Supplementary Table 1: CLSA survey questions, variables, responses options, and variable categorization

CLSA Survey Question and Variable Label	CLSA Response Options → Variable Categorization for Analysis
Have you had… Flu shot in the last 12 months PHB_FLUV_COF1[a] PHB_FLUV_TRF1[a]	1 = Yes 2 = No 9 = Refused → NA -88888 = Missing → NA
Participant age at FU1 (in years) AGE_NMBR_COF1 AGE_NMBR_TRF1	46-54, 55-64, 65-74, 75-84, 85-94
Province of residence WGHTS_PROV_COF1 WGHTS_PROV_TRF1	Newfoundland, Prince Edward Island[b], Nova Scotia, New Brunswick[b], Quebec, Ontario, Manitoba, Saskatchewan[b], Alberta, British Columbia
What was your sex at birth? SDC_BTHSEX_COF1 SDC_BTHSEX_TRF1	1 = Male → 1 2 = Female → 0 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
Urban/ rural classification SDC_URBAN_RURAL_COF1 SDC_URBAN_RURAL_TRF1	0 = Rural area → Rural 1 = Urban core → Urban 2 = Urban fringe → Urban 3 = Rural fringe in CMA/CAs → Rural 4 = Urban Areas out CMA/CAs → Urban 5 = Rural fringe out CMA/CAs → Rural 6 = Secondary urban core → Urban 9 = Link to DA → Rural -88888 = Missing → NA
What is your best estimate of the total household income received by all household members, from all sources, before taxes and deductions, in the past 12 months? INC_TOT_COF1 INC_TOT_TRF1	1 = Less than $20,000 2 = $20,000 or more, but less than $50,000 3 = $50,000 or more, but less than $100,000 4 = $100,000 or more, but less than $150,000 5 = $150,000 or more 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
Highest Level of Education - Respondent, 4 Levels ED_UDR04_COM ED_UDR04_TRM	1 = Less than secondary school graduation 2 = Secondary school graduation, no post-secondary education 3 = Some post-secondary education 4 = Post-secondary degree/diploma 9 = At least one required question was not answered → NA
Cultural / Racial Background SDC_DCGT_COM SDC_DCGT_TRM	1 = White only → White 2 = Black only → Non-White 3 = Korean only → Non-White 4 = Filipino only → Non-White 5 = Japanese only → Non-White 6 = Chinese only → Non-White 7 = South Asian only → Non-White 8 = Southeast Asian only → Non-White 9 = Arab only → Non-White 10 = West Asian only → Non-White 11 = Latin American only → Non-White 12 = Other racial or cultural origin (only) → Non-White 13 = Multiple racial or cultural origins → Non-White

	99 = Required question was not answered → NA
Type of CMC Has a doctor ever told you that you have heart disease (including congestive heart failure or CHF)? CCC_HEART_COF1 CCT_HEART_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88880 = Did not complete a DCS visit → NA -88888 = Missing → NA
Type of CMC Has a doctor told you that you have/had any of the following: emphysema, chronic bronchitis, chronic obstructive pulmonary disease (COPD), or chronic changes in lungs due to smoking? CCC_COPD_COF1 CCT_COPD_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88880 = Did not complete a DCS visit → NA -88888 = Missing → NA
Type of CMC Has a doctor ever told you that you have kidney disease or kidney failure? CCC_KIDN_COF1 CCT_KIDN_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88880 = Did not complete a DCS visit → NA -88888 = Missing → NA
Type of CMC Has a doctor ever told you that you have asthma? CCC_ASTHM_COF1 CCT_ASTHM_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88880 = Did not complete a DCS visit → NA -88888 = Missing → NA
Type of CMC Has a doctor ever told you that you have diabetes, borderline diabetes or that your blood sugar is high? DIA_DIAB_COF1 CCT_DIAB_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA -88880 = Did not complete a DCS visit → NA
Type of CMC Has a doctor ever told you that you had cancer? CCC_CANC_COF1 CCT_CANC_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88880 = Did not complete a DCS visit → NA -88888 = Missing → NA
Type of CMC Other CMC: **composite variable[c]** Has a doctor ever told you that you have had a heart attack or myocardial infarction?; Has a doctor ever told you that you have high blood pressure or hypertension?; Has a doctor ever told you that you have dementia or Alzheimer's disease?;. Has a doctor ever told you that you had Parkinsonism or Parkinson's Disease?; Has a doctor ever told you that you have experienced a Stroke or CVA (cerebrovascular accident)?; Has a doctor ever told you that you have experienced a ministroke or TIA (Transient Ischemic Attack)? CCC_AMI_COF1 and/or CCC_HBP_COF1 and/or CCC_ALZH_COF1 and/or CCC_PARK_COF1	0 = No other CMC 1 = Other CMC

