Supplementary table 1. Participants’ demographic and clinical data by sex.

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| --- | --- | --- | --- |
|  | Men(*n* = 428; 36.2%) | Women(*n* = 753; 63.8%) | *P value* |
| Age, mean (*SD*) | 77.3 (5.7) | 78.0 (5.5) | .044 |
| Education, mean (*SD*) | 11.6 (3.0) | 10.1 (2.1) | <.001 |
| Diagnosis, *n* (%) |  |  | .002 |
| Mild cognitive impairment | 206 (48.1) | 291 (38.7) |  |
| Alzheimer’s disease | 222 (51.9) | 462 (61.4) |  |
| Current smoker, *n* (%) | 59 (13.8) | 18 (2.4) | <.001 |
| Drinking alcohol almost daily, *n* (%) | 139 (32.5) | 54 (7.2) | <.001 |
| Physical inactivity, *n* (%)  | 116 (27.1) | 246 (32.7) | .046 |
| Body mass index, kg/m2, mean (*SD*) | 22.5 (2.9) | 21.7 (3.4) | <.001 |
| Diabetes mellitus, *n* (%) | 75 (17.5) | 105 (13.9) | .100 |
| Hypertension, *n* (%) | 183 (42.8) | 375 (49.8) | .020 |
| Dyslipidemia, *n* (%) | 99 (23.1) | 244 (32.4) | .001 |
| Overweight (body mass index ≥ 25), *n* (%) | 80 (18.7) | 124 (16.5) | .331 |
| Barthel Index, mean (*SD*) | 97.3 (6.8) | 97.2 (7.3) | .656 |
| GDS-15, mean (*SD*) | 3.3 (2.8) | 3.8 (2.9) | <.001 |
| MMSE, mean (*SD*) | 22.5 (4.4) | 21.5 (4.5) | <.001 |
| HGS, kg, mean (*SD*) | 27.8 (7.4) | 18.0 (5.0) | <.001 |
| SMI, kg/m2, mean (*SD*) | 7.3 (0.9) | 6.0 (0.7) | <.001 |
| TUG, seconds, mean (*SD*) | 12.3 (4.8) | 13.1 (5.4) | .003 |
| Neuropsychological tests |  |  |  |
| Logical memory Ⅰ, mean (*SD*) | 6.3 (5.6) | 5.2 (4.5) | .013 |
| Logical memory Ⅱ, mean (*SD*) | 2.1 (4.1) | 1.3 (2.9) | .007 |
| FAB, total, mean (*SD*) | 10.2 (2.7) | 9.5 (2.7) | <.001 |
| CWFT, mean (*SD*) | 2.6 (2.0) | 3.2 (2.0) | <.001 |
| RCPM, total, mean (*SD*) | 25.0 (6.0) | 23.1 (5.7) | <.001 |
| Digit span forward, mean (*SD*) | 5.3 (1.1) | 5.1 (1.0) | .011 |
| Digit span backward, mean (*SD*) | 3.4 (1.2) | 3.2 (1.1) | .002 |
| ADAS-cog, total (0-70), mean (*SD*) | 13.3 (6.4) | 15.0 (6.8) | <.001 |
| ADAS-cog, memory (0-35) | 10.4 (4.7) | 11.4 (5.0) | <.001 |
| ADAS-cog, language (0-25) | 0.7 (1.3) | 0.1 (0.4) | .255 |
| ADAS-cog, praxis (0-10) | 2.3 (2.0) | 0.4 (0.7) | <.001 |

*Note.* Data are rounded off to one decimal point.

ADAS-cog, Alzheimer's disease assessment scale-cognitive subscale; CWFT, category word fluency test; FAB, frontal assessment battery; GDS, geriatric depression scale; HGS, hand grip strength; MMSE, Mini-Mental State Examination; RCPM, Raven's colored progressive matrices; SMI, skeletal muscle mass index; TUG, timed up and go test