happy person ${ }_{t}$ | 0.45 [0.43, 0.47] | 44.26 | . 000 |
| Log of household income ${ }_{t}$ | 0.03 [0.00, 0.05] | 1.84 | . 066 |
| Age ${ }_{\text {t }}$ | -0.01 [-0.02, 0.00] | 2.93 | . 003 |
| Age-squared/100 t | 0.01 [0.00, 0.02] | 2.87 | . 004 |
| Male ${ }_{\text {t }}$ | 0.01 [-0.04, 0.05] | 0.23 | . 822 |
| Masters or doctorate ${ }_{t}$ | $-0.01[-0.12,0.10]$ | 0.21 | . 833 |
| Bachelor or honors t | -0.03 [-0.13, 0.06] | 0.65 | . 514 |
| Graduate diploma or certificate t | -0.02 [-0.09, 0.05] | 0.57 | . 569 |
| Advanced diploma ${ }_{t}$ | $0.00[-0.08,0.07]$ | 0.08 | . 936 |
| Professional qualification ${ }_{\text {t }}$ | $-0.04[-0.10,0.02]$ | 1.35 | . 176 |
| Year 12 high school ${ }_{\text {t }}$ | -0.02 [-0.09, 0.05] | 0.58 | . 560 |
| Full-time student ${ }_{\text {t }}$ | -0.02 [-0.12, 0.08] | 0.32 | . 745 |
| Unemployed ${ }_{\text {t }}$ | -0.21 [-0.35, -0.07] | 2.87 | . 004 |
| Not in the labor force ${ }_{t}$ | -0.02 [-0.08, 0.04] | 0.56 | . 572 |
| Married ${ }_{\text {t }}$ | 0.10 [0.03, 0.16] | 2.87 | . 004 |
| Separated ${ }_{\text {t }}$ | 0.09 [-0.03, 0.22] | 1.41 | . 157 |
| Divorced ${ }_{\text {t }}$ | 0.09 [0.00, 0.18] | 1.96 | . 050 |
| Widowed ${ }_{\text {t }}$ | 0.31 [0.19, 0.43] | 4.97 | . 000 |
| Long-term health condition ${ }_{t}$ | -0.24 [-0.29, -0.19] | 8.96 | . 000 |
| \# children under the age of 4 t | -0.03 [-0.08, 0.01] | 1.39 | . 165 |
| \# children aged 5-14t | -0.03 [-0.06, 0.00] | 1.93 | . 054 |
| Drink alcohol 2 or 3 days/month t | 0.04 [-0.02, 0.11] | 1.27 | . 206 |
| Drink alcohol 1 or 2 days/week t | 0.11 [0.05, 0.17] | 3.71 | . 000 |
| Drink alcohol 3 or 4 days/week t | 0.06 [0.00, 0.12] | 1.83 | . 067 |
| Drink alcohol 5 or 6 days/week t | 0.13 [0.05, 0.20] | 3.25 | . 001 |
| Drink alcohol everyday ${ }_{\text {t }}$ | 0.03 [-0.05, 0.11] | 0.72 | . 473 |
| Non-smoker ${ }_{\text {t }}$ | 0.03 [-0.02, 0.09] | 1.23 | . 217 |
| Never eat red meat ${ }_{t}$ | -0.01 [-0.13, 0.12] | 0.13 | . 899 |
| Never eat fish t | $-0.03[-0.10,0.04]$ | 0.77 | . 441 |
| Eat breakfast regularly t | 0.02 [-0.03, 0.07] | 0.65 | . 516 |
| Drink low fat or skim milk ${ }_{\text {t }}$ | -0.01 [-0.05, 0.03] | 0.52 | . 604 |
| Avoid fatty foods ${ }_{\text {t }}$ | 0.03 [-0.02, 0.08] | 1.08 | . 279 |
| BMI ${ }_{\text {t }}$ | 0.00 [-0.01, 0.00] | 1.78 | . 074 |
| Exercise regularly t | 0.06 [0.01, 0.10] | 2.66 | . 008 |
| Constant | 2.36 [2.04, 2.68] | 14.40 | . 000 |
| Adjusted $R^{2}$ | . 26 |  |  |
| Number of observations | 7,694 |  |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Been a Happy Person [range: 1-6] in period $\mathrm{t}+1$ (year 2009).

