

Data Dictionary for Age Analysis					
Variable Name	Variable Description	General Type	Specific Type	Measurement Units	Variable Dependence
Individual ID	Unique individual ID for observation identification	Identifier	Identifier	ID #	NA
Gender	The biological gender of the individual	Categorical	Nominal	Male, Female	Independent
Height	The height of the individual	Quantitative	Continuous	Centimeters (cm)	Independent
Weight	The weight of the individual	Quantitative	Continuous	Kilograms (kg)	Independent
Blood Pressure	Blood pressure (systolic/diastolic)	Quantitative	Continuous	Millileters of Mercury (mmHg)	Independent
Cholesterol Level	The cholesterol level of the individual	Quantitative	Continuous	Milligrams per Deciliter (mg/dL)	Independent
BMI	Body Mass Index, calculated from height and weight	Quantitative	Continuous	Kilograms per Centimeters	Independent
Blood Glucose Level	The blood glucose level of the individual	Quantitative	Continuous	Milligrams per Deciliter (mg/dL)	Independent
Bone Density	The bone density of the individual	Quantitative	Continuous	Grams per Square Centimeter (g/cm ²)	Independent
Vision Sharpness	The vision sharpness of the individual	Quantitative	Continuous	Scale from 0 (blurry) to 1 (perfect)	Independent

Hearing Ability	The hearing ability of the individual	Quantitative	Continuous	Decibels (dB)	Independent
Physical Activity Level	The physical activity level of the individual	Categorical	Ordinal	Low, Moderate, High	Independent
Smoking Status	The smoking status of the individual	Categorical	Nominal	Never, Former, Current	Independent
Alcohol Consumption	Frequency of alcohol consumption	Categorical	Nominal	None, Occasional, Frequent	Independent
Diet	The nutritional diet of the individual	Categorical	Nominal	Balanced, High Protein, Low Carb, Vegetarian	Independent
Chronic Diseases	Presence of chronic diseases	Categorical	Nominal	Diabetes, Hypertension, Heart Disease, None	Independent
Medication Use	Usage of medication	Categorical	Nominal	None, Occasional, or Regular	Independent
Family History	Presence of family history of age-related conditions	Categorical	Nominal	Diabetes, Hypertension, Heart Disease, None	Independent
Cognitive Function	Self-reported cognitive function	Quantitative	Continuous	Scale from 0 (poor) to 100 (excellent)	Independent
Mental Health Status	Self-reported mental health status	Categorical	Ordinal	Poor, Fair, Good, Excellent	Independent
Sleep Patterns	The sleep patterns of the individual	Categorical	Ordinal	Normal, Insomnia, Excessive	Independent

Stress Levels	Self-reported stress levels	Quantitative	Continuous	Scale from 0 (low) to 10 (high)	Independent
Pollution Exposure	Exposure to pollution	Quantitative	Continuous	Scale from 0 (low) to 10 (high)	Independent
Sun Exposure	Average sun exposure	Quantitative	Continuous	Hours per Week	Independent
Education Level	Highest level of education attained	Categorical	Ordinal	High School, Undergraduate, Postgraduate, None	Independent
Income Level	Annual income	Categorical	Ordinal	Low, Medium, High	Independent
Age	The age of the individual	Quantitative	Discrete	Years	Dependent