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) | | |  |  |  |  |  |  |