**Table S1.** Operational definition of clinical disease.

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| **Disease** | **Operational Definition** |
| Cancer a | Self-reported physician diagnosis or annual clinical examination |
| Coronary heart disease b | Self-reported physician diagnosis or annual clinical examination |
| Heart failure | Self-reported physician diagnosis or annual clinical examination |
| Hypertension | Systolic blood pressure of 150 mmHg or greater, diastolic blood pressure of 90 mmHg or greater, self-reported physician diagnosis, or use of antihypertensive medications |
| Cerebrovascular disease c | Self-reported physician diagnosis or annual clinical examination |
| Diabetes mellitus | Self-reported physician diagnosis, fasting glucose of 126 mg/dL or greater, use of insulin, or use of hypoglycemic medications |
| Osteoporosis | Self-reported physician diagnosis or use of osteoporosis medications |
| Osteoarthritis | Self-report of the presence of pain in the hip or knee in the last 12 months lasting at least 1 month or on most days |
| Kidney disease | Self-reported physician diagnosis |
| Lung disease d | Self-reported physician diagnosis |
| Parkinson’s disease | Self-reported physician diagnosis |
| Depression | A score greater than 16 on a 20-item Center for Epidemiology Study-Depression scale or use of antidepressant medications |

a Excluding non-melanoma skin cancer.

b Including angina, myocardial infarction, bypass surgery, and angioplasty.

c Including stroke, transient ischemic attack, and carotid endarterectomy.

d Including chronic bronchitis, chronic obstructive pulmonary disease, and emphysema.