

Variables	Female				Male			
	65–69 years old	70–74 years old	75–79 years old	≥80 years old	65–69 years old	70–74 years old	75–79 years old	≥80 years old
	no. (%)	no. (%)	no. (%)	no. (%)	no. (%)	no. (%)	no. (%)	no. (%)
Education								
Elementary school	464 (47)	243 (60)	164 (69.5)	103 (81.1)	277 (33.6)	163 (36.1)	130 (52.4)	86 (50)
Junior high school	143 (14.5)	59 (14.6)	31 (13.1)	11 (8.7)	112 (13.6)	79 (17.5)	40 (16.1)	29 (16.9)
Senior high school	221 (22.4)	59 (14.6)	26 (11)	5 (3.9)	231 (28)	129 (28.5)	41 (16.5)	25 (14.5)
University or above	160 (16.2)	44 (10.9)	15 (6.4)	8 (6.3)	204 (24.8)	81 (17.9)	37 (14.9)	32 (18.6)
Health behaviours								
Smoke	28 (2)	7 (1.2)	6 (1.5)	2 (0.9)	162 (13.7)	47 (7.7)	44 (12.3)	23 (8.1)
Alcohol	25 (1.8)	6 (1)	1 (0.3)	0 (0)	177 (14.9)	51 (8.4)	35 (9.8)	18 (6.4)
Exercise								
No exercise	210 (14.9)	89 (14.9)	60 (15.3)	57 (26.4)	143 (12.1)	67 (11)	44 (12.3)	52 (18.4)
<150 minutes/week	1050 (74.5)	436 (73)	285 (72.9)	143 (66.2)	894 (75.5)	447 (73.4)	268 (74.9)	194 (68.6)
≥150 minutes/week	149 (10.6)	72 (12.1)	46 (11.8)	16 (7.4)	147 (12.4)	95 (15.6)	46 (12.8)	37 (13.1)
BMI, mean ± SD	24.88 ± 3.83	24.75 ± 3.82	24.74 ± 3.81	24.28 ± 3.8	25.52 ± 3.39	25.06 ± 3.36	24.73 ± 3.54	24.61 ± 3.33
Normal: 18.5–23.9 kg/m ²	595 (42.2)	243 (40.7)	157 (40.2)	89 (41.2)	380 (32.1)	219 (36)	133 (37.2)	108 (38.2)
Underweight: <18.5 kg/m ²	60 (4.3)	31 (5.2)	25 (6.4)	18 (8.3)	43 (3.6)	30 (4.9)	23 (6.4)	15 (5.3)
Overweight: 24–26.9 kg/m ²	391 (27.8)	174 (29.1)	107 (27.4)	61 (28.2)	388 (32.8)	191 (31.4)	111 (31)	93 (32.9)
Obese: ≥27 kg/m ²	363 (25.8)	149 (25)	102 (26.1)	48 (22.2)	373 (31.5)	169 (27.8)	91 (25.4)	67 (23.7)
Handgrip strength, mean ± SD	21.5 ± 3.82	20.04 ± 3.72	18.84 ± 3.95	16.97 ± 4.4	33.13 ± 6.06	31.01 ± 5.56	29.28 ± 5.43	25.47 ± 5.77
Gait speed, mean ± SD	1.03 ± 0.11	0.99 ± 0.11	0.94 ± 0.12	0.87 ± 0.13	1.05 ± 0.12	1.02 ± 0.11	0.99 ± 0.13	0.89 ± 0.13
Skeletal muscle mass, mean ± SD	6.85 ± 0.82	6.8 ± 0.87	6.88 ± 0.88	6.74 ± 1.03	8.57 ± 1.17	8.29 ± 1.14	8.23 ± 1.21	8.1 ± 1.29

