

Additional File 2. Time-dependent Cox regression analysis to predict functional disability in the self-rated health groups

		Men			Women		
		HR	95% CI	P values	HR	95% CI	P values
Blood pressure	DBP (mmHg)	1.00	0.99, 1.00	0.661			
Biochemical data	TC (mg/dl)				1.00	0.99, 1.00	0.063
	Non-HDLC (mg/dl)	1.00	1.00, 1.00	0.083	1.00	1.00, 1.00	0.947
	Hb (g/dl)	0.94	0.90, 0.98	0.002			
	HbA1c (%)	1.13	1.05, 1.22	0.001	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	1.39	1.23, 1.57	<0.001	1.38	1.24, 1.53	<0.001
Marital status	Single (ref: married)	1.79	1.53, 2.11	<0.001	1.39	1.28, 1.52	<0.001
Drinking status	Past drinker (ref: Never drinker)	1.00	0.83, 1.21	0.998			
	Drinker < 1 day per week	0.91	0.72, 1.15	0.405			
	Drinker 1-4 days per week	0.73	0.60, 0.88	0.001			
	Drinker ≥5 days per week	1.01	0.88, 1.16	0.930			
Exercise habits	<1h per week (ref: > 2h per week)	1.16	1.00, 1.34	0.044	1.17	1.01, 1.35	0.031
	1-2 h per week	1.08	0.85, 1.38	0.525	0.94	0.76, 1.17	0.598
Sleep duration	≤ 6 h (ref: 7-8 h)	0.95	0.77, 1.18	0.633			
	≥ 9 h	1.33	1.18, 1.50	<0.001			
Self-rated health	Rather good (ref: good)	1.05	0.92, 1.20	0.496	1.13	1.01, 1.26	0.037
	Neither good nor poor	1.06	0.89, 1.26	0.539	1.29	1.13, 1.48	<0.001
	Poor	1.76	1.43, 2.16	<0.001	1.93	1.66, 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

Time dependent Cox regression analysis 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