

## Supplementary material 2

**Table 1.** Sensitivity analysis including 60-69 year old participants at baseline in the HUNT2 Study (1995-97) reporting good self-rated health and good life satisfaction. Multinomial regression analyses showing odds ratios (OR) for ADL disability, mortality during follow-up and non-participation in HUNT3 (2006-08).

	ADL independent	ADL disability			Mortality during follow-up			Non-participation in HUNT3		
	n	n	OR*	95% CI	n	OR*	95% CI	n	OR*	95% CI
Depression										
HADS-D $\leq 7$	2114	32	1.00	ref	435	1.00	ref	967	1.00	ref
HADS-D $\geq 8$	117	4	2.19	(0.76-6.35)	36	1.37	(0.92-2.05)	51	0.90	(0.64-1.27)
Total	3756									
Sleep duration										
7-9 hours	1886	24	1.00	ref	355	1.00	ref	747	1.00	ref
$\leq 6 / \geq 10$ hours	292	11	2.73	(1.31-5.68)	77	1.21	(0.91-1.62)	130	0.97	(0.77-1.22)
Total	3522									
Physical activity										
Active	1333	20	1.00	ref	271	1.00	ref	521	1.00	ref
Inactive	831	11	0.97	(0.45-2.06)	182	1.21	(0.97-1.50)	417	1.26	(1.07-1.48)
Ttotal	3586									
Daily smoker										
No	1973	27	1.00	ref	318	1.00	ref	745	1.00	ref

Yes	413	11	1.91	(0.93-3.92)	201	2.77	(2.23-3.43)	368	2.20	(1.86-2.61)
Total	4056									
Sitting time										
≤ 7 hours	1480	23	1.00	ref	280	1.00	ref	583	1.00	ref
≥ 8 hours	540	11	1.48	(0.70-3.13)	116	1.26	(0.98-1.62)	189	1.06	(0.87-1.29)
Total	3222									
Anxiety										
HADS-A ≤ 7	1916	31	1.00	ref	391	1.00	ref	784	1.00	ref
HADS-A ≥ 8	99	2	1.47	(0.34-6.30)	15	0.89	(0.51-1.57)	50	1.29	(0.90-1.86)
Total	3288									
Alcohol										
CAGE ≤ 1	1704	25	1.00	ref	326	1.00	ref	629	1.00	ref
CAGE ≥ 2	74	2	1.48	(0.33-6.53)	26	1.39	(0.86-2.26)	28	1.04	(0.66-1.65)
Total	2814									
Social participation										
Participates	1239	16	1.00	ref	198	1.00	ref	387	1.00	ref
Seldom, never	956	20	1.53	(0.77-3.04)	243	1.34	(1.07-1.66)	489	1.48	(1.25-1.75)
Total	3548									

---

\*Adjusted for gender, education, age, marital status and chronic illness

Abbreviations used in the table: ADL = Activities of Daily Living, CAGE = questionnaire for problematic alcohol behaviour, HADS = Hospital Anxiety and Depression Scale, HADS-D = Depression, HADS-A = Anxiety, HUNT = the Nord-Trøndelag Health Study

**Table 2.** Sensitivity analysis including 60-69 year old participants at baseline in the HUNT2 Study (1995-97) reporting good self-rated health and good life satisfaction. Multinomial regression analyses showing odds ratios (OR) for IADL disability, mortality during follow-up and non-participation in HUNT3 (2006-08).

	IADL independent		IADL disability		Mortality during follow-up			Non-participation in HUNT3		
	n	n	OR*	95% CI	n	OR*	95% CI	n	OR*	95% CI
<b>Depression</b>										
HADS-D $\leq$ 7	1848	290	1.00	ref	435	1.00	ref	967	1.00	ref
HADS-D $\geq$ 8	99	22	1.33	(0.82-2.16)	36	1.42	(0.94-2.14)	51	0.92	(0.65-1.32)
Total	3748									
<b>Sleep duration</b>										
7-9 hours	1651	251	1.00	ref	355	1.00	ref	747	1.00	ref
$\leq$ 6 / $\geq$ 10 hours	247	56	1.33	(0.96-1.85)	77	1.26	(0.94-1.68)	130	1.00	(0.78-1.26)
Total	3514									
<b>Physical activity</b>										
Active	1181	166	1.00	ref	271	1.00	ref	521	1.00	ref
Inactive	716	127	1.49	(1.15-1.93)	182	1.28	(1.02-1.59)	417	1.32	(1.12-1.56)
Total	3581									
<b>Daily smoker</b>										
No	1717	276	1.00	ref	318	1.00	ref	745	1.00	ref
Yes	360	61	1.04	(0.77-1.41)	201	2.76	(2.22-3.44)	368	2.20	(1.85-2.62)

Total	4046									
Sitting time										
≤ 7 hours	1289	207	1.00	ref	280	1.00	ref	583	1.00	ref
≥ 8 hours	468	82	1.16	(0.87-1.55)	116	1.29	(1.00-1.66)	189	1.08	(0.88-1.33)
Total	3212									
Anxiety										
HADS-A ≤ 7	1669	270	1.00	ref	391	1.00	ref	784	1.00	ref
HADS-A ≥ 8	87	13	1.10	(0.60-2.02)	15	0.91	(0.51-1.61)	50	1.32	(0.91-1.91)
Total	3279									
Alcohol										
CAGE ≤ 1	1488	232	1.00	ref	326	1.00	ref	629	1.00	ref
CAGE ≥ 2	63	13	0.99	(0.53-1.87)	26	1.37	(0.84-2.26)	28	1.03	(0.64-1.66)
Total	2805									
Social participation										
Participates	1085	164	1.00	ref	198	1.00	ref	387	1.00	ref
Seldom, never	835	139	1.03	(0.80-1.33)	243	1.33	(1.06-1.66)	489	1.47	(1.24-1.75)
Total	3540									

---

\*Adjusted for gender, education, age, marital status and chronic illness

Abbreviations used in the table: CAGE = questionnaire for problematic alcohol behaviour, HADS = Hospital Anxiety and Depression Scale, HADS-D = Depression, HADS-A = Anxiety, HUNT = the Nord-Trøndelag Health Study, IADL = Instrumental Activities of Daily Living

---