

Table S2. Sources of information for meta-analysis in Table 7 for columns “With improvements”.

| Outcomes | ARIC | FHS | FHS_C1 | FHSO | HRS |
|-----------------|-------------|------------|-----------------------------|-------------|----------------------|
| CHD | Table 2 | | Table 2, CHD ₆₅₊ | Table 3 | Table 2 |
| HF | Table 2 | | Table 5 | Table 3 | |
| Stroke | Table 2 | Table 2 | | | Table 2 |
| Diabetes | Table 2 | | Table 3, β | Table 3 | Table 2 |
| Cancer | Table 2 | Table 2 | | | Table 2, β |
| ND | | | Table 5 | | |
| Death | Table 2 | Table 2 | | | Table 5, cancer free |

In S2-S5 Tables we used the following notations:

Empty cells = not available or not estimated;

CHD = coronary heart disease;

CHD₆₅₊ = coronary heart disease with onset at 65 years and older;

HF = heart failure;

ND = neurodegenerative diseases (ND, dementias including Alzheimer’s type).

| β | denotes modulus of the effect size beta.