

Table S4. Adjusted time ratios of other covariates

Variable	Changes	TR (95% CI), p		
		0 - end	0 - 5 years	>= 5 years - end
Sex	Female vs. male	3.327 (2.993-3.697), <0.001	1.834 (1.710-1.967), <0.001	3.056 (2.483-3.762), <0.001
Age (years)	per 1-year increment	0.781 (0.777-0.785), <0.001	0.878 (0.875-0.881), <0.001	0.787 (0.780-0.794), <0.001
Education (years)	per 1-year increment	1.029 (1.013-1.047), 0.001	1.009 (0.998-1.020), 0.117	1.041 (1.011-1.072), 0.008
Marital status	Not in marriage vs. in marriage	0.401 (0.353-0.456), <0.001	0.599 (0.550-0.651), <0.001	0.592 (0.477-0.733), <0.001
Residence	Urban vs. rural	0.985 (0.898-1.080), 0.745	0.970 (0.913-1.031), 0.323	1.094 (0.913-1.310), 0.329
Co-residence	With family members	1 (ref)	1 (ref)	1 (ref)
	Alone	1.253 (1.103-1.423), 0.001	1.321 (1.214-1.437), <0.001	1.017 (0.798-1.295), 0.893
	In an institution	0.368 (0.284-0.477), <0.001	0.570 (0.481-0.675), <0.001	0.432 (0.241-0.776), 0.005
Household income	Rich	1 (ref)	1 (ref)	1 (ref)
	Fair	1.038 (0.918-1.173), 0.554	1.023 (0.943-1.109), 0.591	1.056 (0.837-1.331), 0.648
	Poor	1.142 (0.976-1.336), 0.097	1.129 (1.018-1.252), 0.022	1.067 (0.788-1.447), 0.674
Fresh fruit	Often	1 (ref)	1 (ref)	1 (ref)
	Occasionally	0.993 (0.894-1.103), 0.892	1.023 (0.954-1.097), 0.518	0.835 (0.685-1.019), 0.077
	Never	0.798 (0.710-0.896), <0.001	0.947 (0.877-1.023), 0.167	0.627 (0.498-0.788), <0.001
Fresh vegetable	Often	1 (ref)	1 (ref)	1 (ref)
	Occasionally	0.931 (0.811-1.069), 0.312	0.868 (0.793-0.951), 0.002	1.353 (1.011-1.811), 0.042
	Never	0.722 (0.583-0.892), 0.003	0.725 (0.631-0.833), <0.001	0.893 (0.510-1.566), 0.694
Current smoking	Yes vs. no	0.861 (0.758-0.977), 0.020	0.965 (0.887-1.05), 0.409	0.734 (0.588-0.916), 0.006
Current drinking	Yes vs. no	1.245 (1.110-1.396), <0.001	1.169 (1.083-1.261), <0.001	0.972 (0.787-1.201), 0.795

Current regular exercise	Yes vs. no	1.369 (1.231-1.522), <0.001	1.392 (1.297-1.494), <0.001	0.983 (0.815-1.186), 0.859
Hypertension	Yes	1 (ref)	1 (ref)	1 (ref)
	No	0.978 (0.864-1.107), 0.723	0.870 (0.802-0.945), 0.001	1.242 (0.992-1.555), 0.058
	Unknown	1.050 (0.746-1.479), 0.779	0.918 (0.732-1.151), 0.458	1.292 (0.680-2.457), 0.434
Diabetes	Yes	1 (ref)	1 (ref)	1 (ref)
	No	2.796 (2.009-3.892), <0.001	1.891 (1.531-2.336), <0.001	1.300 (0.671-2.518), 0.436
	Unknown	3.554 (2.103-6.007), <0.001	1.901 (1.349-2.678), <0.001	1.632 (0.572-4.660), 0.360
Heart disease	Yes	1 (ref)	1 (ref)	1 (ref)
	No	1.146 (0.966-1.359), 0.118	1.037 (0.927-1.161), 0.522	1.231 (0.892-1.698), 0.206
	Unknown	1.120 (0.711-1.765), 0.625	0.960 (0.711-1.296), 0.789	1.396 (0.596-3.265), 0.442
Cerebrovascular disease	Yes	1 (ref)	1 (ref)	1 (ref)
	No	2.383 (1.949-2.914), <0.001	1.558 (1.366-1.777), <0.001	2.455 (1.635-3.686), <0.001
	Unknown	2.273 (1.389-3.718), 0.001	1.450 (1.047-2.009), 0.025	3.558 (1.283-9.871), 0.015
Respiratory disease	Yes	1 (ref)	1 (ref)	1 (ref)
	No	1.621 (1.418-1.853), <0.001	1.254 (1.148-1.370), <0.001	2.113 (1.625-2.748), <0.001
	Unknown	1.116 (0.732-1.702), 0.610	1.099 (0.831-1.453), 0.507	1.313 (0.575-2.996), 0.518
Cancer	Yes	1 (ref)	1 (ref)	1 (ref)
	No	4.858 (2.358-10.013), <0.001	2.583 (1.619-4.122), <0.001	5.976 (0.997-35.817), 0.050
	Unknown	5.197 (2.371-11.393), <0.001	2.864 (1.718-4.772), <0.001	3.745 (0.572-24.518), 0.168
Self-rated health				

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	1 (ref)	1 (ref)	1 (ref)
Good			
Fair	0.638 (0.575-0.708), <0.001	0.741 (0.692-0.794), <0.001	0.798 (0.66-0.964), 0.019
Poor	0.333 (0.290-0.382), <0.001	0.490 (0.447-0.536), <0.001	0.420 (0.318-0.553), <0.001
Not able to answer	0.417 (0.363-0.479), <0.001	0.442 (0.403-0.484), <0.001	0.711 (0.471-1.073), 0.104

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Abbreviations: CI, confidence interval; TR, time ratio.