Table 1. Descriptive statistics for LASA

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | Year of Assessment | | | | |  | |
| Variable | |  | Baseline  (n = 3107) | Year 3  (n = 2545) | Year 6  (n = 2076) | Year 9  (n = 1691) | Year 12  (n = 1257) | | Year 15  (n = 985) |
|  | |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) | | M (SD) |
| Demographic | | |  |  |  |  |  | |  |
| Age, years | | | 70.8 | 72.9 | 74.7 | 76.5 | 78.7 | | 80.6 |
| Education, years | | | 8.76(3.32) | -- | -- | -- | -- | | -- |
| Height, cm | | | 171.10(8.7) | -- | -- | -- | -- | | -- |
| Smoking history(%) | | | 25.5% | -- | -- | -- | -- | | -- |
| Cardiovascular disease(%) | | | 29% | -- | -- | -- | -- | | -- |
| Diabetes (%) | | | 7.9% | -- | -- | -- | -- | | -- |
| Physical |  | |  |  |  |  |  | |  |
| Pulmonary: | Peak expiratory flow | | 403.07(130.1) | 373.36(126.4) | 3388.69(129.0) | 4406.18(127.3) | -- | | 6387.45(120.3) |
| Muscle: | Grip Strength | | -- | 26.43(9.97) | 24.48(10.44) | 26.36(10.5) | 26.55(9.7) | | 25.62(9.4) |
| Gait: | Walking Speed | | 8.62(5.93) | 8.54(4.96) | 9.56(5.94) | 9.48(6.12) | 9.36(5.02) | | 10.28(7.28) |
| Cognitive |  | |  |  |  |  |  | |  |
| Global: | MMSE | | 26.80(3.2) | 26.76(3.3) | 26.83(3.3) | 26.81(3.4) | 26.83(3.1) | | 26.76(3.2) |
| Memory: | Immediate recall | | 18.42(6.3) | 18.77(6.4) | 18.34(6.6) | 20.29(6.6) | 18.97(6.4) | | 17.05(5.7) |
| Memory: | Delayed recall | | 4.99(2.8) | 5.51(3.0) | 5.28(3.0) | 6.14(3.1) | 5.69(3.1) | | 4.76(2.7) |
| Fluid intelligence: | Raven | | 17.74(4.1) | 17.78(4.2) | 17.71(4.1) | 17.94(3.9) | 18.13(3.7) | | 17.85(3.7) |
| Speed: | Coding Task | | 23.89(7.6) | 22.72(7.4) | 23.17(7.1) | 24.25(7.2) | 24.50(6.8) | | 23.61(7.1) |
| Study Characteristics | | |  |  |  |  |  | |  |
| Retention from previous wave (%) | | | 100.0 | 81.9 | 81.6 | 81.4 | 74.3 | | 78.4 |
| Representative sample | | | Yes |  |  |  |  | |  |
| Oldest Birth Cohort (year) | | | 1908 | 1913 | 1918 | 1923 | 1928 | | 1933 |

Table 1. Descriptive statistics for LASA (Males)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | Year of Assessment | | | | |  | |
| Variable | |  | Baseline  (n = 1506) | Year 3  (n = 1187) | Year 6  (n = 926) | Year 9  (n = 717) | Year 12  (n = 519) | | Year 15  (n = 395) |
|  | |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) | | M (SD) |
| Demographic | | |  |  |  |  |  | |  |
| Age, years | | | 70.93(8.8) | 72.75(8.6) | 74.38(8.4) | 75.62(7.8) | 78.06(6.9) | | 79.84(6.2) |
| Education, years | | | 9.50(3.5) | -- | -- | -- | -- | | -- |
| Height, cm | | | 176.1(7.2) | -- | -- | -- | -- | | -- |
| Smoking history(%) | | | 33.8 | -- | -- | -- | -- | | -- |
| Cardiovascular disease(%) | | | 34.8 | -- | -- | -- | -- | | -- |
| Diabetes (%) | | | 7.3 | -- | -- | -- | -- | | -- |
| Physical |  | |  |  |  |  |  | |  |
| Pulmonary: | Peak expiratory flow | | 459.6(135.4) | 423.22(134.2) | 452.4(133.0) | 471.2(133.0) | -- | | 456.8(122.6) |
| Muscle: | Grip Strength | | -- | 33.76(8.5) | 31.49(9.8) | 33.89(9.4) | 34.53(8.2) | | 33.47(7.7) |
| Gait: | Walking Speed | | 8.14(5.0) | 7.90(4.1) | 8.84(4.7) | 9.08(7.1) | 8.40(3.8) | | 8.93(4.2) |
| Cognitive |  | |  |  |  |  |  | |  |
| Global: | MMSE | | 26.81(3.3) | 26.70(3.3) | 26.97(3.2) | 26.99(3.1) | 26.84(3.1) | | 26.82(3.1) |
| Memory: | Immediate recall | | 17.17(5.9) | 17.63(6.0) | 17.08(6.1) | 19.41(6.1) | 18.07(5.9) | | 15.90(5.2) |
| Memory: | Delayed recall | | 4.43(2.6) | 4.85(2.7) | 4.61(2.7) | 5.56(3.0) | 5.14(2.7) | | 4.10(2.4) |
| Fluid intelligence: | Raven | | 17.95(4.2) | 18.06(4.1) | 18.21(3.9) | 18.41(3.8) | 18.59(3.7) | | 18.21(3.6) |
| Speed: | Coding Task | | 23.58(7.4) | 22.70(7.1) | 23.07(6.9) | 23.89(7.0) | 24.24(6.7) | | 23.27(6.8) |
| Study Characteristics | | |  |  |  |  |  | |  |
| Retention from previous wave (%) | | | 100.0 | 78.8 | 77.9 | 77.4 | 73.8 | | 76.1 |
| Representative sample | | | Yes |  |  |  |  | |  |
| Oldest Birth Cohort (year) | | | 1908 | 1913 | 1918 | 1923 | 1928 | | 1933 |

