

eTable 3. Characteristics of the analyzed subjects responding to the questionnaire (n=14,956)

	Males (n=6,935)		Females (n=8,021)		<i>P</i> ^a
	n	%	n	%	
Demographics					
Age, years					
65-74	4,302	62.0	4,696	58.5	<0.001
≥75	2,633	38.0	3,325	41.5	
Family structure					
Living alone	492	7.1	1,422	17.7	<0.001
Living only with spouse	3,503	50.5	2,787	34.7	
Other	2,728	39.3	3,480	43.4	
Missing	212	3.1	332	4.1	
BMI					
Normal (18.5-<25.0 kg/m ²)	4,919	70.9	5,390	67.2	<0.001
Underweight (<18.5 kg/m ²)	355	5.1	895	11.2	
Overweight (≥25.0 kg/m ²)	1,385	20.0	1,366	17.0	
Missing	276	4.0	370	4.6	
Pensions					
National pension	781	11.3	3,613	45.0	<0.001
Employees' pension	4,748	68.5	2,934	36.6	
Mutual aid association pension	908	13.1	648	8.1	
Other	218	3.1	488	6.1	
Missing	280	4.0	338	4.2	
Occupational status (job with an income)					
Not engaged	4,904	70.7	6,715	83.7	<0.001
Engaged	1,898	27.4	1,041	13.0	
Missing	133	1.9	265	3.3	
Health status					
Number of medications used					
None	1,425	20.5	1,650	20.6	0.240
1-2	1,846	26.6	2,197	27.4	
3-4	1,641	23.7	1,952	24.3	
≥5	1,769	25.5	1,966	24.5	
Missing	254	3.7	256	3.2	
Number of illnesses under medical treatment					
None	1,276	18.4	1,449	18.1	0.011
1	2,244	32.4	2,679	33.4	
2	1,617	23.3	1,900	23.7	
3	947	13.7	957	11.9	
≥4	682	9.8	792	9.9	
Missing	169	2.4	244	3.0	
Self-rated health					
Very good	713	10.3	734	9.2	0.006
Good	4,453	64.2	5,245	65.4	
Fair	993	14.3	1,208	15.1	
Poor	372	5.4	449	5.6	
Missing	404	5.8	385	4.8	
Life-style habits					
Smoking status					
Never	1,701	24.5	7,013	87.4	<0.001
Former	3,809	54.9	420	5.2	

Current	1,137	16.4	260	3.2	<0.001
Missing	288	4.2	328	4.1	
Alcohol intake					
Nondrinkers	1,189	17.1	4,136	51.6	
Social drinkers	1,497	21.6	2,070	25.8	
Occasional drinkers	1,103	15.9	1,032	12.9	<0.001
Daily drinkers	2,856	41.2	500	6.2	
Missing	290	4.2	283	3.5	
Physiological factor					
Activities of daily living, Barthel-index					
Independent (score =100)	1,568	22.6	2,620	32.7	<0.001
Poor (score <100)	5,367	77.4	5,401	67.3	
Psychological factors					
Depression, Geriatric Depression Scale					
No depression (score <2)	4,964	71.6	5,433	67.7	
Depression (score ≥2)	1,641	23.7	2,272	28.3	<0.001
Missing	330	4.8	316	3.9	
Cognitive functioning, Cognitive Performance Scale					
Normal (score =0)	5,327	76.8	6,347	79.1	
Poor (score ≥1)	1,510	21.8	1,588	19.8	0.002
Missing	98	1.4	86	1.1	
Social relationships					
Social networks					
≥6	2,492	35.9	3,028	37.8	
3-5	1,425	20.5	1,918	23.9	
1-2	1,456	21.0	1,664	20.7	<0.001
None	1,202	17.3	989	12.3	
Missing	360	5.2	422	5.3	
Social support					
≥5	738	10.6	1,088	13.6	
3-4	2,122	30.6	2,675	33.3	
1-2	3,592	51.8	3,612	45.0	<0.001
None	220	3.2	354	4.4	
Missing	263	3.8	292	3.6	
Social roles, subscale of Tokyo Metropolitan Institute of Gerontology Index of Competence					
Independent (score =4)	3,100	44.7	4,465	55.7	<0.001
Poor (score <4)	3,835	55.3	3,556	44.3	

^a Differences between males and females were analyzed using Fisher's exact test