

Supplementary Table 2. Pairwise Comparisons of the Estimated Mean of Mini-Mental State Examination Scores and Performance in Lower-Body Function Tasks ^{a, b}

Chair Stands																				
	Baseline					3 rd -year follow-up					6 th -year follow-up					9 th -year follow-up				
	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)
(4)	-					-					-					-				
(3)	-0.8	-				-0.2	-				0.3	-				0.8	-			
(2)	-0.4	0.4	-			-0.0	0.2	-			0.3	0.0	-			0.6	-0.1	-		
(1)	-0.6	0.2	-0.2	-		-0.1	0.2	-0.0	-		0.4	0.2	0.2	-		1.0	0.2	0.3	-	
(0)	-2.8*	-2.0*	-2.4*	-2.2*	-	-3.3*	-3.0*	-3.2*	-3.2*	-	-3.7*	-4.0*	-4.0*	-4.2*	-	-4.2*	-5.0*	-5.0*	-5.1*	-

Note: (4):Best; (3):Good; (2):Moderate; (1):Poor; (0):Unable to Do

Walking Speed																				
	Baseline					3 rd -year follow-up					6 th -year follow-up					9 th -year follow-up				
	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)
(4)	-					-					-					-				
(3)	1.1	-				0.5	-				-0.2	-				-0.8	-			
(2)	0.6	-0.5	-			-0.1	-0.5	-			-0.7	-0.5	-			-1.3	-0.5	-		
(1)	-1.4*	-2.4*	-1.9*	-		-2.2*	-2.6*	-2.1*	-		-3.0*	-2.8*	-2.3*	-		-3.8*	-3.0*	-2.4*	-	
(0)	-2.0*	-3.1*	-2.6*	-0.7	-	-3.1*	-3.6*	-3.1*	-1.0	-	-4.2*	-4.1*	-3.5*	-1.3	-	-5.3*	-4.6*	-4.0*	-1.6	-

Note: (4):Best; (3):Good; (2):Moderate; (1):Poor; (0):Unable to Do

Balancing																				
	Baseline					3 rd -year follow-up					6 th -year follow-up					9 th -year follow-up				
	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)	(4)	(3)	(2)	(1)	(0)
(4)	-					-					-					-				
(3)	-0.5	-				-0.3	-				-0.1	-				0.1	-			
(2)	-0.9	-0.4	-			-1.2	-0.9	-			-1.6*	-1.5	-			-2.0	-2.1	-		
(1)	-2.0*	-1.5	-1.1	-		-2.2*	-1.9*	-0.9	-		-2.3*	-2.2*	-0.7	-		-2.5*	-2.6	-0.5	-	
(0)	-2.0*	-1.5*	-1.1	-0.0	-	-2.3*	-2.0*	-1.1	-0.2	-	-2.7*	-2.6*	-1.1	-0.3	-	-3.0*	-3.1*	-1.0	-0.5	-

Note: (4):Full Tandem; (3):Tandem; (2):Semi-Tandem; (1):Side by Side; (0):Unable to Do

SPPB Score

	Baseline				3 rd -year follow-up				6 th -year follow-up				9 th -year follow-up			
	(3)	(2)	(1)	(0)	(3)	(2)	(1)	(0)	(3)	(2)	(1)	(0)	(3)	(2)	(1)	(0)
(3)	-				-				-				-			
(2)	-1.0	-			-1.1*	-			-1.2*	-			-1.3	-		
(1)	-2.4*	-1.5*	-		-2.8*	-1.7*	-		-3.2*	-2.0*	-		-3.5*	-2.2*	-	
(0)	-3.5*	-2.6*	-1.1	-	-4.2*	-3.1*	-1.4*	-	-4.8*	-3.6*	-1.7*	-	-5.5*	-4.2*	-2.0	-

Note: (3):9 to 12; (2):5 to 8; (1):1 to 4; (0) Unable to Do

Note. SPPB = Short Physical Performance Battery.

^aEstimated mean MMSE scores were adjusted for baseline demographic and health characteristics shown on Table 2.

^b* meant that Tukey adjusted *p* values were less than 0.05 on a multiple comparison.