

**Appendix 4 (as supplied by the authors): Baseline (2002-03) enjoyment of life and impaired activities of daily living eight years later (2010-11) – participants aged under 70 years at baseline**

Odds ratios with 95 confidence intervals

| N=1,759                                     | Baseline enjoyment of life |                    |                     | P      |
|---|----------------------------|--------------------|---------------------|--------|
|   | High                       | Medium             | Low                 |        |
| Percentage impaired ADL                     | 1.9%                       | 6.1%               | 12.6%               |        |
| + age, sex, and baseline impaired ADL       | 1 (ref)                    | 2.89 (1.41 – 5.91) | 4.96 (2.34 – 10.53) | <0.001 |
| + baseline demographic factors <sup>1</sup> | 1 (ref)                    | 2.64 (1.28 – 5.43) | 4.33 (2.01 – 9.34)  | <0.001 |
| + baseline health indicators <sup>2</sup>   | 1 (ref)                    | 2.27 (1.09 – 4.74) | 3.47 (1.57 – 7.65)  | 0.008  |
| + baseline depression <sup>3</sup>          | 1 (ref)                    | 2.30 (1.10 – 4.81) | 3.68 (1.64 – 8.25)  | 0.006  |
| + baseline health behaviors <sup>4</sup>    | 1 (ref)                    | 2.37 (1.08 – 4.76) | 3.53 (1.56 – 7.95)  | 0.009  |

<sup>1</sup> wealth, education, ethnicity, marital status, employment

<sup>2</sup> limiting longstanding illness, CHD, cancer, stroke, chronic lung disease, diabetes, arthritis

<sup>3</sup> depressive illness and current symptoms of depression

<sup>4</sup> physical activity, smoking and alcohol intake