

Appendix 3 (as supplied by the authors): Factors associated with positive affective wellbeing at baseline: individuals who completed the walk test at baseline

	Baseline enjoyment of life			
	Low (n = 665)	Medium (n = 1681)	High (n = 619)	p
Sex: Men	289 (43.5%)	736 (43.8%)	267 (43.1%)	0.9
Women	376 (56.5%)	945 (56.2%)	352 (56.9%)	
Age category: 60-69	382 (57.4%)	953 (56.7%)	436 (70.4%)	0.001
70-79	228 (34.3%)	578 (34.4%)	159 (25.7%)	
80+	55 (8.3%)	150 (8.9%)	24 (3.9%)	
Ethnicity: Nonwhite	12 (1.8%)	15 (0.9%)	5 (0.7%)	0.08
Education: Lower	338 (50.8%)	686 (40.8%)	185 (29.9%)	<0.001
Intermediate	220 (33.1%)	620 (36.9%)	229 (37.3%)	
Higher	107 (16.1%)	375 (22.3%)	205 (33.1%)	
Wealth quintile: 1 (lowest)	121 (18.8%)	189 (11.5%)	51 (8.3%)	<0.001
2	136 (21.2%)	278 (16.9%)	96 (15.7%)	
3	143 (22.2%)	357 (21.7%)	124 (20.3%)	
4	138 (21.5%)	394 (23.9%)	131 (21.4%)	
5 (highest)	105 (16.3%)	430 (26.1%)	210 (34.3%)	
Marital status: Married	381 (57.3%)	1124 (66.9%)	480 (77.5%)	<0.001
Paid employment	79 (11.9%)	218 (13.0%)	110 (17.8%)	0.002
Limiting longstanding illness	330 (49.6%)	503 (29.9%)	53 (8.6%)	<0.001
Coronary heart disease	121 (18.2%)	228 (13.6%)	39 (6.3%)	<0.001
Cancer	43 (6.5%)	108 (6.4%)	40 (6.5%)	1.0
Diabetes	64 (9.6%)	97 (5.8%)	22 (3.6%)	<0.001
Arthritis	278 (41.9%)	530 (31.5%)	136 (22.0%)	<0.001
Stroke	45 (6.8%)	64 (3.8%)	7 (1.1%)	<0.001

Baseline enjoyment of life

	Low (n = 665)	Medium (n = 1681)	High (n = 619)	p
Chronic lung disease	64 (9.6%)	102 (6.1%)	15 (2.4%)	<0.001
History of depressive illness	44 (6.6%)	48 (2.9%)	14 (2.3%)	<0.001
Elevated depressive symptoms	270 (40.6%)	267 (15.9%)	24 (3.9%)	<0.001
Current smoker	123 (18.5%)	186 (11.1%)	56 (9.0%)	<0.001
Vigorous or moderate activity more than once a week	367 (55.2%)	1102 (65.8%)	486 (78.4%)	<0.001
Alcohol consumption daily or almost daily	175 (26.3%)	495 (29.4%)	206 (33.3%)	0.006
Impaired mobility	503 (75.6%)	1013 (60.3%)	226 (36.5%)	<0.001
Two or more impaired ADLs	109 (16.4%)	92 (5.5%)	6 (1.0%)	<0.001
Gait speed m/s	0.79 ± 0.29	0.90 ± 0.27	1.01 ± 0.26	<0.001
