

Table S5. Comparisons of characteristics between the included and excluded subjects in the analysis and between the surviving and deceased subjects during the study period

	Subjects included in the analysis (n=3,478)	Subjects excluded from the analysis (n=686)	p-value	Survived (n=2,518)	Deceased (n=960)	p-value
Age (y)	72.6 ± 6.00	75.2 ± 7.30	< 0.001	71.2 ± 5.04	76.2 ± 6.78	< 0.001
Sex, female	2011 (57.8)	412 (60.1)	0.28	1541 (61.2)	470 (49.0)	< 0.001
Baseline BMI (kg/m ²)	22.8 ± 3.00	22.2 ± 3.16	< 0.001	23.1 ± 2.87	22.1 ± 3.08	< 0.001
Chronic disease						
HTN	1383 (39.8)	263 (38.3)	0.49	997 (40.0)	386 (40.2)	0.74
DM	556 (16.0)	120 (17.5)	0.05	361 (14.3)	195 (20.3)	< 0.001
Cancer	89 (2.6)	23 (3.4)	0.24	57 (2.2)	32 (3.3)	0.07
Chronic lung disease	117 (3.4)	31 (4.5)	0.24	71 (2.8)	46 (4.8)	0.004
Chronic liver disease	51 (1.5)	12 (1.8)	0.07	32 (1.3)	27 (2.0)	0.12
Heart disease	256 (7.4)	60 (8.8)	0.21	172 (6.8)	84 (8.8)	0.05
Stroke	154 (4.4)	50 (7.3)	< 0.001	77 (3.1)	77 (8.0)	< 0.001
Number of chronic disease	1.08 ± 1.03	1.16 ± 1.07	0.05	1.03 ± 1.01	1.18 ± 1.07	< 0.001
Education			0.56			0.005
Elementary school or less	2512 (72.3)	514 (74.9)		1777 (70.6)	735 (76.6)	
Middle school	344 (9.9)	63 (9.2)		264 (10.5)	80 (8.3)	
High school	429 (12.4)	75 (11.0)		331 (13.2)	98 (10.2)	
University or above	190 (5.5)	34 (5.0)		144 (5.7)	46 (4.8)	
Marital state			< 0.001			< 0.001
Living with spouse	2252 (64.8)	357 (52.0)		1678 (66.6)	574 (59.8)	
Not living with spouse	1226 (35.3)	329 (48.0)		840 (33.4)	386 (40.2)	
Self-rated health			< 0.001			< 0.001
Good	702 (20.2)	119 (17.4)		568 (22.6)	134 (14.0)	
Moderate	1162 (33.4)	185 (27.0)		895 (35.5)	267 (27.8)	
Bad	1614 (46.4)	382 (55.7)		1055 (41.9)	559 (58.2)	
Smoking			0.95			< 0.001
Non-smoker	2544 (73.2)	503 (73.3)		1928 (76.6)	616 (64.2)	
Ex-smoker	402 (11.6)	81 (11.8)		261 (10.4)	141 (14.7)	
Current smoker	532 (15.3)	101 (14.9)		329 (13.1)	203 (21.2)	
Alcohol			0.04			0.72
No	2479 (71.3)	515 (75.1)		1799 (71.5)	680 (70.8)	
Yes	999 (28.7)	171 (24.9)		719 (28.6)	280 (29.2)	
Regular exercise			0.05			< 0.001
Yes	1116 (32.1)	194 (28.3)		864 (34.3)	252 (26.3)	
No	2362 (68.0)	492 (71.7)		1654 (65.7)	708 (73.8)	
Depression (CES-D)	3.72 ± 2.85	4.28 ± 3.08	< 0.001	3.53 ± 2.79	4.24 ± 2.94	< 0.001
ADL	0.25 ± 1.08	0.91 ± 2.11	< 0.001	0.13 ± 0.77	0.56 ± 1.59	< 0.001
MMSE	23.0 ± 6.01	20.1 ± 7.64	< 0.001	23.8 ± 5.38	20.9 ± 7.03	< 0.001
Hand grip strength	21.9 ± 7.76	20.1 ± 7.60	< 0.001	22.3 ± 7.72	21.0 ± 7.79	< 0.001

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

LNWG, low normal weight, decreasing group; HNWG, high normal weight, decreasing group; OWG, overweight, stable group; OG, obese, stable group; BMI, body mass index; HTN, hypertension; DM, diabetes mellitus; CES-D, Center for Epidemiological Studies-Depression scale; ADL, activities of daily living; MMSE, Mini-Mental State Examination.