Table I. Granger Causality Test: Linear Regression Model of Fruit and Vegetable Consumption on Lagged Life Satisfaction and Covariates, HILDA Survey $2007($ period $t)$ and $2009(\operatorname{period} t+1)$

| Dependent variable: Fruit and vegetable consumption ${ }_{t+1}$ |  |  |  |
| :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $t$ | $p$ |
| Life satisfaction ${ }_{t}$ | -0.003 [-0.03, 0.02] | 0.22 | . 827 |
| Fruit and vegetable portions/day ${ }_{\text {t }}$ | 0.55 [0.53, 0.57] | 57.23 | . 000 |
| Log of household income ${ }_{\text {t }}$ | 0.01 [-0.04, 0.06] | 0.33 | . 739 |
| Age ${ }_{\text {}}$ | 0.02 [0.01, 0.04] | 3.11 | . 002 |
| Age-squared/100 ${ }_{\text {t }}$ | -0.01 [-0.03, 0.00] | 1.37 | . 170 |
| Male ${ }_{\text {t }}$ | -0.16 [-0.24, -0.09] | 4.16 | . 000 |
| Masters or doctorate ${ }_{\text {t }}$ | 0.20 [0.01, 0.39] | 2.07 | . 038 |
| Bachelor or honors ${ }_{t}$ | 0.29 [0.13, 0.46] | 3.54 | . 000 |
| Graduate diploma or certificate t | 0.19 [0.07, 0.31] | 3.02 | . 003 |
| Advanced diploma ${ }_{\text {t }}$ | 0.19 [0.06, 0.32] | 2.79 | . 005 |
| Professional qualification ${ }_{t}$ | 0.15 [0.05, 0.25] | 2.87 | . 004 |
| Year 12 high school $_{\text {t }}$ | 0.12 [0.00, 0.23] | 2.02 | . 043 |
| Full-time student ${ }_{\text {t }}$ | 0.27 [0.10, 0.45] | 3.06 | . 002 |
| Unemployed ${ }_{\text {t }}$ | 0.01 [-0.23, 0.26] | 0.08 | . 934 |
| Not in the labor force ${ }_{t}$ | -0.03 [-0.13, 0.08] | 0.54 | . 591 |
| Married ${ }_{\text {t }}$ | 0.04 [-0.07, 0.15] | 0.67 | . 500 |
| Separated ${ }_{\text {t }}$ | -0.18 [-0.40, 0.04] | 1.61 | . 107 |
| Divorced ${ }_{\text {t }}$ | -0.10 [-0.25, 0.06] | 1.24 | . 216 |
| Widowed ${ }_{t}$ | -0.12 [-0.33, 0.09] | 1.13 | . 259 |
| Long-term health condition ${ }_{t}$ | 0.02 [-0.07, 0.11] | 0.52 | . 605 |
| \# children under the age of $4_{t}$ | -0.04 [-0.11, 0.04] | 0.92 | . 360 |
| \# children aged 5-14 | -0.02 [-0.07, 0.04] | 0.61 | . 541 |
| Drink alcohol 2 or 3 days/month ${ }_{t}$ | -0.02 [-0.14, 0.10] | 0.29 | . 772 |
| Drink alcohol 1 or 2 days/week ${ }_{\text {t }}$ | -0.02 [-0.12, 0.09] | 0.29 | . 769 |
| Drink alcohol 3 or 4 days/week t | 0.01 [-0.10, 0.12] | 0.25 | . 806 |
| Drink alcohol 5 or 6 days/week ${ }_{\text {t }}$ | 0.05 [-0.08, 0.18] | 0.70 | . 484 |
| Drink alcohol everyday ${ }_{\text {t }}$ | 0.03 [-0.11, 0.17] | 0.42 | . 678 |
| Non-smoker ${ }_{t}$ | 0.25 [0.16, 0.35] | 5.20 | . 000 |
| Never eat red meat ${ }_{t}$ | 0.09 [-0.13, 0.30] | 0.81 | . 419 |
| Never eat fish ${ }_{t}$ | -0.19 [-0.31, -0.07] | 3.10 | . 002 |
| Eat breakfast regularly ${ }_{\mathrm{t}}$ | 0.19 [0.10, 0.27] | 4.31 | . 000 |
| Drink low fat or skim milk ${ }_{\text {t }}$ | 0.01 [-0.06, 0.08] | 0.31 | . 758 |
| Avoid fatty foods ${ }_{t}$ | 0.15 [0.06, 0.23] | 3.48 | . 001 |
| $\mathrm{BMI}_{\mathrm{t}}$ | 0.00 [-0.01, 0.01] | 0.06 | . 951 |
| Exercise regularly ${ }_{\text {t }}$ | 0.21 [0.13, 0.28] | 5.63 | . 000 |
| Constant | 0.40 [-0.18, 0.97] | 1.35 | . 177 |
| Adjusted $R^{2}$ | . 42 |  |  |
| Number of observations | 7,742 |  |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Fruit and Vegetable Consumption (portions per day) in period $t+1$ (year 2009). It should be noted that Granger causality examines how an outcome variable of interest is correlated with lagged values of the same variable (from previous periods) as well as lagged values of other explanatory variables. This method is analogous to prospective analysis, but is not equivalent to identifying the true causal effect of one variable on another (where, for example, a change in the variable $X$ strictly leads to a change in the variable $Y$ ).

