

**Supplementary Table A. Standardised factor loadings of the health indicators on the somatic health measurement model and descriptive criteria of model fit, at both baseline and follow-up.**

<b>Health indicators</b>	<b>Somatic health at baseline</b>	<b>Somatic health at follow-up</b>
Grip strength	0.44***	0.37***
Self-rated health	0.77***	0.80***
ADL limitation	0.81***	0.80***
Severe long standing illness	0.81***	0.79***
Stroke	0.49***	0.43***
Heart condition	0.42***	0.35***
Mobility limitations	0.88***	0.85***
<b>Criteria of Model Fit</b>		
Comparative Fit Index	0.978	0.970
Tucker Lewis Index	0.972	0.958
Root Mean Square Error of Approximation (RMSEA)	0.051	0.057

*Notes: All indicators were recoded such that high values represent good health. Values of the Comparative Fit Index and of the Tucker Lewis Index greater than 0.95 indicate good fit; values of the Root Mean Square Error of Approximation less than 0.06 indicate good fit.*

\*\*\*: significant at  $p < 0.001$