SUPPLEMENTARY TABLES

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|  **Table S1.** Regression estimates of BA-CA biological age differences by demographic, socio-environmental, lifestyle behavioural, psychological and nutritional determinants |
|  | Mean difference (95% | CI) | p † | p (pairwise) |
|  |  |  |  |  |  |
| Sex: Female vs Male | 0.000 | -0.313 | 0.314 | 0.999 |  |
| Age, years | 2.86E-6 | -0.019 | 0.019 | 1.00 |  |
| Education: 1= ≤6 years | 0 |  |  | <0.001 |  |
|  2=7-10y  | -1.03 | -1.43 | -0.64 |  | <0.001 |
|  3= ≥11 years | -1.98 | -2.38 | -1.57 |  | <0.001 |
| Housing: 1=1-2 room public | 0 |  |  | <0.001 |  |
|  2=3-room public | -1.46 | -1.89 | -1.04 |  | <0.001 |
|  3=4-5 room public | -2.31 | -2.69 | -1.92 |  | <0.001 |
|  4=Private housing | -3.44 | -4.10 | -2.77 |  | <0.001 |
| Single/divorced/widowed | 1.168 | 0.853 | 1.484 | <0.001 |  |
| Live alone | 0.612 | 0.203 | 1.021 | 0.003 |  |
|  |  |  |  |  |  |
| Lifestyle activity |  |  |  |  |  |
| Health Activity, per unit score | -0.215 | -0.291 | -0.139 | <0.001 |  |
| Social Activity, per unit score | -0.181 | -0.238 | -0.125 | <0.001 |  |
| Productive Activity, per unit score | -0.379 | -0.456 | -0.301 | <0.001 |  |
| Physical & Fitness Activity, per unit score | -0.497 | -0.594 | -0.400 | <0.001 |  |
| Recreational Activity, per unit score | -0.328 | -0.404 | -0.251 | <0.001 |  |
| Cognitive Activity, per unit score  | -0.956 | -1.130 | -0.781 | <0.001 |  |
| Summary leisure time activity, per unit score | -0.145 | -0.167 | -0.122 | <0.001 |  |
| Hours per week of moderate/vigorous physical activities | -0.116 | -0.149 | -0.082 | <0.001 |  |
|  |  |  |  |  |  |
| Difficulty initiating asleep (rarely…daily (1-5) | 0.145 | 0.028 | 0.261 | 0.015 |  |
| Difficulty maintaining asleep, rarely…daily (1-5) | 0.084 | -0.038 | 0.207 | 0.177 |  |
| Early morning awakening, rarely…daily (1-5) | 0.201 | 0.070 | 0.333 | 0.003 |  |
| Sleep disturbance frequency overall, rarely…daily (1-5) | 0.147 | 0.016 | 0.277 | 0.027 |  |
|  |  |  |  |  |  |
| Life is very boring…very interesting (1-5) per point score | -0.794 | -1.020 | -0.568 | <0.001 |  |
| Life is very sad … very happy (1-5) | -0.760 | -0.984 | -0.536 | <0.001 |  |
| life is very hard…very easy(1-5) | -0.613 | -0.831 | -0.395 | <0.001 |  |
| life is lonely (1-3) | -0.312 | -0.454 | -0.170 | <0.001 |  |
| Life satisfaction total score (6-20) | -0.237 | -0.300 | -0.174 | <0.001 |  |
|  |  |  |  |  |  |
| Smoking (1-5) |  |  |  |  |  |
|  Never smoker | 0 |  |  | <0.001 |  |
|  Ex-smoker | 0.769 | -0.484 | 0.638 |  | 1.000 |
|  Current smoker | 1.001 | 0.393 | 1.609 |  | <0.001 |
| 3 or more drinks of alcohol almost every day | 0.793 | 0.277 | 1.310 | 0.003 |  |
| Illness that changes the kind/amount of food eaten | 0.036 | -1.028 | 1.100 | 0.947 |  |
| Fewer than 2 meals eaten per day | 0.653 | 0.325 | 0.982 | <0.001 |  |
| Difficulty eating because of oral/dental problems | 0.522 | 0.282 | 1.326 | 0.203 |  |
| Not enough money to buy needed food | 1.130 | 0.579 | 1.680 | <0.001 |  |
| Eat alone most of the time | 2.095 | 1.250 | 2.940 | <0.001 |  |
| Take 5 or more drugs a day | 0.999 | 0.648 | 1.351 | <0.001 |  |
| Unintended loss 4.5 kg in last 3 months | 1.904 | 1.526 | 2.292 | <0.001 |  |
| Unintended gain 4.5 kg in last 3 months | 0.149 | 1.208 | 1.506 | 0.829 |  |
| Not able to shop/cook/feed myself | 2.528 | 0.966 | 4.089 | 0.002 |  |
| Nutritional risk score | 0.294 | 0.226 | 0.362 | <0.001 |  |
|  |  |  |  |  |  |
| † p-value for linear trend across ordinal categories or interval values |