

Supplementary Table S1. Baseline characteristics of the participants of the Taiwan Longitudinal Study in Aging (N=3,118)

<i>Variables</i>	N	<i>Unweighted</i>	<i>Weighted</i>
		%	%
		<i>Mean ± (S.D.)</i>	<i>Mean ± (S.D.)</i>
Age	3118	63.1(8.2)	60.7(7.9)
Female	1217	39.0	41.2
Education level			
Not formally educated	873	28.0	26.6
Primary school	1364	43.8	45.1
Junior high school	359	11.5	11.4
Senior high school and above	522	16.7	16.8
Ethnic groups			
Hoklo	2037	65.5	68.6
Hakka	531	17.1	17.3
Mainlander	500	16.1	12.6
Other	43	1.4	1.5
Place of Residence			
Urban	1221	39.6	39.7
Suburban	720	23.3	23.2
Rural/remote area	1145	37.1	37.1
Married	2434	78.1	80.7
Not employed	1813	58.2	52.5
Unsatisfying economic status	1808	59.8	61.0
Housing Tenure			
Owner	1991	63.9	67.2
Owned by children	664	21.3	18.1
Rented and others	463	14.9	14.7
Smoking	971	31.1	31.1
Alcohol Drinking	843	27.0	27.5
Chewing betel nut	259	8.3	9.3
Leisure-time physical activity			
None	1369	44.0	47.5
≤2 times/week, <30 mins/time	85	2.7	3.0
≤2 times/week, ≥30 mins/time	88	2.8	3.2
≥3 times/week, <30 mins/time	428	13.7	12.8
≥3 times/week, ≥30 mins/time	1145	36.8	33.5
Eating breakfast	2919	93.9	93.3

Health check in the past three years	1232	39.5	38.5
Self-rated health (excellent and good)	1447	47.7	48.2
Hospitalization in the past year	338	10.8	10.4
Visual impairment	255	8.5	8.1
Hearing loss	125	4.2	3.6
Hypertension	660	21.2	19.9
Diabetes	244	7.8	7.5
Heart disease	291	9.3	8.1
Stroke	37	1.2	1.1
Cancers	26	0.8	0.8
Bronchitis	217	7.0	6.4
Arthritis	405	13.0	12.6
Gastrointestinal disorders	393	12.6	12.8
Liver or gall bladder diseases	135	4.3	4.4
Cataract	373	12.0	9.8
Glaucoma	42	1.4	1.3
Kidney diseases	141	4.5	4.4
Gout	196	6.3	6.1
Spin spur	178	5.7	5.7
Hip fractures	23	0.7	0.8
Other area fractures	56	1.8	1.7
Recall test[§]	3008	4.6 (2.3)	4.7 (2.4)
Backward digit test (no errors)	2180	72.2	70.6
CES-D[§] scores	3008	4.3 (4.9)	4.3(5.1)
Living alone	242	7.8	6.7
Social participation	1490	48.5	46.9
