Table 1. Descriptive Statistics (Males and Females Combined)

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Year of Assessment |  |
| Variable |  | Baseline(n =11391) | Year 2(n =8780) | Year 4(n = 7535) | Year 6(n = 6623) | Year 8(n = 6242) | Year 10(n = 5659) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |  |
| Age, years | 64.98(10.0) | -- | -- | -- | -- | -- |
| Education, years |  |  |  |  |  |  |
|  NVQ4/NVQ5/Degree  | 11.1 | -- | -- | -- | -- | -- |
|  Higher education below degree | 10.9 | -- | -- | -- | -- | -- |
|  NVQ3/GCE | 6.0 | -- | -- | -- | -- | -- |
|  NVQ2/GCE | 15.7 | -- | -- | -- | -- | -- |
|  NVQ1/CSE  | 4.8 | -- | -- | -- | -- | -- |
|  Foreign/Other | 8.7 | -- | -- | -- | -- | -- |
|  No qualification | 42.8 | -- | -- | -- | -- | -- |
| Height, cm | -- | 165.27(9.6) | -- | -- | -- | -- |
| Smoking historya (%) | 63.5 | -- | -- | -- | -- | -- |
| Cardiovascular diseasea,b (%) | 12.6 | -- | -- | -- | -- | -- |
| Diabetesa (%) | 7.4 | -- | -- | -- | -- | -- |
| Physical |  |  |  |  |  |  |  |
| Pulmonary: | FEV | -- | 2.30(.9) | -- | 2.26(.8) | -- | 2.19(.8) |
|  Muscle: | Grip strength | -- | 27.8(11.1) | -- | 26.58(10.9) | -- | 25.49(10.2) |
| Gait: | Walking Speed | 0.81(.3) | 0.83(.3) | 0.83(.3) | 0.84(.3) | 0.86(.28) | 0.86(.3) |
| Cognitive |  |  |  |  |  |  |  |
|  Fluency:  | Animal naming | 19.18(6.4) | 19.69(6.6) | 19.74(6.8) | 20.09(7.0) | 20.06(7.0) | -- |
| Memory:  | Immediate recall  | 5.41(1.8) | 5.61(1.8) | 5.62(1.8) | 5.63(1.8) | 5.62(1.9) | 5.65(1.9) |
| Memory:  | Delayed recall | 3.95(2.1) | 4.22(2.1) | 4.33(2.2) | 4.32(2.1) | 4.31(2.2) | 4.46(2.2) |
| Speed:  | Letter cancellation | -- | -- | 4.08(2.0) | -- | -- | -- |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) | 100 | 77.1 | 85.8 | 87.9 | 94.2 | 90.7 |
|  Representative sample | yes |  |  |  |  |  |
|  Oldest Birth Cohort (year) |  |  |  |  |  |  |

Table 2. Descriptive Statistics (Males)

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Year of Assessment |  |
| Variable |  | Baseline(n = 5186) | Year 2(n = 3451) | Year 4(n = 3354) | Year 6(n = 2915) | Year 8(n = 2742) | Year 10(n = 2104) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |  |
| Age, years | 64.68(9.7) | -- | -- | -- | -- | -- |
| Education, years |  |  |  |  |  |  |
|  NVQ4/NVQ5/Degree  | 15.1 | -- | -- | -- | -- | -- |
|  Higher education below degree | 12.6 | -- | -- | -- | -- | -- |
|  NVQ3/GCE | 7.4 | -- | -- | -- | -- | -- |
|  NVQ2/GCE | 14.5 | -- | -- | -- | -- | -- |
|  NVQ1/CSE  | 8.3 | -- | -- | -- | -- | -- |
|  Foreign/Other | 5.4 | -- | -- | -- | -- | -- |
|  No qualification | 36.6 | -- | -- | -- | -- | -- |
| Height, cm | -- | 172.69(.9) | -- | -- | -- | -- |
| Smoking historya (%) | 74.0 | -- | -- | -- | -- | -- |
| Cardiovascular diseasea,b (%) |  | -- | -- | -- | -- | -- |
| Diabetesa (%) |  | -- | -- | -- | -- | -- |
| Physical |  |  |  |  |  |  |  |
| Pulmonary: | FEV | -- | 2.73(.9) | -- | 2.71(.8) | -- | 2.61(.82) |
|  Muscle: | Grip strength | -- | 36.14(9.6) | -- | 34.88(9.6) | -- | 33.16(.3) |
| Gait: | Walking Speed | 0.85(.3) | 0.88(.3) | 0.87(.28) | 0.88(.3) | 0.89(.3) | 0.90(.3) |
| Cognitive |  |  |  |  |  |  |  |
|  Fluency:  | Animal naming | 19.66(6.5) | 20.33(6.5) | 20.17(6.9) | 20.50(7.1) | 20.39(7.0) | -- |
| Memory:  | Immediate recall  | 5.31(1.8) | 5.52(1.7) | 5.50(1.8) | 5.51(1.7) | 5.49(1.8) | 5.54(1.8) |
| Memory:  | Delayed recall | 3.82(2.1) | 4.11(2.0) | 4.17(2.1) | 4.15(2.0) | 4.17(2.1) | 4.34(2.0) |
| Speed:  | Letter cancellation | -- | -- | 3.72(1.9) | -- | -- | -- |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) | 100 | 66.5 | 97.2 | 86.9 | 94.1 | 76.7 |
|  Representative sample | yes |  |  |  |  |  |
|  Oldest Birth Cohort (year) |  |  |  |  |  |  |