and/or CCC_CVA_COF1 and/or CCC_TIA_COF1 and/or CCT_AMI_TRF1 and/or CCT_HBP_TRF1 and/or CCT_ALZH_TRF1 and/or PKD_PARK_TRF1 and/or CCT_CVA_TRF1 and/or CCT_TIA_TRF1	
Number of CMC: **calculated variable[d]** Heart disease (Y = 1, N = 0) + lung problem (Y = 1, N = 0) + kidney disease (Y = 1, N = 0) + asthma (Y = 1, N = 0) + diabetes (Y = 1, N = 0) + cancer (Y = 1, N = 0) + other CMC (Y = 1, N = 0) = $\sum Y$ = Total CMC	0 = 0 1 = 1 2-7 = $\geq$2
Received professional care in past 12 months: **composite variable[c]** During the past 12 months, did you receive short-term or long-term professional assistance at home, because of a health condition or limitation that affects your daily life, for any of the following activities?: Received professional personal care; Received professional medical care; Received professional managing care; Received professional assistance with meal preparation or delivery; Received professional assistance with activities; Received professional assistance with transportation; Received professional physical therapy; Received professional training and adaptation assistance; Received other professional assistance CR1_PRO_PR_COF1 and/or CR1_PRO_MD_COF1 and/or CR1_PRO_MG_COF1 and/or CR1_PRO_MH_COF1 and/or CR1_PRO_WK_COF1 and/or CR1_PRO_TR_COF1 and/or CR1_PRO_PT_COF1 and/or CR1_PRO_TA_COF1 and/or CR1_PRO_OT_COF1 and/or CR1_PRO_PR_TRF1 and/or CR1_PRO_MD_TRF1 and/or CR1_PRO_MG_TRF1 and/or CR1_PRO_MH_TRF1 and/or CR1_PRO_WK_TRF1 and/or CR1_PRO_TR_TRF1 and/or CR1_PRO_PT_TRF1 and/or CR1_PRO_TA_TRF1 and/or CR1_PRO_OT_TRF1	0 = 0 $\rightarrow$ No professional care received for any activity listed 1 = 1 $\rightarrow$ Professional care received for any activity listed
Received non-professional care in past 12 months: **composite variable[c]** Received non-professional personal care; Received non-professional medical care;	0 = 0 $\rightarrow$ No non-professional care received for any activity listed 1 = 1 $\rightarrow$ Non-professional care received for any activity listed

Received non-professional managing care; Received non-professional assistance with activities; Received non-professional assistance with transportation; Received non-professional assistance with meal preparation; Received non-professional physical therapy; Received non-professional training and adaptation assistance; Received other non-professional assistance CR2_FAM_PR_COF1 and/or CR2_FAM_MD_COF1 and/or CR2_FAM_MG_COF1 and/or CR2_FAM_WK_COF1 and/or CR2_FAM_TR_COF1 and/or CR2_FAM_MH_COF1 and/or CR2_FAM_PT_COF1 and/or CR2_FAM_TA_COF1 and/or CR2_FAM_OT_COF1 and/or CR2_FAM_PR_TRF1 and/or CR2_FAM_MD_TRF1 and/or CR2_FAM_MG_TRF1 and/or CR2_FAM_WK_TRF1 and/or CR2_FAM_TR_TRF1 and/or CR2_FAM_MH_TRF1 and/or CR2_FAM_PT_TRF1 and/or CR2_FAM_TA_TRF1 and/or CR2_FAM_OT_TRF1	
During the past 12 months, have you had contact with any of the following about your physical or mental health? Has had contact with: Family Doctor HCU_FAMPHY_COF1 HCU_FAMPHY_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
Has had contact with: Medical specialist (such as a Cardiologist, Gynaecologist, Psychiatrist or Ophthalmologist) HCU_SPEC_COF1 HCU_SPEC_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
Were you a patient in a hospital overnight during the past 12 months? HCU_HLOVRNT_COF1 HCU_HLOVRNT_TRF1	1 = Yes 2 = No 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
In general, would you say your health is excellent, very good, good, fair, or poor? GEN_HLTH_COF1 GEN_HLTH_TRF1	1 = Excellent 2 = Very good 3 = Good 4 = Fair 5 = Poor 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
How many people, not including yourself, currently live in your household?: **calculated variable[d]** SN_LIVH_NB_COF1	0 = 0 1 = 1 2-9 = ≥2

SN_LIVH_NB_TRF1	-88880 = Did not complete a DCS visit → NA -88888 = Missing → NA
Over the past 7 days, how often did you engage in moderate sports or recreational activities such as ballroom dancing, hunting, skating, golf without a cart, softball or other similar activities?; Over the past 7 days, how often did you engage in strenuous sports or recreational activities such as jogging, swimming, snowshoeing, cycling, aerobics, skiing or other similar activities?: **composite variable[c]** PA2_MSPRT_COF1 and/or PA2_SSPRT_COF1 and/or PA2_MSPRT_TRF1 and/or PA2_SSPRT_TRF1	1 = Never → None or Seldom 2 = Seldom (1 to 2 days) → None or Seldom 3 = Sometimes (3 to 4 days) → Sometimes or Often 4 = Often (5 to 7 days) → Sometimes or Often 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
At the present time, do you smoke cigarettes daily, occasionally or not at all? SMK_CURRCG_COF1 SMK_CURRCG_TRF1	1 = Daily (at least one cigarette every day for the past 30 days) 2 = Occasionally (at least one cigarette in the past 30 days, but not every day) 3 = Not at all (you did not smoke at all in the past 30 days) 8 = Don't know/No answer → NA 9 = Refused → NA -88888 = Missing → NA
Type of Drinker (Past 12 Months) ALC_TTM_COF1 ALC_TTM_TRF1	1 = Regular drinker (at least once a month) 2 = Occasional drinker 3 = Did not drink in the last 12 months -77771 = Inconclusive due to at least one missing item → NA

[a]*COF1 indicates the Comprehensive cohort; TRF1 indicates the Tracking cohort*
[b]*There were no participants in the Comprehensive cohort in these provinces*
[c]*Respondents who responded "Y" or "1" to at least one of the multiple included variables were coded as "Y" or "sometimes or often" in the new composite variable*
[d]*Re-categorization of existing categories for single variable*