

Additional file 1. Hazard ratios for functional disability in the self-rated health groups using multivariate Cox regression analysis with exclusion of variables not related to self-rated health in the baseline comparison

		Men (n=4333)			Women(n=6627)					
		Model 1		Model 2	Model 1		Model 2			
		HR	95% CI	<i>P</i> values	HR	95% CI	<i>P</i> values	HR	95% CI	<i>P</i> values
Blood pressure	DBP (mmHg)			1.00	0.99, 1.00	0.600				
Biochemical data	TC (mg/dl)							1.00	0.99, 1.00	0.063
	Non-HDLC (mg/dl)			1.00	1.00, 1.00	0.054		1.00	1.00, 1.00	0.939
	Hb (g/dl)			0.94	0.90, 0.98	0.003				
	HbA1c (%)			1.12	1.04, 1.21	0.003		1.13	1.07, 1.20	<0.001
	eGFR (mL/min/1.73m²)			0.98	0.97, 0.98	<0.001		0.97	0.96, 0.97	<0.001
Job status	Non-employed or retired (ref: having a job)			1.38	1.22, 1.56	<0.001		1.38	1.24, 1.54	<0.001
Marital status	Single (ref: married)			1.79	1.52, 2.10	<0.001		1.39	1.28, 1.52	<0.001
Drinking status	Past drinker (ref: Never drinker)			1.01	0.83, 1.23	0.910				
	Drinker < 1 day per week			0.92	0.72, 1.16	0.459				
	Drinker 1-4 days per week			0.73	0.60, 0.89	0.002				
	Drinker ≥5 days per week			1.00	0.87, 1.15	0.955				

Exercise habits	<1h per week (ref: > 2h per week)				1.14	0.99, 1.32	0.072				1.18	1.02, 1.36	0.026
	1-2 h per week				1.07	0.84, 1.36	0.601				0.96	0.77, 1.19	0.690
Sleep duration	≤ 6 h (ref: 7-8 h)				0.94	0.76, 1.17	0.596						
	≥ 9 h				1.33	1.18, 1.50	<0.001						
Self-rated health	Rather good (ref: good)	1.11	0.98, 1.27	0.112	1.04	0.92, 1.19	0.520	1.15	1.03, 1.28	0.016	1.12	1.00, 1.25	0.044
	Neither good nor poor	1.21	1.02, 1.45	0.032	1.06	0.89, 1.27	0.497	1.39	1.21, 1.59	<0.001	1.29	1.13, 1.48	<0.001
	Poor	2.07	1.69, 2.54	<0.001	1.74	1.42, 2.14	<0.001	2.13	1.83, 2.48	<0.001	1.92	1.65, 2.24	<0.001

Abbreviations: CI, confidence interval; DBP, diastolic blood pressure; eGFR, estimated glomerular filtration rate; Hb, hemoglobin; HbA1c, glycosylated hemoglobin; HR, hazard ratios; non-HDLC, non-high-density lipoprotein cholesterol; TC, total cholesterol

Model 1: basic model

Model 2: adjusted for the variables below

Men: diastolic blood pressure, non-high-density lipoprotein cholesterol, hemoglobin, glycosylated hemoglobin, estimated glomerular filtration rate, job status, marital status, alcohol drinking status, regular exercise habits, and sleep duration

Women: total cholesterol, non-high-density lipoprotein cholesterol, glycosylated hemoglobin, estimated glomerular filtration rate, job status, marital status, and regular exercise habits