

Appendix 5 (as supplied by the authors): Association of the Number of Healthy Behaviours With Successful Aging using different criteria for good mental health

Adjusted* Odds Ratios for Successful Aging N cases=867		
Number of healthy behaviours	OR	95% CI
0	1	Reference
1	1.25	0.77, 2.03
2	1.76	1.11, 2.78
3	2.26	1.43, 3.57
4	3.40	2.10, 5.48
<i>P for trend</i>		<i><.0001</i>
0	1	Reference
1-4	1.97	1.26, 3.09

Notes: This analysis uses “not being below age- and sex-specific 20th percentile of the SF-36 mental component score” as a criteria for good mental health instead of “SF-36 mental component score > 42”.

Abbreviations: OR odds ratio, CI confidence interval.

* Odds ratios and 95% CIs are adjusted for age, sex, education, and marital status.