

Supplemental Material S1. Descriptive statistics for pharyngeal swallowing pressures in younger and older participants during normal effort and effortful swallows.

Metric	Normal effort mean \pm SEM	Effortful mean \pm SEM
Velopharynx maximum pressure (mmHg)		
Younger	150.0 \pm 7.7	179.9 \pm 10.7
Older	178.0 \pm 12.3	216.0 \pm 15.5
Tongue base maximum pressure (mmHg)		
Younger	135.8 \pm 7.6	157.0 \pm 12.0
Older	122.0 \pm 11.0	170.6 \pm 17.4
Hypopharynx maximum pressure (mmHg)		
Younger	184.2 \pm 17.8	198.0 \pm 18.5
Older	138.3 \pm 25.8	164.4 \pm 26.9
Pharyngeal contractile integral (mmHg*sec)		
Younger	242.6 \pm 16.4	332.9 \pm 30.8
Older	252.9 \pm 23.8	404.5 \pm 44.7
Upper esophageal sphincter minimum pressure (mmHg)		
Younger	0.6 \pm 1.2	0.7 \pm 1.7
Older	4.3 \pm 1.7	9.8 \pm 2.5

Note. SEM = standard error of the mean.