Table 3. Descriptive Statistics (Females)

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Year of Assessment |  |
| Variable |  | Baseline(n = 6205) | Year 2(n = 4215) | Year 4(n = 4181) | Year 6(n = 3708) | Year 8(n = 3500) | Year 10(n = 2663) |
|  |  | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) | M (SD) |
| Demographic |  |  |  |  |  |  |
| Age, years | 65.24(10.2) | -- | -- | -- | -- | -- |
| Education, years |  |  |  |  |  |  |
|  NVQ4/NVQ5/Degree  | 7.7 | -- | -- | -- | -- | -- |
|  Higher education below degree | 9.6 | -- | -- | -- | -- | -- |
|  NVQ3/GCE | 4.8 | -- | -- | -- | -- | -- |
|  NVQ2/GCE | 16.7 | -- | -- | -- | -- | -- |
|  NVQ1/CSE  | 2.0 | -- | -- | -- | -- | -- |
|  Foreign/Other | 11.4 | -- | -- | -- | -- | -- |
|  No qualification | 47.8 | -- | -- | -- | -- | -- |
| Height, cm | -- | 159.20(6.7) | -- | -- | -- | -- |
| Smoking historya (%) | 56.4 | -- | -- | -- | -- | -- |
| Cardiovascular diseasea,b (%) | 10.1 | -- | -- | -- | -- | -- |
| Diabetesa (%) | 6.2 | -- | -- | -- | -- | -- |
| Physical |  |  |  |  |  |  |  |
| Pulmonary: | FEV | -- | 1.94(.63) | -- | 1.90(.6) | -- | 1.84(.27) |
|  Muscle: | Grip strength | -- | 20.81(6.4) | -- | 19.94(6.5) | -- | 19.31(6.1) |
| Gait: | Walking Speed | 0.79(.8) | 0.81(.3) | 0.79(.29) | 0.81(.28) | 0.83(.3) | 0.84(.3) |
| Cognitive |  |  |  |  |  |  |  |
|  Fluency:  | Animal naming | 18.79(6.3) | 19.56(6.5) | 19.40(6.7) | 19.76(6.8) | 19.80(7.0) | -- |
| Memory:  | Immediate recall  | 5.49(1.8) | 5.78(1.8) | 5.72(1.8) | 5.73(1.9) | 5.72(1.9) | 5.86(1.9) |
| Memory:  | Delayed recall | 4.06(2.1) | 4.45(2.13) | 4.46(2.2) | 4.46(2.2) | 2.43(2.3) | 4.66(2.2) |
| Speed:  | Letter cancellation | -- | -- | 4.36(2.0) | -- | -- | -- |
| Study Characteristics |  |  |  |  |  |  |
| Retention from previous wave (%) | 100 | 67.9 | 99.2 | 88.7 | 94.4 | 76.1 |
|  Representative sample | yes |  |  |  |  |  |
|  Oldest Birth Cohort (year) |  |  |  |  |  |  |