

Table 1.

<b>Variable</b> <i>n</i> = 1793	Wave 1 (Baseline) <i>M</i> ( <i>SD</i> )	Wave 2 <i>M</i> ( <i>SD</i> )	Wave 3 <i>M</i> ( <i>SD</i> )	Wave 4 <i>M</i> ( <i>SD</i> )
<b>Demographic</b>				
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%
Cardiovascular disease	77.89%	--	--	--
Diabetes <sup>a</sup>	11.00%	11.72%	12.50%	13.75%
<b>Physical</b>				
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 strength (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)
<b>Cognitive</b>				
Global: MMMSE	93.78 (4.42)	92.45 (5.85)	92.49 (6.38)	91.95 (6.55)
<b>Study Characteristics</b>				
Retention from previous wave (%)	--	--	--	--
Representative sample	Yes			