Supplementary Table 1. Characteristics of included participants in the baseline dataset

Variable	Grip strength	Walking speed	Standing balance
No. of participants[a]	1,227	406	961
Male sex	485 (39.5)	175 (43.1)	404 (42.0)
Age, yr	69.1±8.7	73.8±6.0	68.3±8.4
BMI, kg/m^2	30.7±6.0	29.4±5.3	30.2±5.7
SBP, mm Hg	130±18	132±18	130±19
DBP, mm Hg	79±11	78±11	78±10
HbA1c, %	5.9±0.6	5.8±0.6	5.9±0.6
HbA1c, mmol/mol	41±6.6	40±6.6	41±6.6
TC/HDL-C	3.9±1.1	3.8±0.9	3.9±1.1
ln(CRP), mg/dL	0.5±1.4	0.3±1.4	0.3±1.4
Smoking[b]	129 (10.5)	24 (65.3)	90 (9.5)
Drinking[b]	685 (55.8)	265 (65.3)	550 (57.2)
Taking exercise	553 (45.1)	204 (50.2)	474 (49.3)
With history of			
CLD	109 (8.9)	34 (8.4)	74 (7.7)
Arthritis	738 (60.1)	260 (64.0)	561 (58.4)
AD	4 (0.3)	2 (0.5)	1 (0.1)

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

BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; HbA1c, glycosylated hemoglobin; TC, total cholesterol; HDL-C, high-density lipoprotein cholesterol; CRP, C-reactive protein; CLD, chronic lung disease; AD, Alzheimer's disease.

[a]Participants were with adequately functioning grip strength, walking speed, or standing balance, respectively, in the baseline dataset, [b]They represented participants who were current smokers or had history of drinking.