

SUPPLEMENTARY TABLES

Supplementary Table 1. Baseline characteristics of the study population by walking speed.

	<0.8 m/s (n=230)	≥0.8 m/s (n=1488)	p-value
Age (mean, SD)	79.3 (8.4)	69.1 (8.3)	<0.001
Sex (%)			
Male	66 (28.7)	609 (40.9)	<0.001
Female	164 (71.3)	879 (59.1)	
Education (%)			
Elementary	44 (19.1)	141 (9.5)	<0.001
High school	131 (57.0)	707 (47.5)	
University	55 (23.9)	640 (43.0)	
Number of chronic diseases, median (IQR)	5 (4;7)	3 (2;4)	<0.001
MMSE score, median (IQR)	29 (28;29)	29 (29;30)	<0.001
Mediterranean Diet Score (%)			
Low	144 (62.6)	684 (46.0)	<0.001
Moderate	51 (22.2)	335 (22.5)	
High	35 (15.2)	469 (31.5)	
Smoking (%)			
Never	127 (55.2)	619 (41.6)	<0.001
Former	78 (33.9)	639 (42.9)	
Current	25 (10.9)	230 (15.5)	
Physical leisure activity (%)			
No activity	170 (73.9)	403 (27.1)	<0.001
Mild activity	42 (18.3)	534 (35.9)	
Intense activity	18 (7.8)	551 (37.0)	
Mental leisure activity (%)			
No activity	166 (72.2)	545 (36.6)	<0.001
Mild activity	40 (17.4)	395 (26.6)	
Intense activity	24 (10.4)	548 (36.8)	
Social leisure activity (%)			
Low	135 (58.7)	438 (29.4)	<0.001
Moderate	56 (24.4)	518 (34.8)	
High	39 (17.0)	532 (35.8)	
Social connections (%)			
Low	110 (47.8)	463 (31.1)	<0.001
Moderate	84 (36.5)	489 (32.9)	
High	36 (15.7)	536 (36.0)	
Social support (%)			
Low	116 (50.4)	457 (30.7)	<0.001
Moderate	67 (29.1)	506 (34.0)	
High	47 (20.4)	525 (35.3)	
Life satisfaction (%)			
Low	137 (59.6)	442 (29.7)	<0.001
Moderate	62 (27.0)	538 (36.2)	
High	31 (13.5)	508 (34.1)	
Negative affect (%)			
High	86 (37.4)	482 (32.4)	0.175
Moderate	58 (25.2)	356 (23.9)	

Low	86 (37.4)	650 (43.7)	
Positive affect (%)			
Low	156 (67.8)	471 (31.7)	
Moderate	50 (21.7)	587 (39.5)	<0.001
High	24 (10.4)	430 (28.9)	

SD, standard deviation; IQR, interquartile range; MMSE, Mini Mental State Examination.

Supplementary Table 2. Goodness-of-fit indices of latent class models with 2-4 class solutions.

	Males		Females	
	AIC	BIC	AIC	BIC
2-class solution	12571.9	12752.8	18303.5	18499.4
3-class solution	12473.3	12746.8	18242.5	18538.9
4-class solution	12448.82	12815.0	18172.9	18569.6

AIC, Akaike Information Criterion; BIC, Bayesian Information Criterion.
Smaller values indicate improved model fit.

Supplementary Table 3. Baseline characteristics of the study population across well-being profiles in males and females.

	Male (n=609)				Female (n=879)			
	Worst (n=151)	Intermediate (n=313)	Best (n=145)	p-value	Worst (n=373)	Intermediate (n=237)	Best (n=269)	p-value
Age (mean, SD)	71.3 (9.3)	68.8 (7.9)	65.1 (6.0)	0.648	73.0 (8.9)	66.7 (7.1)	67.3 (6.8)	0.457
Education (%)								
Elementary	27 (17.9)	27 (8.6)	4 (2.8)		56 (15.0)	13 (5.5)	14 (5.2)	
High school	72 (47.7)	144 (46.0)	40 (27.6)	<0.001	215 (57.6)	119 (50.2)	117 (43.5)	<0.001
University	52 (34.4)	142 (45.4)	101 (69.7)		102 (27.4)	105 (44.3)	138 (51.3)	
Number of chronic diseases, median (IQR)	3 (2;5)	3 (2;4)	2 (1;3)	0.014	4 (2;5)	3 (2;4)	3 (2;4)	<0.001
MMSE score, median (IQR)	29 (29;30)	29 (29;30)	30 (29;30)	<0.001	29 (29;30)	30 (29;30)	30 (29;30)	<0.001
Death or mobility limitation during follow-up	99 (65.6)	150 (47.9)	37 (25.5)	<0.001	244 (65.4)	86 (36.3)	83 (30.9)	<0.001
Death without mobility limitation during follow-up	51 (33.8)	66 (21.1)	16 (11.0)	<0.001	79 (21.2)	27 (11.4)	24 (8.9)	<0.001
Mobility limitation during follow-up (walking speed <0.8 m/s)	48 (31.8)	84 (26.8)	21 (14.5)	0.002	165 (44.2)	59 (24.9)	59 (21.9)	<0.001

