

**Supplementary File 2. Full list of deficits included in the accumulated deficits index (adapted from Marshall et al. (2015))**

Item No	Description	Variable type	% with deficit at wave 4	
			Not MIHL Poor at Wave 1 (N=1077)	MIHL Poor at Wave 1 (N=265)
1	Difficulty with walking 100 yards (yes)	Binary	5.0	12.1
2	Difficulty sitting for about two hours (yes)	Binary	5.6	6.8
3	Difficulty getting up from a chair after sitting for long periods (yes)	Binary	20.1	22.6
4	Difficulty climbing several flights of stairs without resting (yes)	Binary	35	45.3
5	Difficulty climbing one flight of stairs without resting (yes)	Binary	7.6	18.9
6	Difficulty stooping, kneeling, or crouching (yes)	Binary	33.2	42.3
7	Difficulty reaching or extending arms above shoulder level (yes)	Binary	7.2	8.3
8	Difficulty pulling or pushing large objects like a living room chair (yes)	Binary	10.5	20.0
9	Difficulty lifting or carrying weights over 10 pounds, like a heavy bag (yes)	Binary	18.3	31.3
10	Difficulty picking up a 5p coin from a table (yes)	Binary	3.3	6.4
11	Difficulty dressing, including putting on shoes and socks (yes)	Binary	9.8	12.1
12	Difficulty walking across a room (yes)	Binary	1.2	0.8
13	Difficulty bathing or showering (yes)	Binary	6.0	11.3
14	Difficulty eating, such as cutting up your food (yes)	Binary	1.2	0.8
15	Difficulty getting in or out of bed (yes)	Binary	1.6	2.6
16	Difficulty using the toilet, including getting up or down (yes)	Binary	1.9	1.5
17	Difficulty using a map to figure out how to get around in a strange place (yes)	Binary	4.3	8.3
18	Difficulty preparing a hot meal (yes)	Binary	1.5	2.6
19	Difficulty shopping for groceries (yes)	Binary	3.7	9.1
20	Difficulty making telephone calls (yes)	Binary	2.3	2.3
21	Difficulty taking medications (yes)	Binary	1.0	0.4
22	Difficulty managing money, (e.g paying bills and keeping track of expenses) (yes)	Binary	9.1	16.2
23	Difficulty doing work around the house or garden (yes)	Binary	0.9	2.6
			Very good = 10.9	Very good = 6.4
			Good = 33.5	Good = 29.4
24	Self-reported general health (Very good = 0; Good = 0.25; Fair = 0.5; Poor = 0.75; Very Poor = 1)	Likert	Fair = 37.1	Fair = 32.5
			Poor = 15.0	Poor = 25.3
			Very Poor = 3.5	Very Poor = 6.4
25	Whether respondent has felt depressed much of the time during past week	Binary	10.7	14.7
26	Whether respondent felt everything they did during the past week was an effort	Binary	12.9	21.1

27	Whether respondent felt their sleep was restless during the past week	Binary	25.4	29.4
28	Whether respondent was happy much of the time during the past week	Binary	7.0	8.7
29	Whether respondent felt lonely much of the time during the past week	Binary	11.0	17.4
30	Whether respondent enjoyed life much of the time during the past week	Binary	5.2	7.6
31	Whether respondent felt sad much of the time during the past week	Binary	16.5	20.0
32	Whether respondent could not get going much of the time during the past week	Binary	15.0	19.6
33	High blood pressure or hypertension (self-reported)	Binary	52.0	59.6
34	Angina (self-reported)	Binary	11.2	9.4
35	Heart attack (including myocardial infarction or coronary thrombosis) (self-reported)	Binary	7.5	6.4
36	Congestive heart failure (self-reported)	Binary	0.2	0.4
37	An abnormal heart rhythm (self-reported)	Binary	13.5	10.9
38	Diabetes or high blood sugar (self-reported)	Binary	11.5	10.6
39	A stroke (cerebral vascular disease) (self-reported)	Binary	4.9	7.9
40	Chronic lung disease such as chronic bronchitis or emphysema (self-reported)	Binary	5.6	7.6
41	Asthma(self-reported)	Binary	10.5	11.3
42	Arthritis (including osteoarthritis, or rheumatism) (self-reported)	Binary	40.1	43.0
43	Osteoporosis, sometimes called thin or brittle bones (self-reported)	Binary	10.6	9.1
44	Cancer or a malignant tumour (excluding minor skin cancers) (self-reported)	Binary	12.4	13.6
45	Parkinson's disease (self-reported)	Binary	1.0	1.1
46	Any emotional, nervous or psychiatric problems (self-reported)	Binary	5.5	6.0
47	Alzheimer's disease (self-reported)	Binary	0.1	0.0
48	Dementia, or any other serious memory impairment (self-reported)	Binary	0.7	0.4
			Excellent = 12.8	Excellent = 8.3
			Very Good = 36.0	Very Good = 33.6
49	Self-reported eyesight (while using lenses, if appropriate) (Excellent = 0; Very good = 0.2; Good = 0.4; Fair = 0.6; Poor =0.8; Registered Blind = 1)	Likert	Good = 38.7	Good = 36.6
			Fair = 9.4	Fair = 15.5
			Poo r= 2.6	Poor = 5.3
			Registered Blind = 14.0	Registered Blind = 0.8
			Excellent = 14.0	Excellent = 8.7
			Very Good = 25.7	Very Good = 27.9
50	Self-reported hearing (while using hearing aid if appropriate) (Excellent = 0; Very Good = 0.25; Good = 0.5; Fair =0.75; Poor = 1)	Likert	Good = 36.8	Good = 34.3
			Fair = 19.5	Fair = 22.6
			Poor = 4.0	Poor = 6.4
51	Whether respondent has fallen down at all /last year /last 2years	Binary	24.3	26.8
52	Whether respondent has fractured hip ever /in last 2 years	Binary	0.5	1.1

53	Whether respondent has had joint replacement	Binary	3.8	3.0
54	Whether respondent has had pain whilst walking	Binary	9.0	8.3
55	Identify today's date: day of month	Binary	19.7	27.6
56	Identify today's date: month	Binary	2.2	4.5
57	Identify today's date: year	Binary	2.2	4.5
58	Identify the day of the week?	Binary	1.9	2.3
			Q1 = 7.9	Q1 = 5.7
59	Immediate word recall (sample organised into quartiles)	Quartiles	Q2 = 14.7	Q2 = 6.8
			Q3 = 24.7	Q3 = 17.0
			Q4 = 52.7	Q4 = 70.6
			Q1 = 8.0	Q1 = 5.3
			Q2 = 12.0	Q2 = 8.3
60	Delayed word recall (sample organised into quintiles)	Quintiles	Q3 = 21,1	Q3 = 14.7
			Q4 = 19.5	Q4 = 21.5
			Q5 = 39.5	Q5 = 50.2