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Laboratory data								
Creatinine, mean ± SD	0.73 ± 0.31	0.76 ± 0.24	0.81 ± 0.28	0.96 ± 0.56	1 ± 0.24	1.06 ± 0.42	1.1 ± 0.34	1.21 ± 0.46
M: <0.7, F: <0.6 mg/dL	228 (17)	71 (12.6)	48 (12.9)	15 (7.4)	35 (3.1)	9 (1.5)	6 (1.8)	2 (0.8)
M: 0.7–1.3, F: 0.6–1.2 mg/dL	1091 (81.4)	475 (84.4)	302 (81.4)	160 (79.2)	1003 (88.8)	509 (87)	273 (82.2)	186 (70.7)
M: >1.3, F: >1.2 mg/dL	21 (1.6)	17 (3)	21 (5.7)	27 (13.4)	92 (8.1)	67 (11.5)	53 (16)	75 (28.5)
eGFR (mL/min/1.73 m²), mean ± SD	90.52 ± 21.76	84.84 ± 21.01	79.5 ± 21.04	69.78 ± 23.18	83.58 ± 19.19	78.47 ± 18.84	75.03 ± 19.94	67.11 ± 20.4
Stages 1–2	1267 (94.6)	503 (89.3)	313 (84.4)	132 (65.3)	1027 (90.9)	495 (84.6)	264 (79.5)	173 (65.8)
Stages 3a–3b	66 (4.9)	56 (9.9)	53 (14.3)	63 (31.2)	101 (8.9)	83 (14.2)	62 (18.7)	85 (32.3)
Stage 4	7 (0.5)	4 (0.7)	5 (1.3)	7 (3.5)	2 (0.2)	7 (1.2)	6 (1.8)	5 (1.9)
Glucose, mean ± SD	109.54 ± 27.23	110.26 ± 30.56	109.83 ± 27.42	113.89 ± 33.51	114.77 ± 29.67	113.07 ± 26.25	110.12 ± 22.17	108.16 ± 22.64
<70 mg/dL	3 (0.2)	0 (0)	0 (0)	0 (0)	1 (0.1)	1 (0.2)	1 (0.3)	0 (0)
70–99 mg/dL	522 (39)	220 (39.1)	154 (41.5)	78 (38.6)	347 (30.7)	172 (29.4)	123 (37)	99 (37.8)
≥100 mg/dL	815 (60.8)	343 (60.9)	217 (58.5)	124 (61.4)	782 (69.2)	412 (70.4)	208 (62.7)	163 (62.2)
Cholesterol, mean ± SD	189.77 ± 34.69	185.17 ± 31.83	180.16 ± 32.59	175.77 ± 34.39	172.99 ± 33.71	169.84 ± 33.23	169.24 ± 33.47	162 ± 32.26
≥200 mg/dL	472 (35.2)	176 (31.3)	89 (24)	42 (20.8)	226 (20)	102 (17.4)	61 (18.4)	31 (11.8)
Triglyceride, mean ± SD	132.89 ± 108.62	123.34 ± 57.97	127.44 ± 65.25	130.36 ± 59.1	132.8 ± 82.45	126.55 ± 80.26	118.63 ± 58.7	119.02 ± 69.77
≥150 mg/dL	363 (27.1)	138 (24.5)	97 (26.1)	64 (31.7)	337 (29.8)	161 (27.5)	69 (20.8)	59 (22.4)
LDL cholesterol, mean ± SD	103.77 ± 31.11	99.88 ± 29.16	95.15 ± 28.28	93.59 ± 32.63	97.23 ± 30.07	94.61 ± 29.69	94.42 ± 29.91	87.22 ± 28.39
>130 mg/dL	243 (18.2)	83 (14.7)	44 (11.9)	26 (12.9)	147 (13.1)	67 (11.5)	42 (12.7)	22 (8.4)
HDL cholesterol, mean ± SD	60.11 ± 15.28	60.92 ± 15.63	59.72 ± 16.19	56.18 ± 15.78	49.71 ± 13.11	50.44 ± 14.6	51.38 ± 14.57	51.05 ± 13.95
M: <40, F: <50 mg/dL	356 (26.6)	146 (25.9)	107 (28.8)	83 (41.1)	244 (21.6)	139 (23.8)	71 (21.4)	55 (20.9)

BMI: body mass index; eGFR: estimated glomerular filtration rate; F: female; HDL: high-density lipoprotein; LDL: low-density lipoprotein; M: male; SD: standard deviation