

Supplementary Table 1: Prevalence of physical limitations and comparison of distribution between participants reporting going outdoors frequently or not

Physical limitations	Total Population (N=3419) (100 %)	Going outdoors frequently?		Unadjusted OR (95% CI)	P-value
		Yes (N=2528) (73.9%)	No (N=891) (26.1 %)		
Limitations with bending (%)	55.1	49.8	70.1	0.42 (0.36-0.50)	<0.001
Limitations with carrying (%)	38.7	33.2	54.3	0.42 (0.36-0.49)	<0.001
Limitations with standing up from a chair (%)	36.9	31.9	51.1	0.45 (0.38-0.52)	<0.001
Limitations with pushing objects (%)	32.4	26.8	44.4	0.46 (0.39-0.54)	<0.001
Limitations with reaching above shoulder level (%)	21.9	17.4	34.7	0.39 (0.33-0.45)	<0.001
Limitations with catching small objects (%)	18.1	15.3	26.2	0.51 (0.42-0.61)	<0.001
Limitations with climbing stairs (%)	15.3	9.2	32.6	0.21 (0.17-0.25)	<0.001
Limitations with walking (%)	12.6	5.8	32.1	0.13 (0.10-0.16)	<0.001

OR: odds ratio; 95% CI: 95% confidence interval; Unadjusted OR and P-value from unadjusted logistic regressions.

Supplementary Table 2: Characteristics of the subgroups with mild and severe physical

limitations, respectively

Characteristics		Mild* physical limitations (N=1,531; 100 %)	Severe† physical limitations (N=664; 100 %)	p-value Chi2 test
Going outdoors frequently (%)		77.8	44.6	
Socio-demography	Female (%)	65.6	66.9	0.58
	Age groups by cohort wave (%)			<0.001
	- 78-82 years old (Wave 1)	26.4	36.9	
	- 73-77 years old (Wave 2)	34.4	32.1	
	- 68-72 years old (Wave 3)	39.3	31.0	
Higher education (%)		45.3	31.6	<0.001
Health	Comorbidities (%)			<0.001
	- None	20.6	8.4	
	- One	31.8	25.6	
	- Two or more	47.6	65.9	
	Vertigo (%)	10.1	19.3	<0.001
	Dyspnoea (%)	15.4	39.7	<0.001
	Pain (%)	69.3	83.8	<0.001
	Urinary incontinence (%)	13.7	26.7	<0.001
Falls (%)		20.1	29.8	<0.001
Psychologic	Depressive feelings (%)	26.0	45.9	<0.001
	Insecurity in the street (%)	36.6	55.5	<0.001
	Fear of falling (%)	56.5	78.5	<0.001
	Optimism, quality of life in a year (%)			
	- The same or better	87.4	72.9	<0.001
Cognitive complaints (%)		30.7	45.3	<0.001
Social network	Living alone (%)	42.8	54.4	<0.001
	Dense social network (%)	26.5	17.0	<0.001
	High-quality social network (%)	54.7	46.4	<0.001
	- New emotional relationship (%)	7.3	4.9	0.04
	- Death of the spouse or partner (%)	1.6	2.1	0.37

Refer to the “Methods” section for detailed definition of the characteristics

* Mild physical limitations: limitations in bending and/or carrying

† Severe physical limitations: limitations in walking and/or climbing stairs