

**Supplemental Table 1.** Availability of each biomarker at wave 4 and wave 6 of ELSA

	Wave 4 only	Wave 6 only	Average wave 4 wave 6
CRP <20 mg/dL	799	804	3276
Fibrinogen	821	832	3226
White blood cell count	783	796	3300

**Supplemental Table 2.** Comparison of the baseline characteristics between participants included and excluded from the analytical sample

	Excluded N=5007	Included N=4879	p difference
Age	68.4 (10.8)	64.1 (8.02)	<0.001
BMI (kg/m <sup>2</sup> )	28.5 (5.68)	28.2 (5.02)	0.011
Memory score (0-20)	9.46 (3.84)	11.1 (3.23)	<0.001
Female	2790 (55.7%)	2670 (54.7%)	0.329
Education			<0.001
Degree	708 (14.3%)	929 (19.0%)	
Intermediate	2433 (49.1%)	2861 (58.6%)	
No qualifications	1818 (36.7%)	1089 (22.3%)	
Living with a partner	3203 (64.0%)	3564 (73.0%)	<0.001
Depressive symptoms CESD	1254 (25.0%)	566 (11.6%)	<0.001
Smoking			<0.001
Never smoker	1636 (34.8%)	1983 (40.6%)	
Ex-smoker	2295 (48.8%)	2307 (47.3%)	
Current smoker	769 (16.4%)	589 (12.1%)	
Physical activity			<0.001
Sedentary	1330 (26.7%)	518 (10.6%)	
Moderately inactive	775 (15.6%)	639 (13.1%)	
Moderately active	1398 (28.1%)	1504 (30.8%)	
Active	763 (15.3%)	1060 (21.7%)	
Very active	716 (14.4%)	1158 (23.7%)	
High blood pressure	2738 (54.8%)	2394 (49.1%)	<0.001
Diabetes	705 (14.3%)	513 (10.5%)	<0.001
Self-reported hearing			<0.001
Excellent	866 (17.3%)	994 (20.4%)	
Very good	1279 (25.6%)	1406 (28.8%)	
Good	1648 (33.0%)	1633 (33.5%)	
Fair	882 (17.6%)	700 (14.3%)	
Poor	326 (6.52%)	146 (2.99%)	