

**Appendix 3 (as supplied by the authors): Association of the number of healthy behaviours with functioning measures**

**Adjusted Odds Ratios (95% CI) for different functioning outcomes\***

Number of healthy Behaviours	Successful aging			Good cognitive function			Good physical function			Good lung function		
	n/N	OR	95%CI	n/N	OR	95%CI	n/N	OR	95%CI	n/N	OR	95%CI
0	25/248	1	ref	43/155	1	ref	57/162	1	ref	46/125	1	ref
1	118/932	1.25	0.79, 1.98	200/679	0.85	0.58, 1.26	189/686	1.34	0.93, 1.91	144/560	1.69	1.12, 2.55
2	295/1722	1.72	1.11, 2.66	321/1370	1.12	0.77, 1.63	298/1384	1.82	1.29, 2.56	257/1154	2.08	1.41, 3.07
3	343/1595	2.19	1.42, 3.38	224/1339	1.62	1.10, 2.37	245/1348	2.17	1.54, 3.08	193/1122	2.84	1.91, 4.22
4	172/603	3.25	2.06, 5.12	69/528	2.15	1.39, 3.33	74/527	2.97	1.99, 4.45	63/447	3.63	2.31, 5.71
<i>P for trend</i>			<i>&lt;.0001</i>			<i>&lt;.0001</i>			<i>&lt;.0001</i>			<i>&lt;.0001</i>

Abbreviations: CI confidence interval.

\*Odds ratios and 95% CIs are adjusted for age, sex, education and marital status. Ns vary from 3487 to 4455 depending on the functioning measure. Good lung, cognitive, and physical function are defined as not being below age- and sex-standardized 20<sup>th</sup> percentile of respectively FEV<sub>1</sub>/height<sup>2</sup>, global cognitive score, and walking speed. Good systolic blood pressure is defined as not being above the age- and sex-standardized 80<sup>th</sup> quintile of systolic blood pressure. Good mental health is defined as the SF36 mental component score > 42. No disability is defined as no self-reported difficulties in basic (ADL) and instrumental activities of daily living (IADL).

**Adjusted Odds Ratios (95% CI) for different functioning outcomes\***

Number of healthy Behaviours	No disability			Good mental health			Good systolic blood pressure			Good systolic blood pressure or no anti-hypertensive use		
	n/N	OR	95%CI	n/N	OR	95%CI	n/N	OR	95%CI	n/N	OR	95%CI
0	141/170	1	ref	30/164	1	ref	28/162	1	ref	101/174	1	ref
1	618/724	1.19	0.81, 1.74	112/712	1.18	0.75, 1.83	145/705	0.78	0.50, 1.22	429/730	1.02	0.73, 1.41
2	1268/1431	1.60	1.11, 2.31	151/1406	1.81	1.17, 2.79	329/1415	0.79	0.55, 1.15	765/1437	1.30	0.96, 1.79
3	1274/1396	1.82	1.25, 2.63	114/1378	2.33	1.50, 3.62	287/1372	0.98	0.71, 1.39	720/1394	1.40	1.02, 1.91
4	505/541	2.27	1.49, 3.47	34/503	3.12	1.83, 5.29	97/535	1.05	0.80, 1.71	262/545	1.61	1.15, 2.26
<i>P for trend</i>			<i>&lt;.0001</i>			<i>&lt;.0001</i>			<i>0.41</i>			<i>&lt;.0001</i>