

Appendix A. Distribution of IADL scale (independence) in demographic characteristics and health status.

Variables	Males				Females			
	N	Independence N(%)	OR(95%CI)	p	N	Independence N(%)	OR(95%CI)	p
<b>Demographic characteristics</b>								
<b>Age</b>								
75+	580	174(30.0)			814	158(19.4)		
65-74	1146	625(54.5)	2.80(2.26-3.46)	<0.01	1146	647(56.5)	5.38(4.37-6.64)	<0.01
<b>Ethnicity</b>								
Minority	-	-			269	41(15.2)		
Han	-	-	-		1690	763(45.1)	4.58(3.24-6.47)	<0.01
<b>Marital status</b>								
Other	302	62(20.5)			470	97(20.6)		
Married/cohabitation	1423	737(51.8)	4.16(3.09-5.60)	<0.01	1490	708(47.5)	3.48(2.72-4.45)	<0.01
<b>Living arrangement</b>								
Living alone	184	40(21.7)			227	70(30.8)		
Living with spouse	1230	666(54.1)	4.25(2.94-6.14)	<0.01	1159	619(53.4)	2.57(1.90-3.49)	<0.01
Living with spouse and children	184	68(37.0)	2.11(1.33-3.35)	<0.01	327	88(26.9)	0.83(0.57-1.20)	0.31
Living with children	126	25(19.8)	0.89(0.51-1.56)	0.69	243	27(11.1)	0.28(0.17-0.46)	<0.01
<b>Pension</b>								
Haven't	116	42(36.2)			188	30(16.0)		
Have	1606	755(47.0)	1.56(1.06-2.31)	0.02	1769	772(43.6)	4.08(2.73-6.09)	<0.01
<b>Health status</b>								
<b>Chronic disease</b>								
Present	1264	432(34.2)			1529	488(31.9)		
Not present	462	367(79.4)	7.44(5.77-9.59)	<0.01	431	317(73.5)	5.93(4.67-7.54)	<0.01
<b>Visual ability</b>								
Impaired	691	262(37.9)			844	237(28.1)		
Good	1030	534(51.8)	1.76(1.45-2.15)	<0.01	1112	566(50.9)	2.66(2.19-3.21)	<0.01
<b>Hearing ability</b>								
Impaired	763	224(29.4)			853	198(23.2)		
Good	957	571(59.7)	3.56(2.91-4.36)	<0.01	1102	605(54.9)	4.03(3.30-4.91)	<0.01
<b>Daily sleeping time</b>								
<4/>8 hours	110	31(28.2)			210	24(11.4)		
4-6 hours	906	384(42.4)	1.87(1.21-2.90)	<0.01	977	391(40.0)	5.17(3.32-8.06)	<0.01
6-8 hours	710	384(54.1)	3.00(1.93-4.66)	<0.01	769	388(50.5)	7.89(5.04-12.35)	<0.01
<b>Sleeping quality</b>								
Bad	765	231(30.2)			968	265(27.4)		
Good	961	568(59.1)	3.34(2.73-4.08)	<0.01	992	540(54.4)	3.17(2.62-3.83)	<0.01
<b>Chewing ability</b>								
Bad	426	88(20.7)			651	101(15.5)		
Middle	903	405(44.9)	3.12(2.39-4.09)	<0.01	989	455(46.0)	4.64(3.63-5.94)	<0.01
Good	396	306(77.3)	13.06(9.37-18.20)	<0.01	317	248(78.2)	19.60(13.92-27.52)	<0.01

Note. OR: Odd ratio, indicating the relative risk of independence prevalence in comparison to the first group of each item; 95%CI: 95% confidence interval.

## Appendix B. The description of scores of demographic characteristics and health status.

Variables	Males		Females	
	N	Mean±SD	N	Mean±SD
<b>Demographic characteristics</b>				
Age	1726	72.87±5.84	1960	73.55±5.82
Ethnicity	--	--	1959	4.09±1.23
Marital status	1725	3.61±1.20	1960	2.89±1.06
Living arrangement	1724	3.43±1.33	1956	1.81±0.93
Pension	1722	1.53±0.14	1957	3.78±0.91
<b>Health status</b>				
Chronic disease	1726	2.72±2.85	1960	2.08±2.04
Visual ability	1721	1.46±0.37	1956	1.94±0.82
Hearing ability	1720	2.42±1.27	1955	2.71±1.50
Daily sleeping time	1726	2.28±0.64	1956	5.79±2.10
Sleeping quality	1726	2.30±1.16	1960	2.10±1.09
Chewing ability	1725	4.88±4.55	1957	5.85±6.25