

Table S1. Comparison of characteristics between included and excluded participants

	Included participants	Excluded participants	<i>P</i>
Age (ys)	70.86±7.68	72.43±7.37	<0.001
Sex (male) (n, %)	2518(43.2)	450(43.1)	0.934
Education (Illiterate) (n, %)	1047(18.0)	208(20.1)	0.102
Hypertension (n, %)	3835(65.9)	744(71.3)	0.001
CHD (n, %)	1168(20.1)	291(28.0)	<0.001
Diabetes (n, %)	862(14.8)	186(17.9)	0.011
Stroke (n, %)	579(9.9)	139(13.4)	0.001
Kidney disease	259(4.4)	50(4.8)	0.607
COPD	205(3.5)	49(4.7)	0.061
Osteoporosis	1597(27.4)	398(38.8)	<0.001
Immobility	624(10.7)	189(18.2)	<0.001
Frailty index	0.15±0.08	0.20±0.12	<0.001
Locomotion score	1.77±0.53	1.26±0.92	<0.001
Psychological score	1.86±0.38	1.88±0.36	0.122
Cognition score	1.85±0.46	1.85±0.47	0.913
Vitality score	1.82±0.51	1.88±0.42	<0.001
Sensory score	1.84±0.42	1.76±0.47	<0.001

Abbreviations: CHD, coronary heart disease; COPD, chronic obstructive pulmonary disease.

Table S2. Prevalence of each intrinsic capacity domain declined by sex, area, and age

	Total	Locomotion	Cognition	Vitality	Sensory	Psychology
All sample	5823	1039(17.8)	646(11.1)	735(12.6)	824(14.2)	713(12.2)
Sex						
Male	2518	372(14.8)*	227(9.0)*	338(13.4)	371(14.7)	247(9.8)*
Female	3305	667(20.2)	419(12.7)	397(12.0)	453(55.0)	466(14.1)
Area						
Urban	3494	481(14.1)*	168(4.8)*	344(9.8)*	417(11.9)*	318(9.1)*
Rural	2329	548(23.5)	478(20.5)	391(16.8)	407(17.5)	395(17.0)
Age (ys)						
60-64	1471	106(7.2)*	72(4.9)*	116(7.9)*	114(7.7)*	177(12.0)
65-69	1179	129(10.9)	90(7.6)	123(10.4)	131(11.1)	136(11.5)
70-74	1165	197(16.9)	123(10.6)	141(12.1)	166(14.2)	144(12.4)
75-79	1119	256(22.9)	158(14.1)	154(13.8)	210(18.8)	138(12.3)
≥80	889	351(39.5)	203(22.8)	201(22.6)	203(22.8)	118(13.3)

Note: Data were expressed as n (%); *P<0.05

Table S3. The effect of social factors, lifestyle and chronic conditions on intrinsic capacity decline

	Total	IC decline, n (%)	Weighted (%)	χ^2	P
Social factors					
Education	5823				
Illiterate	1047	724(69.1)	67.7	355.086	<0.001
Not illiterate	4776	1782(37.3)	34.9		
Monthly income	5665				
<2000 Yuan	2658	1408(53.0)	49.6	227.561	<0.001
≥2000 Yuan	3007	996(33.1)	30.0		
Marital status	5818				
Married	4493	1738(38.7)	35.8	151.541	<0.001
Unmarried	1325	765(57.7)	56.8		
Lifestyle					
Exercise	5808				
Yes	4594	1779(38.7)	36.1	168.600	<0.001
No	1214	722(59.5)	55.0		
Meat intake	5823				
Usually	3369	1322(39.2)	35.9	46.925	<0.001
Less	2454	1184(48.2)	45.8		
Alcohol consumption	5823				
Yes	4503	600(45.5)	40.7	4.081	0.043
No	5823	1906(42.3)	39.6		
Smoking	1320				
Yes	1658	722(43.5)	38.7	0.241	0.623
No	4165	1784(42.8)	40.5		
Chronic disease					
Hypertension	5823				
Yes	2688	1127(41.9)	39.0	2.505	0.113
No	3135	1379(44.0)	40.7		
CHD	5823				
Yes	1168	559(47.9)	46.0	13.823	<0.001
No	4655	1947(41.8)	38.5		
Diabetes	5823				
Yes	862	344(39.9)	36.6	4.041	0.044
No	4961	2162(43.6)	40.5		
Stroke	5823				
Yes	579	327(56.5)	53.3	47.323	<0.001
No	5244	2179(41.6)	38.5		
Kidney disease	5823				
Yes	259	136(52.5)	50.6	9.907	0.002
No	5564	2370(42.6)	39.4		
COPD	5823				
Yes	205	140(68.3)	66.7	55.288	<0.001
No	5618	2366(42.1)	39.0		

Liver disease	5823				
Yes	253	107(42.3)	40.0	0.062	0.803
No	5570	2399(43.1)	38.7		
Osteoarthritis	5823				
Yes	1597	855(53.5)	51.2	98.993	<0.001
No	4226	1651(39.1)	35.9		
Cancer	5823				
Yes	148	63(42.6)	39.7	0.013	0.909
No	5675	2443(43.0)	39.9		
Geriatric syndrome					
Insomnia	5823				
Yes	1427	830(58.2)	56.5	176.113	<0.001
No	4396	1676(38.1)	34.9		
Memory decline	5823				
Yes	2629	1450(55.2)	52.6	286.447	<0.001
No	3194	1056(33.1)	30.2		
Urinary incontinence	5823				
Yes	257	198(77.0)	76.3	126.654	<0.001
No	5566	2308(41.5)	38.5		
Constipation	5823				
Yes	738	430(59.1)	56.6	87.043	<0.001
No	5095	2076(40.8)	37.8		
Slowness	3306				
Yes	688	367(53.3)	50.2	54.008	<0.001
No	2618	991(37.9)	35.1		

Abbreviations: **IC**, **intrinsic capacity**; ADL, activities of daily living; IADL, instrumental activities of daily living; CHD, coronary heart disease; COPD, chronic obstructive pulmonary disease.