Table J. Granger Causality Test: Linear Regression Model of Fruit and Vegetable Consumption on Lagged "Been a Happy Person" and Covariates, HILDA Survey 2007 (period $t$ ) and 2009 (period $t+1$ )

| Dependent variable: Fruit and vegetable consumption ${ }_{t+1}$ |  |  |  |
| :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $t$ | $p$ |
| Been a happy person ${ }_{t}$ | 0.03 [-0.01, 0.06] | 1.63 | . 104 |
| Fruit and vegetable portions/day ${ }_{t}$ | 0.55 [0.53, 0.57] | 56.72 | . 000 |
| Log of household income ${ }_{t}$ | 0.01 [-0.04, 0.05] | 0.22 | . 826 |
| Age ${ }_{\text {t }}$ | 0.02 [0.01, 0.04] | 3.29 | . 001 |
| Age-squared/100 t | -0.01 [-0.03, 0.00] | 1.61 | . 108 |
| Male t | -0.17 [-0.24, -0.09] | 4.20 | . 000 |
| Masters or doctorate ${ }_{t}$ | 0.21 [0.02, 0.40] | 2.17 | . 030 |
| Bachelor or honors t | 0.30 [0.14, 0.47] | 3.66 | . 000 |
| Graduate diploma or certificate ${ }_{\text {t }}$ | 0.20 [0.08, 0.32] | 3.18 | . 001 |
| Advanced diploma ${ }_{\text {t }}$ | 0.19 [0.06, 0.32] | 2.81 | . 005 |
| Professional qualification ${ }_{\text {t }}$ | 0.16 [0.05, 0.26] | 2.99 | . 003 |
| Year 12 high school ${ }_{\text {t }}$ | 0.12 [0.01, 0.24] | 2.07 | . 039 |
| Full-time student ${ }_{\text {t }}$ | 0.27 [0.10, 0.45] | 3.06 | . 002 |
| Unemployed ${ }_{\text {t }}$ | 0.03 [-0.22, 0.27] | 0.23 | . 822 |
| Not in the labor force ${ }_{t}$ | -0.02 [-0.13, 0.08] | 0.46 | . 644 |
| Married ${ }_{\text {t }}$ | 0.05 [-0.06, 0.16] | 0.88 | . 379 |
| Separated ${ }_{\text {t }}$ | -0.17 [-0.39, 0.05] | 1.53 | . 126 |
| Divorced ${ }_{\text {t }}$ | -0.09 [-0.24, 0.06] | 1.17 | . 242 |
| Widowed ${ }_{\text {t }}$ | -0.10 [-0.31, 0.11] | 0.95 | . 344 |
| Long-term health condition ${ }_{t}$ | 0.04 [-0.05, 0.14] | 0.97 | . 333 |
| \# children under the age of $4_{t}$ | -0.04 [-0.12, 0.04] | 0.98 | . 325 |
| \# children aged 5-14t | -0.02 [-0.07, 0.04] | 0.62 | . 534 |
| Drink alcohol 2 or 3 days/month ${ }_{\text {t }}$ | -0.01 [-0.13, 0.11] | 0.21 | . 831 |
| Drink alcohol 1 or 2 days/week t | -0.01 [-0.12, 0.09] | 0.27 | . 787 |
| Drink alcohol 3 or 4 days/week t | 0.01 [-0.10, 0.12] | 0.19 | . 849 |
| Drink alcohol 5 or 6 days/week t | 0.04 [-0.09, 0.17] | 0.62 | . 533 |
| Drink alcohol everyday ${ }_{\text {t }}$ | $0.02[-0.11,0.16]$ | 0.33 | . 740 |
