

Supplementary Table 1. General characteristics of study population

Characteristic	Value
Age, yr	76.0 ± 3.9
Male sex	1,397 (47.6)
Body mass index, kg/m ²	24.5 ± 3
Alcohol, yes	535 (18.2)
Smoking, yes	1,792 (61)
Physical activity, kcal, mean	3,345.5 ± 4,096.3
Education, > 6 yr	2,322 (79.1)
Spouse, yes	1,973 (67.3)
Polypharmacy	688 (23.4)
No. of chronic diseases	2.4 ± 1.7
Current illness	
Hypertension	1,702 (58.0)
Diabetes	651 (22.2)
Cancer	46 (1.6)
Myocardial infarction	66 (2.2)
Congestive heart failure	20 (0.7)
Angina	182 (6.2)
Asthma	100 (3.4)
Chronic obstructive pulmonary disease	31 (1.1)
Chronic bronchitis	45 (1.5)
Emphysema	7 (0.2)
Arthritis	787 (26.8)
Osteoarthritis	743 (25.3)
Rheumatoid arthritis	60 (2.0)
Stroke	143 (4.9)
Kidney disease ^a	46 (1.6)
Urinary incontinence	113 (3.8)
Heart disease ^b	257 (8.8)
Lung disease ^c	172 (5.9)
Osteoporosis	476 (16.2)
Liver disease ^d	42 (1.4)
Depression	76 (2.6)
eGFR < 60 mL/min/1.73 m ²	453 (15.4)
Geriatric Depression Scale (short-form) ≥ 6	651 (22.2)
Frailty phenotype	
Robust	1,324 (45.1)
Pre-frail	1,364 (46.5)
Frail	248 (8.4)

Values are presented as mean ± SD or number (%).

eGFR, estimated glomerular filtration rate.

^aKidney disease: includes chronic kidney disease, chronic renal failure, (excluding urinary stones).

^bHeart disease: includes myocardial infarction, angina, and congestive heart failure.

^cLung disease: includes asthma, chronic obstructive pulmonary disease, chronic bronchitis, and emphysema.

^dLiver disease: includes moderate or severe liver disease (concomitant esophageal varix, hepatic failure, toxic hepatitis, portal hypertension, and hepatorenal syndrome).