

**Additional File 4. Hazard ratios for future functional disability in the self-rated health groups stratified by baseline data utilizing multivariate Cox regression analysis**

			Men			Women		
			HR	95% CI	<i>P</i> values	HR	95% CI	<i>P</i> values
<b>Age</b>	<b>Age &lt;75 years</b>	<b>Rather good (ref: good)</b>	1.10	0.91, 1.32	0.326	1.19	1.03, 1.38	0.021
		<b>Neither good nor poor</b>	1.22	0.96, 1.54	0.109	1.37	1.14, 1.64	0.001
		<b>Poor</b>	1.91	1.44, 2.54	<0.001	2.14	1.75, 2.61	<0.001
	<b>Age ≥75 years</b>	<b>Rather good (ref: good)</b>	1.09	0.90, 1.32	0.384	1.07	0.91, 1.27	0.404
		<b>Neither good nor poor</b>	1.10	0.84, 1.44	0.489	1.35	1.10, 1.67	0.004
		<b>Poor</b>	1.84	1.36, 2.49	<0.001	1.87	1.48, 2.37	<0.001
<b>Hypertension</b>	<b>Hypertension</b>	<b>Rather good (ref: good)</b>	0.98	0.82, 1.16	0.805	1.09	0.94, 1.26	0.263
		<b>Neither good nor poor</b>	0.96	0.76, 1.21	0.722	1.25	1.05, 1.49	0.012
		<b>Poor</b>	1.72	1.31, 2.24	<0.001	1.74	1.43, 2.11	<0.001
	<b>No hypertension</b>	<b>Rather good (ref: good)</b>	1.12	0.91, 1.37	0.286	1.09	0.92, 1.30	0.313
		<b>Neither good nor poor</b>	1.20	0.90, 1.58	0.217	1.26	1.01, 1.57	0.039
		<b>Poor</b>	1.67	1.20, 2.32	0.002	2.13	1.67, 2.72	<0.001
<b>Diabetes mellitus</b>	<b>Diabetes mellitus</b>	<b>Rather good (ref: good)</b>	1.08	0.71, 1.66	0.715	1.26	0.85, 1.86	0.256
		<b>Neither good nor poor</b>	1.17	0.69, 2.00	0.564	0.99	0.62, 1.58	0.966
		<b>Poor</b>	1.97	1.13, 3.44	0.017	1.89	1.18, 3.01	0.008
	<b>No diabetes mellitus</b>	<b>Rather good (ref: good)</b>	1.04	0.91, 1.20	0.548	1.11	0.99, 1.25	0.071
		<b>Neither good nor poor</b>	1.08	0.89, 1.30	0.456	1.33	1.15, 1.53	<0.001
		<b>Poor</b>	1.72	1.37, 2.16	<0.001	1.94	1.65, 2.28	<0.001
<b>Dyslipidemia</b>	<b>Dyslipidemia</b>	<b>Rather good (ref: good)</b>	1.21	0.94, 1.55	0.146	1.13	0.95, 1.34	0.158
		<b>Neither good nor poor</b>	1.09	0.76, 1.56	0.657	1.28	1.04, 1.57	0.021
		<b>Poor</b>	1.64	1.13, 2.39	0.010	2.02	1.61, 2.53	<0.001
	<b>No Dyslipidemia</b>	<b>Rather good (ref: good)</b>	0.99	0.85, 1.16	0.884	1.12	0.97, 1.30	0.128
		<b>Neither good nor poor</b>	1.04	0.85, 1.28	0.709	1.31	1.10, 1.56	0.003

**Poor**

1.85

1.44, 2.37

<0.001

1.89

1.54, 2.33

<0.001

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Abbreviations: CI, confidence interval; HR, hazard ratios

Hazard ratios 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