

1 **Supplementary Materials**2 **Table S1.** Socio-demographic, lifestyle, and health characteristics among participants  
3 included and excluded from the present study.

Variable names	Included persons N =6,656	Excluded persons N =3,692	P-value
Age, years***			<0.001
60-64	2,419 (36.3)	1,170 (29.8)	
65-69	1,860 (26.6)	778 (19.0)	
70-74	1,208 (17.9)	545 (15.2)	
75-79	718 (11.7)	390 (13.0)	
80+	451 (7.4)	809 (23.0)	
Sex			0.125
Male	3,297 (50.4)	1,759 (46.7)	
Female	3,359 (49.6)	1,909 (53.2)	
Residence***			<0.001
Rural	5,040 (63.0)	2,359 (65.1)	
Urban	1,603 (36.8)	1,282 (34.5)	
Education***			<0.001
Illiterate	1,976 (26.1)	1,153 (34.2)	
Can read	1,953 (27.5)	987 (26.3)	
Elementary school	1,493 (23.2)	722 (19.4)	
Middle school	836 (13.8)	416 (11.1)	
High school or above	362 (8.6)	307 (7.8)	
Marital status**			0.001
Married/living together	5,311 (79.2)	2,815 (76.1)	
Others	1,345 (20.8)	843 (23.8)	
Body mass index, kg/m <sup>2</sup> ***			<0.001
<18.5	500 (6.7)	177 (9.6)	
18.5-23.9	3,314 (48.5)	931 (51.5)	
24.0-27.9	1,977 (32.1)	450 (26.3)	
≥28.0	864 (12.8)	2,134 (12.5)	
Falls in previous year	1,364 (18.8)	730 (19.6)	0.776
ADL disability**	1,654 (22.6)	989 (28.4)	0.004
IADL disability***	1,897 (26.3)	1,210 (34.6)	<0.001
Lower extremity functional limitation	4,122 (61.2)	2,235 (63.3)	0.959
Upper extremity functional limitation***	1,775 (25.9)	1,114 (32.3)	<0.001
Slow gait speed <sup>a</sup>	1,058 (15.8)	537 (30.6)	0.091
Low grip strength <sup>b</sup> , ***	882 (12.8)	386 (21.3)	<0.001
Self-rated general health			0.055
Good and above	1,267 (18.9)	673 (20.7)	
Fair	3,291 (51.4)	1,460 (44.3)	

Poor and below	1,899 (26.4)	948 (27.3)	
Self-rated memory**			0.003
Good and above	760 (13.0)	409 (12.6)	
Fair	3,229 (49.6)	1,469 (42.8)	
Poor	2,448 (33.8)	1,161 (36.3)	

1 Note: The number of participants is unweighted. Percentage estimates are weighted. P-  
2 values were obtained by the Chi-squared test for categorical variables.

3 <sup>a</sup> Slow gait speed: <0.6 m/s.

4 <sup>b</sup> Low grip strength: <16 kg for female and <26 kg for male.

5 \*\*\*p<0.001, \*\*p<0.01, \*p<0.05 for comparing prevalence of anemia by each factor.

6

7

1 **Table S2.** Urbanization rate by provinces in China, 2016.

District	Urbanization rate in the sample (%)	Urbanization rate by the National Bureau of Statistics 2016 wave (%)
Northwest	29.5	50.4
Xinjiang		48.3
Qinghai		51.6
Gansu		44.7
Shaanxi		55.3
Northern	27.9	61.9
Inner Mongolia		61.2
Shanxi		56.2
Hebei		53.3
Beijing		86.5
Tianjin		82.9
Southwest	16.4	49.4
Sichuan		49.2
Yunnan		45.0
Guizhou		44.2
Chongqing		62.6
Southcentral	32.3	54.7
Hunan		52.8
Jiangxi		53.1
Hubei		58.1
East	25.1	72.4
Jiangsu		67.7
Shanghai		87.9
Central	16.7	53.4
Shandong		59.0
Henan		48.5
Anhui		52.0
South	25.6	62.7
Guangdong		69.2
Guangxi		48.1
Northeast	48.5	61.7
Heilongjiang		59.2
Jilin		56.0
Liaoning		67.4
Southeast	16.0	65.6
Zhejiang		67.0
Fujian		63.6

2

3

4