

Supplementary File 1. Summary of demographics and phenotypic variables in the LBC1936 at Wave 2. BMI (body mass index), HDL (high-density lipoprotein), ICV (intracranial volume), IQ (intelligence quotient), LDL (low-density lipoprotein).

<i>Trait</i>	<i>Count (%)</i>		<i>n</i>
Sex (% Female)	379/796 (47.61%)		709
ApoE4 carrier (% carrier)	226/754 (29.97%)		682
	<i>Mean</i>	<i>SD</i>	<i>N</i>
Age (years) – wave 1	69.60	0.80	906
DNAm GrimAge (years) – wave 1	67.40	5.20	906
Age (years) – wave 2	72.54	0.70	709
DNAm GrimAge (years) – wave 2	69.98	4.88	709
<i>Cognitive</i>			
Age 11 IQ (age 11 Moray House test score, corrected for age in days, then converted to IQ)	100.69	15.37	666
Age 70 IQ	101.1	14.01	703
Block Design	33.68	10.09	707
Four Choice Reaction Time – Mean	0.65	0.09	708
Backwards Digit Symbol	7.80	2.30	709
Digit Symbol	56.27	12.29	706
Inspection Time Total	111.11	11.79	689
Logical Memory Recall	37.06	9.02	709
Letter Number Sequencing	10.91	3.08	709
Matrix Reasoning	13.19	4.97	707
Mini Mental State Examination	28.72	1.44	708
National Adult Reading Test	34.4	8.23	707
Spatial Span Total	14.68	2.75	706
Simple Reaction Time – Mean	0.27	0.05	708
Symbol Search	24.6	6.12	707
Verbal Fluency	43.15	13.05	708
Verbal Paired Associates	6.36	2.05	691
Wechsler Test of Adult Reading	40.96	7.02	707
g factor	0.01	0.99	703
<i>Neuroimaging</i>			
Brain volume:ICV ratio	0.68	0.02	540
Grey Matter volume:ICV ratio	0.33	0.02	540
White Matter volume:ICV ratio	0.33	0.02	540
White Matter Hyperintensities volume:ICV ratio	0.009	0.01	540
General Factor of Mean Diffusivity	5.00E-17	1	550
General Factor of Fractional Anisotropy	1.60E-17	1	550
<i>Physical</i>			
Albumin 35-50 g/L	43.73	2.9	704
BMI (kg/m ²)	27.9	4.38	709
Creatinine 60-120 µmol/L	80.34	24.55	706
C-reactive Protein (mg/L)	2.92	5.34	704

Ferritin 20-300 µg/L	122.27	136.12	564
Grip Strength - Right Hand	28.64	9.39	707
Grip Strength - Left Hand	27.56	9.44	707
Height (cm)	166.52	8.95	709
HDL Ratio (Total: HDL Cholesterol)	3.76	1.12	705
HDL Cholesterol 0.9 - 1.4 mmol/L	1.45	0.42	705
Interleukin-6 (ng/ml)	130.83	85.87	707
Iron 10-32 µmol/L	17.07	5.67	561
LDL Cholesterol 2-5 mmol/L	2.93	1.06	703
Weight (kg)	77.53	14.31	709
Total Cholesterol (mmol/L)	5.14	1.17	705
Triglycerides 0.8 - 2.1 mmol/L	1.67	0.83	705
Forced Expiratory Volume in 1 second (FEV1)	2.3	0.69	702
Forced Vital Capacity (FVC)	3.11	0.9	702
Forced Expiratory Ratio (FEV1/FVC) (FER)	77.09	11.82	702
Peak Expiratory Flow (PEF)	346.49	128.26	702