Table S5. Numerical estimates of the effect sizes β and standard errors (SE) used for meta-analysis in Table 7 for columns "No improvements".

	ARIC		FHS		HRS	
	beta	SE	beta	SE	beta	SE
CHD	0.555	0.105	0.070	0.139	0.099	0.113
HF	0.406	0.148	0.416	0.170		
Stroke	0.166	0.230	0.530	0.182	-0.003	0.164
Diabetes	0.303	0.149	0.053	0.172	0.298	0.115
Cancer	0.199	0.163	0.212	0.100	-0.269	0.136
Death	0.275	0.116	0.494	0.102	0.265	0.133

In S2-S5 Tables we used the following notations:

Empty cells = not available or not estimated;

CHD = coronary heart disease;

CHD_{65+} = 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.