**Table 1.** Baseline characteristics of study participants, physical capability, social isolation, depression, and HAD scores and cases.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Men | Women |  |  |
|  | **N** | **Mean** | **SD** |  | **N** | **Mean** | **SD** |  | **p-value** |
| Age (yrs) | 185 | 75.5 | 2.5 |  | 184 | 75.7 | 2.6 |  | 0.388 |
| Prudent diet score | 184 | -0.14 | 1.59 |  | 184 | 0.43 | 1.43 |  | <0.001 |
| Height (cm) | 184 | 173.0 | 6.5 |  | 181 | 158.9 | 6.0 |  | <0.001 |
|  |  |  |  |  |  |  |  |  |  |
|  |  | **Median** | **IQR** |  |  | **Median** | **IQR** |  |  |
| Weight (kg) | 184 | 81.8 | 74.8 - 89.5 |  | 184 | 70.8 | 63.8 - 79.7 |  | <0.001 |
| BMI (kg/m2) | 184 | 27.5 | 25.3 - 29.8 |  | 181 | 28.6 | 25.1 - 31.7 |  | 0.079 |
| Activity time in last 2 weeks (min/day) | 172 | 181 | 105 - 266 |  | 175 | 201 | 137 - 287 |  | 0.045 |
| Dietary calcium intake (mg/day)1 | 185 | 1236 | 1022 - 1425 |  | 184 | 1092 | 934 - 1270 |  | <0.001 |
| Alcohol consumption (units/week) | 185 | 6.9 | 1.0 - 14.0 |  | 184 | 0.5 | 0.0 - 4.0 |  | <0.001 |
|  |  |  |  |  |  |  |  |  |  |
|  | **Total N** | **N** | **%** |  | **Total N** | **N** | **%** |  |  |
| Smoker status | 185 |  |  |  | 184 |  |  |  | <0.001 |
| Never |  | 75 | 40.5 |  |  | 117 | 63.6 |  |  |
| Ex |  | 102 | 55.1 |  |  | 63 | 34.2 |  |  |
| Current |  | 8 | 4.3 |  |  | 4 | 2.2 |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Social class1 | 176 |  |  |  | 184 |  |  |  | 0.637 |
| I-IIINM |  | 76 | 43.2 |  |  | 84 | 45.7 |  |  |
| IIIM-V |  | 100 | 56.8 |  |  | 100 | 54.3 |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Social isolation | 185 | 74 | 40 |  | 184 | 78 | 42.4 |  | 0.641 |
|  |  |  |  |  |  |  |  |  |  |
| Physical CAPABILITY |  |  |  |  |  |  |  |  |  |
|  | **N** | **Mean** | **SD** |  | **N** | **Mean** | **SD** |  |  |
| Maximum grip (kg) | 184 | 36.4 | 7.3 |  | 184 | 21.6 | 6.0 |  | <0.001 |
| Gait speed (m/s) | 173 | 0.79 | 0.17 |  | 174 | 0.74 | 0.19 |  | 0.006 |
|  |  |  |  |  |  |  |  |  |  |
|  | **Total N** | **N** | **%** |  | **Total N** | **N** | **%** |  |  |
| Tandem stand <10s | 179 | 30 | 16.8 |  | 176 | 46 | 26.1 |  | 0.031 |
|  |  |  |  |  |  |  |  |  |  |
|  | **N** | **Median** | **IQR** |  | **N** | **Median** | **IQR** |  |  |
| 6m timed up and go (sec) | 172 | 11.4 | 10.1 - 13.0 |  | 173 | 11.8 | 10.0 - 14.0 |  | 0.304 |
| Chair rise time (secs) | 164 | 15.8 | 13.9 - 18.9 |  | 155 | 16.6 | 13.6 - 19.6 |  | 0.396 |
| Physical CAPABILITY score | 171 | 9.0 | 7.0 - 11.0 |  | 166 | 8.0 | 6.0 - 10.0 |  | 0.016 |
|  |  |  |  |  |  |  |  |  |  |
|  | **Total N** | **N** | **%** |  | **Total N** | **N** | **%** |  |  |
| Low PHISYCAL CAPABILITY score (<=9) | 171 | 101 | 59.1 |  | 166 | 115 | 69.3 |  | 0.051 |
|  |  |  |  |  |  |  |  |  |  |
| Depression and anxiety  |  |  |  |  |  |  |  |  |  |
|  | **N** | **Median** | **IQR** |  | **N** | **Median** | **IQR** |  |  |
| HAD-D score | 184 | 3 | 1 - 5 |  | 184 | 3 | 1 - 5 |  | 0.605 |
| HAD-A score | 184 | 4 | 2 - 6 |  | 184 | 5 | 3 - 7 |  | 0.008 |
|  |  |  |  |  |  |  |  |  |  |
|  | **Total N** | **N** | **%** |  | **Total N** | **N** | **%** |  |  |
| HAD-D category | 184 |  |  |  | 184 |  |  |  | 0.200 |
| 0-7 Non-case |  | 174 | 94.6 |  |  | 165 | 89.7 |  |  |
| 8-10 POSSIBLE case |  | 6 | 3.3 |  |  | 13 | 7.1 |  |  |
| 11+ PROBABLE Case |  | 4 | 2.2 |  |  | 6 | 3.3 |  |  |
|  |  |  |  |  |  |  |  |  |  |
| HAD-A category | 184 |  |  |  | 184 |  |  |  | 0.047 |
| 0-7 Non-case |  | 160 | 87.0 |  |  | 142 | 77.2 |  |  |
| 8-10 POSSIBLE case |  | 17 | 9.2 |  |  | 28 | 15.2 |  |  |
| 11+ PROBABLE Case |  | 7 | 3.8 |  |  | 14 | 7.6 |  |  |
|  |  |  |  |  |  |  |  |  |  |
| SELF-REPORTED Depression | 185 | 13 | 7.0 |  | 184 | 18 | 9.8 |  | 0.340 |
|  |  |  |  |  |  |  |  |  |  |

1 Data obtained from the first pass of the HCS study (1998)