| Non-smoker ${ }_{t}$ | 0.24 [0.15, 0.34] | 4.97 | . 000 |
| Never eat red meat ${ }_{t}$ | 0.10 [-0.12, 0.31] | 0.87 | . 386 |
| Never eat fish ${ }_{\text {t }}$ | -0.20 [-0.32, -0.08] | 3.27 | . 001 |
| Eat breakfast regularly ${ }_{\text {t }}$ | 0.18 [0.10, 0.27] | 4.19 | . 000 |
| Drink low fat or skim milk ${ }_{\text {t }}$ | 0.01 [-0.06, 0.08] | 0.25 | . 801 |
| Avoid fatty foods t | 0.15 [0.07, 0.23] | 3.49 | . 000 |
| BMI ${ }_{\text {t }}$ | 0.00 [-0.01, 0.01] | 0.05 | . 957 |
| Exercise regularly ${ }_{\text {t }}$ | 0.20 [0.13, 0.28] | 5.50 | . 000 |
| Constant | 0.27 [-0.29, 0.82] | 0.93 | . 350 |
| Adjusted $R^{2}$ |  |  |  |
| Number of observations | 7,6 |  |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Fruit and Vegetable Consumption (portions per day) in period $t+1$ (year 2009). It should be noted that Granger causality examines how an outcome variable of interest is correlated with lagged values of the same variable (from previous periods) as well as lagged values of other explanatory variables. This method is analogous to prospective analysis, but is not equivalent to identifying the true causal effect of one variable on another (where, for example, a change in the variable $X$ strictly leads to a change in the variable $Y$ ).

Table K. Additional Life Satisfaction Equations: Instrumental-Variables Regression Models of Life Satisfaction using 'Intensity of Go for $2 \& 5$ Campaign' as an Instrument for Fruit and Vegetable Consumption, HILDA Survey 2013

|  | Model 1 <br> (no covariates) |  |  | Model 2 <br> (partial set of covariates) |  | Model 3 <br> (full set of covariates) |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Fruit and vegetable portions/day | $0.10[-0.93,1.13]$ | .852 | $0.33[-0.26,0.92]$ | .276 | $0.31[-0.24,0.85]$ | .270 |
| Log of household income |  |  | $0.02[-0.01,0.05]$ | .165 | $0.02[-0.01,0.05]$ | .248 |
| Other covariates included | No |  | Partial |  | Full |  |
| Constant | $7.56[3.73,11.39]$ | .000 | $7.83[5.76,9.90]$ | .000 | $7.88[6.46,9.30]$ | .000 |
| Number of observations | 13,788 |  | 13,788 |  | 13,788 |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Life Satisfaction [range: 0-10]. The first-stage equations can be found in Table L.

