**Supplementary Table 1 Baseline characteristics of the participants who were included in the longitudinal analysis and those who were not included (n=2,498)**

|  | **Mean ± SD / n (%)** |  |
| --- | --- | --- |
|  | **Participants included in the longitudinal analysis** | **Participants not included in the longitudinal analysis** |  |
| **Variable** | **(n = 1,601)** | **(n = 897)** | **P** |
| 1. ***Sociodemographic factors***
 |  |  |  |
| **Age, years** | 75.0 ± 7.1 | 76.6 ± 8.2 | <0.001 |
| **Age group, years** |  |  |  |
| 60-64 | 117 (7.3) | 73 (8.1) | <0.001 |
| 65-69 | 298 (18.6) | 138 (15.4) |  |
| 70-74 | 328 (20.5) | 131 (14.6) |  |
| 75-79 | 420 (26.2) | 200 (22.3) |  |
| 80-84 | 285 (17.8) | 195 (21.7) |  |
| 85+ | 153 (9.6) | 160 (17.8) |  |
| **Gender** |  |  | 0.121 |
| Men  | 363 (22.7) | 228 (25.4) |  |
| Women | 1,238 (77.3) | 669 (74.6) |  |
| **Education level**\* |  |  | 0.037 |
| No formal schooling | 426 (26.6) | 280 (31.3) |  |
| Primary | 726 (45.3) | 370 (41.3) |  |
| Secondary / tertiary | 449 (28.0) | 246 (27.5) |  |
| **Marital status** |  |  | 0.008 |
| Single / widowed / divorced or separated | 826 (51.6) | 512 (57.1) |  |
| Married | 775 (48.4) | 385 (42.9) |  |
| **Living arrangement**\* |  |  | 0.001 |
| Living alone | 538 (33.6) | 360 (40.2) |  |
| Living with others | 1,062 (66.4) | 536 (59.8) |  |
| **Perceived disposable income** |  |  | 0.010 |
| Very inadequate / inadequate | 293 (18.3) | 208 (23.2) |  |
| Just right | 1,089 (68.0) | 564 (62.9) |  |
| Adequate / very adequate | 219 (13.7) | 125 (13.9) |  |
| 1. ***Medical history***
 |  |  |  |
| **Number of chronic diseases** |  |  | 0.423 |
| 0  | 350 (21.9) | 177 (19.7) |  |
| 1-2 | 937 (58.5) | 545 (60.8) |  |
| 3-7 | 314 (19.6) | 175 (19.5) |  |
| 1. ***IC***
 |  |  |  |
| **Number of impaired IC domains**\* |  |  | <0.001 |
| 0 | 210 (13.1) | 104 (11.6) |  |
| 1 | 495 (30.9) | 228 (25.4) |  |
| 2 | 448 (28.0) | 244 (27.2) |  |
| ≥3 | 447 (27.9) | 320 (35.7) |  |
| 1. ***Health outcomes***
 |  |  |  |
| **Number of medications**\* |  |  | <0.001 |
| 0 | 240 (15.0) | 105 (11.8) |  |
| 1-4 | 1,006 (63.1) | 529 (59.5) |  |
| ≥5 (polypharmacy) | 349 (21.9) | 255 (28.7) |  |
| **Incontinence**\* |  |  | 0.688 |
| No | 1,090 (68.1) | 617 (68.9) |  |
| Yes | 511 (31.9) | 279 (31.1) |  |
| **Self-rated health**\* |  |  | 0.028 |
| Poor / fair | 1,042 (65.1) | 622 (69.4) |  |
| Good / very good / excellent | 559 (34.9) | 274 (30.6) |  |
| **IADL difficulty**\* |  |  | <0.001 |
| No IADL difficulty | 1,152 (77.4) | 559 (70.3) |  |
| IADL difficulty | 337 (22.6) | 236 (29.7) |  |

Abbreviations: SD = standard deviation; n = number of participants; IC = intrinsic capacity; IADL = instrumental activities of daily living.

\*Missing data: Education level (Participants not included in the longitudinal analysis, n=1); Living arrangement (Participants included in the longitudinal analysis, n=1; Participants not included in the longitudinal analysis, n=1); Number of impaired IC domains (Participants included in the longitudinal analysis, n=1; Participants not included in the longitudinal analysis, n=1); Number of medications (Participants included in the longitudinal analysis, n=6; Participants not included in the longitudinal analysis, n=8); Incontinence (Participants not included in the longitudinal analysis, n=1); Self-rated health (Participants not included in the longitudinal analysis, n=1); IADL difficulty (Participants included in the longitudinal analysis, n=112; Participants not included in the longitudinal analysis, n=102).

Percentages may not add up to 100% due to rounding.