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| --- | --- | --- | --- | --- |
| Table 1. |  |  |  |  |
| **Variable** | Wave 1 (Baseline) | Wave 2 | Wave 3 | Wave 4 |
| *n* = 1793 | *M* (*SD*) | *M* (*SD*) | *M* (*SD*) | *M* (*SD*) |
| **Demographic** |  |  |  |  |
| Age | 74.42 (4.20) | -- | -- | -- |
| Education (years) | 11.62 (4.51) | -- | -- | -- |
| Height (cm) | 1.61 (0.09) | -- | -- | -- |
| Smoking: ever smoked | 47.57% | -- | -- | -- |
| Hypertension | 47.12% | 53.17% | 53.02% | 53.87% |
| Cardiovasculat disease | 77.89% | -- | -- | -- |
| Diabetesa | 11.00% | 11.72% | 12.50% | 13.75% |
| **Physical** |  |  |  |  |
| Time up and go (TUG) | 10.89 (2.56) | 10.98 (2.59) | 11.06 (2.93) | 11.22 (3.26) |
| Flamingo (seconds) | 15.08 (18.32) | 13.79 (17.66) | 11.25 (15.95) | 11.29 (16.54) |
| Walking | 4.24 (0.92) | 4.28 (1.14) | 4.30 (1.18) | 4.34 (1.23) |
| Muscle strenght (grip) | 64.82 (18.15) | 62.38 (18.05) | 60.82 (18.09) | 56.11 (17.80) |
| Chair stand | 11.17 (3.83) | 11.71 (4.04) | 12.54 (4.69) | 12.33 (4.74) |
| **Cognitive** |  |  |  |  |
| Global: MMMSE | 93.78 (4.42) | 92.45 (5.85) | 92.49 (6.38) | 91.95 (6.55) |
| **Study Characteristics** |  |  |  |  |
| Retention from previous wave (%) | -- | -- | -- | -- |
| Representative sample | Yes |  |  |  |