Table L. First-Stage Regressions for Instrumented Life Satisfaction Equations in Table K: Regression Model of Fruit and Vegetable Consumption on 'Intensity of Go for $2 \& 5$ Campaign', HILDA Survey 2013

|  |  | Model 1 <br> (no covariates) |  | Model 2 <br> (partial set of covariates) | Model 3 <br> (full set of covariates) |
| :--- | :---: | :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Fruit and Vegetable Consumption (portions per day). First-stage $F$-statistic relates to a test of weak instruments, with a commonly suggested cutoff point of 10 for a strong instrument.

Table M. Additional Happiness Equations: Instrumental-Variables Regression Models of "Been a Happy Person" using 'Intensity of Go for $2 \& 5$ Campaign' as an Instrument for Fruit and Vegetable Consumption, HILDA Survey 2013

|  | Model 1 <br> (no covariates) |  | Model 2 <br> (partial set of covariates) |  | Model 3 <br> (full set of covariates) |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Fruit and vegetable portions/day | $-0.38[-1.39,0.62]$ | .453 | $-0.00[-0.43,0.43]$ | .999 | $0.02[-0.37,0.42]$ | .907 |
| Log of household income |  |  | $0.01[-0.01,0.03]$ | .317 | $0.01[-0.01,0.03]$ | .439 |
| Other covariates included | No |  | Partial |  | Full |  |
| Constant | $5.83[2.12,9.55]$ | .002 | $5.02[3.52,6.52]$ | .000 | $4.73[3.70,5.77]$ | .000 |
| Number of observations | 13,748 |  | 13,748 |  | 13,748 |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Been a happy person [range: 1-6]. The first-stage equations can be found in Table N .

Table N. First-Stage Regressions for Instrumented Happiness Equations in Table M: Regression Model of Fruit and Vegetable Consumption on 'Intensity of Go for 2\&5 Campaign', HILDA Survey 2013

|  | Model 1 <br> (no covariates) |  |  | Model 2 <br> (partial set of covariates) |  | Model 3 <br> (full set of covariates) |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $p$ | $\beta$ | $p$ | $\beta$ | $p$ |
| Intensity of campaign | $0.01[-0.003,0.02]$ | .169 | $0.01[0.003,0.02]$ | .011 | $0.02[0.01,0.03]$ | .004 |
| Log of household income |  |  | $-0.01[-0.05,0.03]$ | .541 | $-0.03[-0.07,0.01]$ | .078 |
| Other covariates included | No |  | Partial |  | Full |  |
| Constant | $3.68[3.64,3.73]$ | .000 | $3.40[2.98,3.82]$ | .000 | $2.51[2.08,2.93]$ | .000 |
| First-stage $F$-statistic | 1.89 |  | 6.50 |  | 8.27 |  |
| Number of observations | 13,748 |  | 13,748 |  | 13,748 |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Fruit and Vegetable Consumption (portions per day). First-stage $F$-statistic relates to a test of weak instruments, with a commonly suggested cutoff point of 10 for a strong instrument.

Table O. Life Satisfaction Equation Robustness Test: Fixed-effects Regression Model of Changes in Life Satisfaction on Changes in Fruit and Vegetable Consumption and Covariates (including Self-reported Health), HILDA Survey 2007 and 2009

