Supplementary Table 1. Baseline characteristics of study participants according to sex

Characteristic	Men	Women	P-value*
No. of participants	1,317	1,752	
Age (y)	71.6±0.1	72.3±0.1	<0.001
Body mass index (kg/m^2)	22.6±0.2	23.0±0.1	<0.001
Chronic disease			
Hypertension	456 (34.6)	755 (43.1)	<0.001
Diabetes mellitus	194 (14.7)	282 (16.1)	0.30
Chronic lung disease	59 (4.5)	42 (2.4)	0.001
Chronic liver disease	23 (1.8)	17 (1.0)	0.06
Heart disease	83 (6.3)	142 (8.1)	0.06
Stroke	59 (4.5)	39 (2.2)	0.001
No. of chronic diseases			<0.001
0	566 (43.0)	550 (31.4)	
1	457 (34.7)	655 (37.4)	
≥2	294 (22.3)	547 (31.2)	
Self-rated heath			<0.001
Good	399 (30.3)	282 (16.1)	
Moderate	519 (39.4)	563 (32.1)	
Bad	399 (30.3)	907 (51.8)	
Education			<0.001
Elementary school or less	686 (52.1)	1,505 (86.0)	
Middle school	198 (15.1)	129 (7.4)	
High school	288 (21.9)	98 (5.6)	
University or above	144 (10.9)	19 (1.1)	
Marital state			<0.001
Living with spouse	1,195 (90.7)	836 (47.7)	
Not living with spouse	122 (9.3)	916 (52.3)	
Smoke			<0.001
Non-smoker	565 (42.9)	1,673 (95.5)	
Ex-smoker	331 (25.1)	17 (1.0)	
Current smoker	421 (32.0)	62 (3.5)	
Alcohol			<0.001
No	597 (45.3)	1,541 (88.0)	
Yes	720 (54.7)	211 (12.0)	
Regular exercise			<0.001
Yes	538 (40.9)	472 (26.9)	
No	779 (59.1)	1,280 (73.1)	
Depression, CES-D[†]	417 (31.7)	824 (47.0)	<0.001
Activities of daily living	0.59±0.05	0.62±0.05	0.63
Mini Mental Status Examination	24.9±0.2	22.0±0.2	<0.001

Values are presented as mean±standard deviation for continuous variables and number (%) for categorical variables, unless otherwise stated.

CES-D, Center for Epidemiological Studies-Depression.

*From analysis of variance for continuous variables and from chi-square test for categorical variables. [†]Depression were assessed using the 10-item short-form CES-D.