Table 1. Descriptive statistics for LASA (Females)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | Year of Assessment | | | | |  | |
| Variable | |  | Baseline  (n = 1601) | Year 3  (n = 1358) | Year 6  (n = 1150) | Year 9  (n = 974) | Year 12  (n = 738) | | Year 15  (n = 590) |
|  | |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) | | M (SD) |
| Demographic | | |  |  |  |  |  | |  |
| Age, years | | | 70.61(8.8) | 72.95(8.6) | 75.01(8.3) | 77.06(8.0) | 79.20(7.2) | | 81.07(6.6) |
| Education, years | | | 8.06(3.0) | -- | -- | -- | -- | | -- |
| Height, cm | | | 165.86(6.8) | -- | -- | -- | -- | | -- |
| Smoking history(%) | | | 17.0 | -- | -- | -- | -- | | -- |
| Cardiovascular disease(%) | | | 23.6 | -- | -- | -- | -- | | -- |
| Diabetes (%) | | | 8.4 | -- | -- | -- | -- | | -- |
| Physical |  | |  |  |  |  |  | |  |
| Pulmonary: | Peak expiratory flow | | 348.49(97.4) | 325.55(96.7) | 337.50(99.7) | 352.18(92.5) | -- | | 336.90(89.6) |
| Muscle: | Grip Strength | | -- | 19.59(5.3) | 18.74(6.8) | 19.94(6.5) | 20.35(5.1) | | 19.46(4.9) |
| Gait: | Walking Speed | | 9.07(6.7) | 9.12(5.6) | 10.18(6.8) | 9.82(5.1) | 10.10(5.7) | | 11.34(8.8) |
| Cognitive |  | |  |  |  |  |  | |  |
| Global: | MMSE | | 26.79(3.2) | 26.82(3.3) | 26.71(3.4) | 26.67(3.6) | 26.82(3.2) | | 26.72(3.2) |
| Memory: | Immediate recall | | 19.62(6.4) | 19.83(6.6) | 19.37(6.8) | 21.02(7.0) | 19.63(6.7) | | 17.90(5.9) |
| Memory: | Delayed recall | | 5.53(2.9) | 6.12(3.2) | 5.82(3.1) | 6.62(3.2) | 6.09(3.3) | | 5.24(2.9) |
| Fluid intelligence: | Raven | | 17.55(4.1) | 17.54(4.2) | 17.28(4.2) | 17.54(4.0) | 17.78(3.8) | | 17.58(3.7) |
| Speed: | Coding Task | | 24.19(7.7) | 22.74(7.6) | 23.24(7.3) | 24.55(7.4) | 24.70(7.0) | | 23.86(7.3) |
| Study Characteristics | | |  |  |  |  |  | |  |
| Retention from previous wave (%) | | | 100 | 84.8 | 84.7 | 84.7 | 75.8 | | 79.9 |
| Representative sample | | | Yes |  |  |  |  | |  |
| Oldest Birth Cohort (year) | | | 1908 | 1913 | 1918 | 1923 | 1928 | | 1933 |