| Dependent variable: Life satisfaction |  |  |  |
| :---: | :---: | :---: | :---: |
| Independent variable | $\beta$ | $t$ | $p$ |
| Fruit and vegetable portions/day | 0.02 [0.01, 0.03] | 1.99 | . 047 |
| Self-reported health | 0.29 [0.25, 0.34] | 12.22 | . 000 |
| Log of household income | 0.02 [-0.03, 0.06] | 0.72 | . 468 |
| Age | -0.03 [-0.07, 0.02] | -1.01 | . 314 |
| Age-squared/100 | 0.02 [-0.02, 0.07] | 1.00 | . 318 |
| Masters or doctorate | -0.22 [-0.78, 0.33] | -0.79 | . 428 |
| Bachelor or honors | 0.10 [-0.32, 0.52] | 0.49 | . 627 |
| Graduate diploma or certificate | -0.05 [-0.39, 0.29] | -0.29 | . 770 |
| Advanced diploma | -0.01 [-0.40, 0.37] | -0.08 | . 939 |
| Professional qualification | 0.02 [-0.26, 0.30] | 0.13 | . 896 |
| Year 12 high school | -0.12 [-0.31, 0.08] | -1.19 | . 236 |
| Full-time student | -0.01 [-0.16, 0.13] | -0.16 | . 872 |
| Unemployed | -0.24 [-0.46, -0.02] | -2.11 | . 035 |
| Not in the labor force | -0.03 [-0.14, 0.08] | -0.48 | . 632 |
| Married | 0.01 [-0.16, 0.17] | 0.09 | . 930 |
| Separated | -0.55 [-0.86, -0.23 | -3.40 | . 001 |
| Divorced | -0.35 [-0.66, -0.04] | -2.22 | . 026 |
| Widowed | -0.54 [-1.09, 0.02] | -1.88 | . 060 |
| Long-term health condition | -0.09 [-0.16, -0.02] | -2.38 | . 017 |
| \# children under the age of 4 | 0.01 [-0.08, 0.09] | 0.13 | . 895 |
| \# children aged 5-14 | 0.07 [-0.01, 0.15] | 1.61 | . 107 |
| Drink alcohol 2 or 3 days/month | -0.01 [-0.11, 0.08] | -0.26 | . 794 |
| Drink alcohol 1 or 2 days/week | 0.00 [-0.12, 0.11] | -0.06 | . 953 |
| Drink alcohol 3 or 4 days/week | -0.05 [-0.18, 0.09] | -0.67 | . 500 |
| Drink alcohol 5 or 6 days/week | -0.06 [-0.22, 0.10] | -0.76 | . 450 |
| Drink alcohol everyday | -0.17 [-0.37, 0.03] | -1.67 | . 095 |
| Non-smoker | 0.04 [-0.09, 0.16] | 0.61 | . 541 |
| Never eat red meat | 0.17 [-0.18, 0.52] | 0.94 | . 346 |
| Never eat fish | -0.08 [-0.18, 0.03] | -1.37 | . 171 |
| Eat breakfast regularly | 0.10 [0.02, 0.17] | 2.54 | . 011 |
| Drink low fat or skim milk | -0.04 [-0.11, 0.04] | -0.97 | . 332 |
| Avoid fatty foods | -0.05 [-0.12, 0.01] | -1.54 | . 124 |
| BMI | $0.01[0.00,0.02]$ | 2.12 | . 034 |
| Exercise regularly | 0.05 [-0.01, 0.10] | 1.72 | . 086 |
| Constant | 7.09 [5.99, 8.20] | 12.57 | . 000 |
| Overall $R^{2}$ | . 09 |  |  |
| Number of individuals | 12,288 |  |  |
| Number of observations | 19,778 |  |  |

Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Life Satisfaction [range: 0-10]. For the selfreported health measure (covariate), individuals in the HILDA Survey were asked: "In general, would you say your health is: Excellent, Very Good, Good, Fair, or Poor". The resulting response distribution was as follows: 3\% (Poor); 12.8\% (Fair); $35.2 \%$ (Good); $36.8 \%$ (Very Good); $12.1 \%$ (Excellent). In the analysis above, these individual responses are coded from 1 (Poor) to 5 (Excellent), with the average reported score being 3.42 out of 5 .


[^0]:    Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Life Satisfaction [range: 0-10].

[^1]:    Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Been a Happy Person [range: 1-6].

[^2]:    Note: Values in parentheses are $95 \%$ confidence intervals. Dependent variable is Been a Happy Person [range: 1-6].

