**Supplementary Table 1.** Descriptive statistics of participants

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Total | Male | Female |
| Number | | 150,742 | 66,786 | 83,956 |
| Age, years | | 61.8±12.5 | 61.1±12.3 | 62.3±12.7 |
| Height, cm | | 160.6±9.5 | 168.1±6.7 | 154.6±6.8 |
| Health-related habits | |  |  |  |
|  | Body mass index, kg/m2 | 24.1±3.5 | 24.3±3.2 | 24.0±3.6 |
|  | Current smoking | 23,715 (15.7) | 21,467 (32.2) | 2,248 (2.7) |
|  | Frequent alcohol drinking | 30,626 (20.3) | 24,104 (36.1) | 6,522 (7.8) |
|  | No regular exercise | 115,309 (76.6) | 48,270 (72.3) | 67,039 (79.9) |
| Socioeconomic status | |  |  |  |
|  | Middle school or less | 66,560 (44.2) | 22,608 (33.9) | 43,952 (52.4) |
|  | Unmarried | 39,392 (26.2) | 11,582 (17.4) | 27,810 (33.2) |
| Comorbidities | |  |  |  |
|  | Hypertension | 54,126 (35.9) | 23,810 (35.7) | 30,316 (36.1) |
|  | Type 2 diabetes | 21,952 (14.6) | 10,822 (16.2) | 11,130 (13.3) |
| Mental health | |  |  |  |
|  | Stressful life | 30,510 (20.3) | 12,807 (19.2) | 17,703 (21.1) |
|  | Depressive | 9,531 (6.3) | 3,035 (4.6) | 6,496 (7.7) |
| No social contact | | 20,341 (13.5) | 11,403 (17.1) | 8,938 (10.7) |
| Family history of dementia | | 7,855 (5.2) | 3,551 (5.3) | 4,304 (5.1) |
| Subjective cognitive decline | | 31,708 (21.0) | 11,809 (17.7) | 19,899 (23.7) |

Data are presented as means±standard deviations or numbers (percentages).

**Supplementary Table 2.** Age-adjusted characteristics of the participants by SCD

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Male |  |  | Female |  |  |
|  |  | No SCD  (n=54,977) | SCD  (n=11,809) | P-value | No SCD  (n=64,057) | SCD  (n=19,899) | P-value |
| Height, cm | | 168.1±0.03 | 167.8±0.06 | <0.001 | 154.6±0.02 | 154.5±0.04 | 0.001 |
| Health-related habits | |  |  |  |  |  |  |
|  | Body mass index, kg/m2 | 24.3±0.01 | 24.3±0.03 | 0.403 | 24.0±0.01 | 24.0±0.03 | 0.595 |
|  | Current smoking | 30.6 (30.2–31.0) | 31.4 (30.5–32.3) | 0.117 | 2.4 (2.2–2.5) | 3.0 (2.8–3.3) | <0.001 |
|  | Frequent alcohol drinking | 35.7 (35.3–36.1) | 36.2 (35.3–37.1) | 0.378 | 6.4 (6.2–6.7) | 7.3 (6.9–7.7) | <0.001 |
|  | No regular exercise | 72.1 (71.8–72.5) | 74.0 (73.1–74.8) | <0.001 | 80.3 (80.0–80.6) | 80.7 (80.1–81.2) | 0.244 |
| Socioeconomic status | |  |  |  |  |  |  |
|  | Middle school or less | 27.7 (27.2–28.1) | 32.7 (31.7–33.7) | <0.001 | 54.7 (54.1–55.2) | 59.5 (58.5–60.4) | <0.001 |
|  | Unmarried | 16.5 (16.2–16.9) | 19.5 (18.8–20.3) | <0.001 | 29.7 (29.3–30.1) | 32.4 (31.7–33.1) | <0.001 |
| Comorbidities | |  |  |  |  |  |  |
|  | Hypertension | 34.0 (33.6–34.5) | 35.8 (34.9–36.7) | 0.001 | 33.1 (32.7–33.5) | 33.1 (32.4–33.9) | 0.893 |
|  | Type 2 diabetes | 14.9 (14.6–15.2) | 16.9 (16.2–17.6) | <0.001 | 11.6 (11.3–11.8) | 12.3 (11.8–12.7) | 0.003 |
| Mental health | |  |  |  |  |  |  |
|  | Stressful life | 16.1 (15.8–16.4) | 28.9 (28.0–29.7) | <0.001 | 18.1 (17.8–18.4) | 30.4 (29.8–31.1) | <0.001 |
|  | Depressive | 3.0 (2.9–3.2) | 11.7 (11.1–12.4) | <0.001 | 5.3 (5.1–5.4) | 15.8 (15.3–16.3) | <0.001 |
| No social contact | | 16.1 (15.8–16.4) | 18.6 (17.8–19.3) | <0.001 | 9.7 (9.4–9.9) | 11.5 (11.1–12.0) | <0.001 |
| Family history of dementia | | 5.0 (4.8–5.2) | 6.0 (5.5–6.4) | <0.001 | 4.5 (4.4–4.7) | 5.7 (5.3–6.0) | <0.001 |

SCD, subjective cognitive decline.

Data are presented as means ± standard errors or percentages (confidence intervals). P-values were obtained using age-adjusted regression models.