SUPPLEMENTAL FILES FOR REVIEW AND ONLINE PUBLICATION

Supplemental Table 1. Spearman's ρ or group mean differences between demographic and health characteristics with SEL slope.

Characteristic	Spearman's ρ or group mean differences (standard error) with SEL slope	p-value
Self-reported energy (Y2)	.02	.34
Self-reported energy slope (annual change in points.)	--	--
Mobility Disability, *n* (%) yes	-.03 (.002)	<.001
Mortality, *n* (%) yes	-.01 (.002)	<.001
Demographics		
White race	-.01 (.003)	<.001
Women	.001 (.002)	.80
Age (Y2)	-.07	.001
Education		
Less than high school	.01 (.003)	.05
High school	-.002 (.003)	.42
Postsecondary (Ref)		
Health-related factors		
Comorbid health conditions (# of health conditions, Y2)	-.08	.001
Comorbidity slope (annual change in # of conditions)	-.05	.01
Ankle-arm index (Y1)	.02	.39
Behavioral-related factors		
Smoking history (Y2), *n*(%) ever yes	-.004 (.002)	.13
BMI (Y2)	-.02	.39
Self-reported tiredness (Y2), *n*(%) yes	-.01 (.003)	.02
Teng 3MS (Y1)	-.05	.04
Teng 3MS slope (annual change in pts.)	-.001	.95
Digit Symbol Substitution Test (Y1)	-.04	.11
Digit Symbol Substitution Test slope (annual change in pts.)	.11	<.001
CES-D (Y1)	-.07	.002
CES-D slope (annual change in pts.)	-.21	<.001
Physical performance		
Usual gait speed (Y2)	.07	.003
Usual gait speed slope (annual change in m/s)	.22	<.001
Rapid gait speed (Y2)	.08	.001
Rapid gait speed slope (annual change in m/s)	.22	<.001

Weekly walking and exercise (Y2), (kcal/kg/week)	.006	.80
Weekly walking and exercise slope	-.09	<.001
Appetite (Y2), n(%) good appetite	.01 (.005)	.09
Sleep Quality (Y2)	-.03	.17

Note. Self-reported energy levels (SEL) slope reflects the unadjusted slope from baseline until death or study completion. Y = year of data collection (e.g., Y2 = Year 2); M = mean; SD = standard deviation; BMI = body mass index; Teng 3MS = Teng Modified Mini-Mental State Examination; CES-D = Center of Epidemiological Studies-Depression scale; kCal = kilocalories; kg = kilograms.

Supplemental Table 2. Parsimonious Cox regression model of energy predicting incident mobility disability and mortality.

	Hazard Ratio (95% CI)	p-value
Incident mobility disability		
SEL slope	0.65 (0.55, 0.76)	<.001
Baseline energy	0.92 (0.88, 0.97)	.001
Ankle-arm Index	0.51 (0.34, 0.78)	.002
BMI	1.04 (1.02, 1.06)	<.001
Baseline comorbidities	1.13 (1.05, 1.23)	.002
Baseline tiredness	1.19 (1.00, 1.42)	.05
Baseline CES-D	1.03 (1.01, 1.04)	.001
CES-D slope	1.36 (1.00, 1.84)	.05
Baseline usual gait speed	0.17 (0.11, 0.25)	<.001
Usual gait speed slope	<0.01 (<0.01, 0.03)	.005
Rapid gait speed slope	<0.01 (<0.01, <0.01)	<.001
Weekly walking & exercise slope	11.32 (4.81, 26.69)	<.001
Incident mortality		
SEL slope	0.67 (0.52, 0.87)	.003
Baseline SEL	0.93 (0.87, 0.99)	.02
Men	1.31 (3.03, 1.65)	.02
Baseline Digit Symbol Substitution Task	0.98 (0.97, 0.99)	<.001
Usual gait speed slope	<0.001 (<0.001, <0.001)	<.001
Mobility disability prior to death	0.74 (0.58, 0.95)	.02

Note. Self-reported energy levels (SEL) slope is scaled to reflect a one-unit increase across the full eight-year period, or an annual increase of .125 points. CI = confidence interval, BMI = body mass index, CES-D = Center for Epidemiologic Studies-Depression Scale.