

Supplementary Tables

Table S1: Characteristics variables, data sources and descriptions

| Characteristics | Data source | Question | Categorisation for analysis |
|--|-----------------------------|--|---|
| Demographic characteristics | | | |
| Age group | 45 And Up Study Baseline | Self-reported age at baseline | 45-59 years 60-74 75+ |
| Gender | 45 And Up Study Baseline | Self-reported sex | Male Female |
| Highest qualification | 45 And Up Study Baseline | Self-reported highest level of educational qualification – categorised as | No school certificate or other qualification School or intermediate certificate Higher school or leaving certificate Trade or apprenticeship Certificate or diploma University degree or higher |
| Speaks a language other than English at home | 45 And Up Study Baseline | Whether speaks a language other than English at home? | Yes: Speaks language other than English at home No: Speaks only English at home |
| Born in Australia | 45 And Up Study Baseline | In which country where you born | No: Otherwise Yes: Born in Australia |
| Speaks language other than English at home | 45 And Up Study Baseline | Do you speak a language other than English at home? | Yes No |
| Household income | 45 And Up Study Baseline | Self-reported household income category | <\$20,000 \$20,000-39,999 \$40,000-69,999 \$70,000 or more Won't disclose |
| Work status | 45 And Up Study Baseline | Working status at baseline | Not working Working part-time/full-time |
| Currently married/partnered | 45 And Up Study Baseline | Current marital status: or not | Yes: currently married/partnered No: Not currently married/partnered |
| Health characteristics | | | |
| Current smoker | 45 And Up Study Baseline | Smoking status at baseline | Yes: Currently smoking No: Non-smoker or ex-smoker |
| Adequate physical activity | 45 And Up Study Baseline | Based on the amount of moderate and vigorous exercise reported: see AIHW definition | Yes: Adequate physical activity No: Inadequate physical activity |
| Alcohol consumption | 45 And Up Study Baseline | Based on self-reported number of standard drinks each week, categorised as | zero low (1-14 drinks per week) high (>14 drinks per week) |

| Characteristics | Data source | Question | Categorisation for analysis |
|--|-----------------------------|--|---|
| BMI | 45 And Up Study Baseline | Calculation based on 2 questions: How tall are you without shoes? How much do you weigh? | Underweight: <18.5 Normal weight: 18.6-24.9 Overweight: 25.0-29.9 Obese: ≥30 |
| Self-reported good quality of life | 45 And Up Study Baseline | Based on self-rated quality of life question – classified as yes if responded as good; very good or excellent | Yes: Excellent, very good or good quality of life No: Fair or poor quality of life |
| Psychological distress-Index calculated based on 10 indicators | 45 And Up Study Baseline | During the past 4 weeks about how often did you feel: Tired out for now good reason? Nervous? so nervous that nothing could calm you down? Hopeless? Restless or fidgety? So restless that you could not sit still? Depressed? That everything was an effort? So sad that nothing could cheer you up? Worthless? | 1=None of the time 2=A little of the time 3=Some of the time 4=Most of the time 5=All the time Low= total score <22 High= total score ≥22 |
| Add Needing help with daily activity | 45 And Up Study Baseline | Do you regularly need help with daily tasks because of long-term illness or disability | Yes No |