SD, standard deviation; IQR, interquartile range; MMSE, Mini Mental State Examination.
p-values for differences observed among worst, intermediate and best profiles estimated using the chi² test.

Supplementary Table 4. Outcome incidence rates by baseline characteristics and well-being indicators in males and females.

	Males (n=609)		Females (n=879)	
	Cases/at risk	IR per 1000/py	Cases/at risk	IR per 1000/py
Age (years)				
<78	158/472	27.5	214/649	27.0
≥78	128/137	137.1	199/230	116.2
Education (%)				
Elementary	35/58	59.3	57/83	77.0
High school	133/256	49.2	243/451	51.8
University	118/295	34.8	113/345	26.9
Number of chronic diseases				
<2	92/282	26.9	88/344	20.2
≥2	194/327	59.4	325/535	61.7
MMSE score				
<27	13/16	122.7	14/18	81.2
≥27	273/593	41.5	399/861	42.2
Mediterranean Diet Score				
Low	143/277	47.9	232/426	52.5
Moderate	52/132	34.5	89/196	41.0
High	91/200	41.6	92/257	30.2
Smoking				
Current	45/86	48.0	68/144	42.3
Former	147/321	41.8	134/318	37.2
Never	94/202	42.2	211/417	47.7
Physical leisure activity				
No activity	128/203	66.7	193/294	69.9
Mild activity	80/203	34.4	133/292	40.7
Intense activity	78/203	32.0	87/293	24.1
Mental leisure activity				
No activity	140/205	74.4	237/373	66.1
Mild activity	95/201	42.2	99/227	38.2
Intense activity	51/203	20.0	77/279	22.3
Social leisure activity				
Low	121/203	59.9	162/293	54.7
Moderate	91/203	40.4	122/294	36.6
High	74/203	30.7	129/292	38.6
Social connections				
Low	114/203	55.9	165/293	54.7
Moderate	91/203	40.3	137/293	42.5
High	81/203	33.9	111/293	32.7
Social support				
Low	120/203	59.4	157/293	51.0
Moderate	82/203	35.2	127/298	37.8
High	84/203	36.0	129/288	40.3
Life satisfaction				
Low	120/209	58.1	202/341	58.9
Moderate	113/243	41.6	118/252	43.4
High	53/157	27.9	93/286	26.7
Negative affect				

High	71/172	37.2	112/235	43.5
Moderate	70/148	42.4	115/283	35.3
Low	145/289	46.5	186/361	48.9
Positive affect				
Low	142/243	59.7	218/348	64.5
Moderate	89/197	39.3	109/270	35.1
High	55/169	26.9	86/261	27.3

IR, incidence rates; py, person-years; MMSE, Mini Mental State Examination.

Supplementary Table 5. Hazard ratios (HR) and differences in median mobility-limitation-free survival in males and females, and by well-being profiles.

	Males (n=609)						Females (n=879)					
	Model I		Model II		Model III		Model I		Model II		Model III	
Results from Cox regressions												
	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value
Well-being profiles												
Worst	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-
Intermediate	0.74 (0.57;0.95)	0.021	0.73 (0.56;0.94)	0.017	0.75 (0.56;0.99)	0.048	0.76 (0.59;0.99)	0.043	0.77 (0.59;1.00)	0.050	0.95 (0.74;1.22)	0.692
Best	0.46 (0.31;0.69)	<0.001	0.47 (0.31;0.70)	<0.001	0.48 (0.31;0.74)	0.001	0.58 (0.45;0.76)	<0.001	0.60 (0.46;0.78)	<0.001	0.55 (0.37;0.80)	0.002
Results from Laplace regressions												
	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value
Well-being profiles												
Worst	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-
Intermediate	1.50 (0.13;2.89)	0.032	0.94 (-0.11;1.99)	0.080	0.93 (-0.04;1.90)	0.060	1.95 (0.07;3.82)	0.042	1.90 (0.49;3.31)	0.008	0.10 (- 1.49;1.70)	0.899
Best	3.32 (0.88;5.76)	0.008	2.98 (1.04;4.93)	0.003	2.99 (1.38;4.60)	<0.001	3.06 (1.60;4.52)	<0.001	2.96 (1.61;4.32)	<0.001	2.63 (0.67;4.59)	0.008

HR, Hazard Ratio; CI, Confidence Interval.

