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|  | **Supplementary table 1. Variables used for the FI** |  |  |
|  | Deficit  | Values | 2012 n (%) | 2015 n (%) |  |
|  | 1. Self-rated health | Poor=1, Fair=0.75, Good=0.5, Very good= 0.25, Excellent=0 | 0 =1.220.25= 3.140.5= 25.340.75=47.331= 22.96 | 0 =2.330.25= 3.40.5= 26.80.75=531= 14.3 |  |
|  | 2. Compared to 2 years ago: Respondent's current health  | Poor=1, Fair=0.75, Good=0.5, Very good= 0.25, Excellent=0 | 0 = 3.860.25= 10.540.5= 56.580.75=25.711= 3.32 | 0 = 7.150.25= 10.470.5= 51.270.75=27.271= 3.84 |  |
|  | 3. High blood pressure | Yes=1, No=0 | 42.86 | 48 |  |
|  | 4. Diabetes Mellitus  | Yes=1, No=0 | 22.07 | 25.09 |  |
|  | 5. Cancer  | Yes=1, No=0 | 1.88 | 2.43 |  |
|  | 6. Respiratory ilness | Yes=1, No=0 | 5.57 | 6.29 |  |
|  | 7. Heart attack | Yes=1, No=0 | 3.2 | 3.86 |  |
|  | 9. Stroke | Yes=1, No=0 | 1.84 | 2.22 |  |
|  | 10. Arthropathies | Yes=1, No=0 | 13.61 | 15.14 |  |
|  | 11. Falls | Yes=1, No=0 | 38.84 | 44.62 |  |
|  | 12. Fractures (last two years) | Yes=1, No=0 | 2.79 | 0.1 |  |
|  | 13. Vision | Poor=1, Fair=0.75, Good=0.5, Very good= 0.25, Excellent=0 | 0 = 6.770.25= 8.140.5=43.130.75=35.441= 6.51 | 0 = 10.250.25= 6.150.5=39.670.75=38.521= 6.96 |  |
|  | 14. Pain | Yes=1, No=0 | 37.73 | 36.95 |  |
|  | 15. Depression | Yes=1, No=0 | 34.13 | 31.61 |  |
|  | 16. Difficulty performing activities | Yes=1, No=0 | 34.67 | 34.74 |  |
|  | 17. Restless sleep | Yes=1, No=0 | 41.56 | 40.82 |  |
|  | 18. Unhappiness | Yes=1, No=0 | 19.77 | 18.01 |  |
|  | 19. Lonliness | Yes=1, No=0 | 29.43 | 29.38 |  |
|  | 20. Not enjoing life | Yes=1, No=0 | 22.34 | 19.91 |  |
|  | 21. Sadness | Yes=1, No=0 | 39.79 | 36.16 |  |
|  | 22. Fatigue | Yes=1, No=0 | 58.8 | 57.96 |  |
|  | 23. Lack of energy | Yes=1, No=0 | 51.12 | 50.89 |  |
|  | 24. Self memory complaint  | Poor=1, Fair=0.75, Good=0.5, Very good= 0.25, Excellent=0 | 0 = 3.310.25= 4.970.5= 33.460.75=48.841 = 7.57 | 0 = 2.740.25= 3.780.5= 31.150.75=54.451 = 7.88 |  |
|  | 25. Difficulty walking on the street | Yes=1, No=0 | 25.89 | 33.41 |  |
|  | 26. Difficulty for running | Yes=1, No=0 | 60.12 | 66.81 |  |
|  | 27. Difficulty sitting | Yes=1, No=0 | 19.19 | 24.93 |  |
|  | 28. Difficulty getting up from chair  | Yes=1, No=0 | 29.7 | 37.58 |  |
|  | 29. Difficulty climbing stairs | Yes=1, No=0 | 47.08 | 53.82 |  |
|  | 30. Difficulty lifting the arms | Yes=1, No=0 | 13.28 | 18.91 |  |
|  | 31. Difficulty dressing themselves | Yes=1, No=0 | 8.65 | 14.93 |  |
|  | 32. Difficulty bathing or showering  | Yes=1, No=0 | 43.74 | 39.47 |  |
|  | 33. Difficulty Eating | Yes=1, No=0 | 42.12 | 35.99 |  |
|  | 34. Difficulty warming food | Yes=1, No=0 | 7.89 | 12.9 |  |
|  | 35. Difficulty shoping of grosering  | Yes=1, No=0 | 9.22 | 16.15 |  |
|  | 36. Difficulty taking medications | Yes=1, No=0 | 2.93 | 8.88 |  |
|  | 37. Difficulty managing money | Yes=1, No=0 | 2.25 | 7.69 |  |
|  | 38. Appetite loss | Most of the time=0 Sometimes=0.5 Hardly ever=1 | 0= 71.190.5= 24.09 1=4.72 | 0= 74.91 0.5= 19.57 1=5.52 |  |
|  | 39. Weight Change | Yes=1, No=0 | 27.83 | 28.77 |  |
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|  | Supplementary table 2. Assessment of the Independent variables included  |  |
|  | **Healthy life-style activities** | **Question in the survey** |  |  |
|  | Smoking Status | have you smoked in the last 2 years? |  |  |
|  | Exercise | In the last 2 years, have you done any exercise or hard physical labor 3 or more times a week? |  |  |
|  | Vaccination | In the last 2 years have you had the flu vaccine? |  |  |
|  | Screening activities |  |  |  |  |
|  | Prostate Cancer | In the last two years, have you had a digital rectal examination or blood test for prostate cancer?  |  |  |
|  | Breasts Self-Examination  |  In the last two years, have you performed a breast self-examination?  |  |  |
|  | Cervix Cancer | In the last 2 years have you had a pap smear?  |  |  |
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