

Table S3. Sources of information for meta-analysis in Table 7 for columns “No improvements”.

Outcomes	ARIC	FHS	FHS_C1	HRS
CHD	Table 2	Table 2		Table 2
HF	Table 2	Table 2		
Stroke	Table 2	Table 2		Table 2
Diabetes	Table 2	Table 2		Table 2
Cancer	Table 2	Table 2		Table 2
ND			Table 3	
Death	Table 2	Table 2		Table 2

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).

$|\beta|$ denotes modulus of the effect size beta.