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Table S1. The cut-points for excluding SBP, DBP, BMI, and heart rate.

Biomarkers	Cut-points
Body mass index, kg/m^2	>40
Heart rate, beats/min	>220
Systolic blood pressure, mmHg	>200 or <90
Diastolic blood pressure, mmHg	>110 or <60

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Table S2. Baseline characteristics between included and excluded participants.

Characteristics	Included (N=1,519)	Excluded [b] (N=920)	P-value
Age, years, mean±SD	85.6±12.6	85.6± 13.5	0.523
Married [a], No. (%)	619 (40.8%)	361 (39.2%)	0.461
Han ethnicity, No. (%)	1,357 (89.3%)	836 (90.9%)	0.223
Any education, No. (%)	565 (37.2%)	384 (41.7%)	0.026
Smoking, No. (%)			0.460
Current Smoker	295 (19.5%)	170 (18.7%)	
Past Smoker	125 (8.3%)	88 (9.7%)	
Non-smoker	1,096 (72.3%)	650 (71.6%)	
Exercise, No. (%)	337 (22.5%)	271 (30.2%)	0.000
Hypertension, No. (%)	304 (20.3%)	201 (22.8%)	0.153
Diabetes, No. (%)	25 (1.7%)	19 (2.1%)	0.405
Heart disease, No. (%)	104 (6.9%)	48 (5.4%)	0.138
Stroke, No. (%)	78 (5.2%)	62 (6.9%)	0.077
Pulmonary, No. (%)	123 (8.2%)	73 (8.2%)	0.994
Arthritis, No. (%)	224 (14.9%)	152 (17.1%)	0.145
Cancer, No. (%)	8 (0.5%)	3 (0.3%)	0.341

[a]Married vs. widowed, never married, and divorced.

[b]Excluded criteria includes incomplete data on AL biomarkers, no follow-up data, missing data or extreme values of the biomarkers, and aged less than 60 years.

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Table S3. Compare participant who lost follow up data and who included in study.

Characteristics	Included (N=1,519)	Loss follow up (N=522)	P-value
Age, years, mean±SD	85.6±12.6	87.3± 13.3	0.98
Married [a], No. (%)	619 (40.8%)	180 (34.8%)	0.02
Han ethnicity, No. (%)	1,357 (89.3%)	467 (90.2%)	0.60
Any education, No. (%)	565 (37.2%)	202 (39.0%)	0.47
Smoking, No. (%)			
Current Smoker	295 (19.5%)	88 (17.3%)	0.54
Past Smoker	125 (8.3%)	45 (8.8%)	
Non-smoker	1,096 (72.3%)	376 (73.9%)	
Exercise, No. (%)	337 (22.5%)	129 (25.6%)	0.15
Hypertension, No. (%)	304 (20.3%)	109 (21.9%)	0.45
Diabetes, No. (%)	25 (1.7%)	7 (1.4%)	0.68
Heart disease, No. (%)	104 (6.9%)	25 (5.0%)	0.13
Stroke, No. (%)	78 (5.2%)	44 (8.8%)	0.004
Pulmonary, No. (%)	123 (8.2%)	39 (7.7%)	0.77
Arthritis, No. (%)	224 (14.9%)	79 (15.8%)	0.62
Cancer, No. (%)	8 (0.5%)	2 (0.4%)	0.72

[a]Married vs. widowed, never married, and divorced.

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Table S4. Sensitivity analysis.

	Males (N = 709)		
	Unadjusted	Demographically adjusted [a]	Fully adjusted [b]
Events per 1,000 PYs (95% CI)	Hazard ratio (95% CI)		
AL (continuously)	1.28 (1.18, 1.38)	1.18 (1.09, 1.28)	1.18 (1.08, 1.27)
AL category			
Low (0-1) 68.1 (53.4, 86.9)	Ref.	Ref.	Ref.
Medium (2-4) 115.4 (100.7, 132.1)	1.70 (1.29, 2.25)	1.45 (1.10, 1.93)	1.41 (1.06, 1.88)
High (5-9) 214.7 (154.8, 297.6)	3.18 (2.11, 4.78)	2.33 (1.54, 3.53)	2.35 (1.55, 3.56)
	Females (N = 810)		
	Unadjusted	Demographically adjusted [a]	Fully adjusted [b]
Events per 1,000 PYs (95% CI)	Hazard ratio (95% CI)		
AL (continuously)	1.22 (1.14, 1.31)	1.10 (1.02, 1.18)	1.09 (1.01, 1.17)
AL category			
Low (0-1) 113.7 (96.2 134.4)	Ref.	Ref.	Ref.
Medium (2-4) 191.7 (171.8, 213.9)	1.70 (1.39, 2.08)	1.29 (1.05, 1.57)	1.27 (1.03, 1.56)
High (5-9) 267.4 (168.5, 424.5)	2.40 (1.47, 3.93)	1.37 (0.83, 2.25)	1.39 (0.85, 2.29)

Abbreviations: PY, person-year; CI, confidence interval; AL, allostatic load.

[a]Demographically adjusted model included age, ethnicity (Han vs. minority), education (any vs. none), and marital status (married vs. others).

[b]Fully adjusted model included age, ethnicity (Han vs. minority), education (any vs. none), and marital status (married vs. others), smoking (current vs. previous or non-smoke), exercise (yes vs. no), and chronic diseases such as pulmonary disease and arthritis.