

**Supplementary file 1.** Summary of Methodological Decisions taken to calculate dependency using the ENASEM

Reference	Activities Used	Criteria to Define FD	Reported Result
[13] Aguilar-Navarro et al. (2015)	BADL (5): Katz index (bathing, walking, moving from bed to chair, continence, eating) IALD (4): Lawton and Brody scale (taking medicines, managing money, shopping, grooming)	Declares difficulty in at least one activity	Prevalence BADL: 3% IADL: 10.1%
[3] Aranco et al. (2018)	BADL (5): bathing, toileting, eat/drink, dressing, changing positions/ getting in and out of the bed	Declares difficulty in at least one activity	Prevalence for type of activity People with FD: 2,417,000
[19] Díaz de León González et al. (2012)	BADL (6): bathing, dressing, toileting, eating, continence IALD (4): preparing meals, shopping, taking medicines, managing money	Sum of BADL and IADL that require help	Report incidence instead of prevalence
[20] Díaz-Venegas C et al. (2015)	BADL (5): Katz index (bathing, dressing, eating, toileting, moving in and out of bed)	Declare need for help of not being able to perform at least one activity	Number of BADL limitations: 0: 72.8 1-2: 20.4 3+: 6.8
[21] Dorantes-Mendoza et al. (2007)	BADL (5) Katz index (bathing, dressing, toileting, moving inside the house, eating) Continence was analyzed as a binary variable, independently from the other BADL. IALD (4): Lawton and Brody (preparing meals, taking medicines, shopping, managing money)	Declares difficulty and need for help in for performing at least one of these activities.	Prevalence BADL dependents: 7.3% IADL dependents: 8.4%
[34] Mejía-Arango and Gutierrez (2011)	BADL (5): walking, bathing, eating, going to bed, toileting IALD (4): preparing a hot meal, shopping, taking medicines, managing money	People that requires help in at least one or more BADL and/or two or more IADL	Reports prevalence jointly with cognitive impairment and FD (3.3%)
[36] Montes de Oca and Hebrero (2008)	BADL (5): walking, bathing, eating, going to bed, toileting IALD (4): preparing a hot meal, shopping, taking medicines, managing money	Declares difficulty in at least one activity	Prevalence BADL limitation: 15% IADL limitation: 13% BADL limitation only: 7.7% IADL limitation only: 6.0% BADL + IADL limitation: 7.7%
[28] Trujillo et al. (2012)	BADL (6): bathing, dressing, toileting, walking, going in and out from chair, eating IALD (6): preparing meals, shopping, managing money, using the phone, grooming (light and heavy duties)	BADL index: scale from 0 to 5 IALD index: scale from 0 to 15	Number of people with FD BADL: Men Women 60-70: 4,809 4,842 70-85: 4,659 4,571 85+: 3,864 3,311 IADL: Men Women 60-70: 12,037 11,001 70-85: 10,902 10,196 85+: 9,133 9,992