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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 =1.22 0.25= 3.14 0.5= 25.34 0.75=47.33 1= 22.96 | 0 =2.33 0.25= 3.4 0.5= 26.8 0.75=53 1= 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 = 3.86 0.25= 10.54 0.5= 56.58 0.75=25.71 1= 3.32 | 0 = 7.15 0.25= 10.47 0.5= 51.27 0.75=27.27 1= 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 = 6.77 0.25= 8.14 0.5=43.13 0.75=35.44 1= 6.51 | 0 = 10.25 0.25= 6.15 0.5=39.67 0.75=38.52 1= 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 = 3.31 0.25= 4.97 0.5= 33.46 0.75=48.84 1 = 7.57 | 0 = 2.74 0.25= 3.78 0.5= 31.15 0.75=54.45 1 = 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= 71.19 0.5= 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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