Model I: adjusted for age and education.

Model II: additionally adjusted for number of chronic diseases and MMSE score at baseline.

Model III: additionally adjusted for personality traits (openness, extraversion and neuroticism).

Supplementary Table 6. Hazard ratios (HR) and differences in median mobility-limitation-free survival in males and females and by well-being profiles, after excluding subjects interviewed only at baseline.

	Males (n=543)						Females (n=818)					
	Model I		Model II		Model III		Model I		Model II		Model III	
	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value
Results from Cox regressions												
Well-being profiles												
Worst	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-
Intermediate	0.81 (0.60;1.09)	0.170	0.79 (0.58;1.07)	0.122	0.84 (0.60;1.16)	0.290	0.80 (0.60;1.06)	0.117	0.82 (0.62;1.08)	0.154	0.87 (0.64;1.16)	0.331
Best	0.55 (0.35;0.86)	0.009	0.54 (0.35;0.85)	0.008	0.58 (1.12;1.17)	0.027	0.57 (0.43;0.75)	<0.001	0.59 (0.44;0.79)	<0.001	0.66 (0.48;0.90)	0.009
Results from Laplace regressions												
	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value
Well-being profiles												
Worst	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-
Intermediate	0.83 (-0.08;1.74)	0.074	0.59 (-1.00;2.23)	0.477	0.44 (-1.43;2.32)	0.645	1.74 (0.09;3.38)	0.038	1.71 (0.42;3.01)	0.010	1.22 (-0.02;2.46)	0.053
Best	2.15 (0.06;4.24)	0.043	2.04 (-0.47;4.56)	0.112	1.92 (-0.56;4.41)	0.130	2.94 (1.63;4.26)	<0.001	2.85 (1.46;4.24)	<0.001	2.25 (0.99;3.52)	<0.001

HR, Hazard Ratio; CI, Confidence Interval.

Model I: adjusted for age and education.

Model II: additionally adjusted for number of chronic diseases and MMSE score at baseline.

Model III: additionally adjusted for personality traits (openness, extraversion and neuroticism).

Supplementary Table 7. Hazard ratios (HR) and differences in median mobility-limitation-free survival in males and females and by well-being profiles, after excluding subjects who dropped-out without developing the outcome.

	Males (n=549)						Females (n=768)					
	Model I		Model II		Model III		Model I		Model II		Model III	
	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value	HR (95%CI)	p-value
Results from Cox regressions												
Well-being profiles												
Worst	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-
Intermediate	0.76 (0.59;0.98)	0.036	0.77 (0.60;0.99)	0.048	0.80 (0.59;1.07)	0.125	0.70 (0.54;0.91)	0.007	0.69 (0.53;0.90)	0.006	0.70 (0.53;0.93)	0.013
Best	0.47 (0.31;0.71)	<0.001	0.49 (0.33;0.73)	<0.001	0.50 (0.32;0.78)	0.002	0.48 (0.37;0.63)	<0.001	0.49 (0.38;0.64)	<0.001	0.51 (0.38;0.68)	<0.001
Results from Laplace regressions												
	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value	β (95%CI)	p-value
Well-being profiles												
Worst	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-	Ref	-
Intermediate	1.38 (-0.02;2.79)	0.054	0.80 (-0.16;1.75)	0.103	0.70 (-0.33;1.73)	0.184	2.16 (0.83;3.48)	0.001	1.85 (0.37;3.32)	0.014	1.35 (0.20;2.51)	0.022
Best	3.22 (0.86;5.59)	0.008	2.86 (1.15;4.56)	0.001	2.78 (1.07;4.48)	0.001	3.44 (2.13;4.77)	<0.001	3.22 (2.12;4.32)	<0.001	2.90 (1.75;4.04)	<0.001

HR, Hazard Ratio; CI, Confidence Interval.

Model I: adjusted for age and education.

Model II: additionally adjusted for number of chronic diseases and MMSE score at baseline.

Model III: additionally adjusted for personality traits (openness, extraversion and neuroticism).