



**Table S1.** Sociodemographic, clinical, physical, and emotional characteristics at baseline, and their change over a two-year follow-up period (i.e.,  $\Delta$ ) of: 1) Older adults included in the analyses and 2) Older adults excluded from the analyses.

	<b>Total N=2,461</b>	<b>Included N=1,748</b>	<b>Excluded N=713</b>	<b>p-value</b>
<b>Baseline assessment</b>				
Sex, <i>Female</i> n(%)	1,380(56.1%)	969(55.4%)	411(57.6%)	0.317
<b>Age</b> , mean $\pm$ SD	80.4 $\pm$ 4.2	79.9 $\pm$ 3.9	81.6 $\pm$ 4.7	<0.001
Educational (years), mean $\pm$ SD	11.3 $\pm$ 4.9	11.5 $\pm$ 4.9	10.7 $\pm$ 4.7	<0.001
<b>Marital status</b> , <i>Widow</i> n(%)	808(32.8%)	553(31.6%)	255(35.8%)	<0.001
BMI, mean $\pm$ SD	27.8 $\pm$ 4.5	27.7 $\pm$ 4.3	28.1 $\pm$ 4.9	0.082
<b>MMSE</b> , mean $\pm$ SD	27.9 $\pm$ 2.7	28.1 $\pm$ 2.5	27.3 $\pm$ 3.0	<0.001
<b>Diabetes</b> , n(%)	605(24.6%)	398(22.8%)	207(29%)	<0.001
<b>Hypertension</b> , n(%)	1,854(75.3%)	1,314(75.2%)	540(75.7%)	<0.001
<b>Stroke</b> , n(%)	139(5.6%)	94(5.4%)	45(6.3%)	0.147
<b>Hip fracture</b> , n(%)	119(4.8%)	74(4.2%)	45(6.3%)	0.007
COPD, n(%)	287(11.7%)	203(11.6%)	84(11.8%)	0.373
Osteoporosis, n(%)	752(30.6%)	534(30.5%)	218(30.6%)	0.154
Parkinson's disease, n(%)	46(1.9%)	26(1.5%)	20(2.8%)	0.011
<b>Anemia</b> , n(%)	477(19.4%)	296(16.9%)	181(25.4%)	<0.001
LUTS, n(%)	677(27.5%)	493(28.2%)	184(25.8%)	0.692
<b>Falls History</b> , n(%)	746(30.3%)	521(29.8%)	225(31.6%)	0.009
<b>CKD</b> , n(%)	1,580(64.2%)	1,111(63.6%)	469(65.8%)	<0.001
<b>CIRS-F score</b> , mean $\pm$ SD	8.5 $\pm$ 4.6	8.3 $\pm$ 4.5	9.2 $\pm$ 4.9	<0.001
<b>5+ prescribed medications</b> , n(%)	1,624(66%)	1,123(64.2%)	501(70.3%)	0.004
<b>GDS-SF score</b> , mean $\pm$ SD	2.7 $\pm$ 2.7	2.5 $\pm$ 2.6	3.1 $\pm$ 2.9	<0.001
<b>SPPB score</b> , mean $\pm$ SD	8.6 $\pm$ 3.0	9.0 $\pm$ 2.8	7.6 $\pm$ 3.3	<0.001
Balance test, mean $\pm$ SD	3.2 $\pm$ 1.2	3.3 $\pm$ 1.1	2.9 $\pm$ 1.3	<0.001
Gait Speed test, mean $\pm$ SD	3.1 $\pm$ 1.1	3.3 $\pm$ 1.0	2.8 $\pm$ 1.2	<0.001
Chair Stand test, mean $\pm$ SD	2.6 $\pm$ 1.2	2.7 $\pm$ 1.2	2.4 $\pm$ 1.2	<0.001
Grip Strength test, mean $\pm$ SD	24.4 $\pm$ 9.8	25.1 $\pm$ 10.1	22.4 $\pm$ 8.9	<0.001
<b>After two-year follow-up period</b>				
CKD progression, n(%)	576(23.4%)	531(30.4%)	45(6.3%)	<0.001
<b><math>\Delta</math> eGFR (mL/min/1.73 m<sup>2</sup>)</b> , mean $\pm$ SD	-2.4 $\pm$ 6.9	-2.4 $\pm$ 6.9	-2.3 $\pm$ 5.7	0.717
$\Delta$ GDS-SF score, mean $\pm$ SD	-0.1 $\pm$ 2.5	-0.1 $\pm$ 2.5	-0.1 $\pm$ 2.7	0.910
$\Delta$ SPPB score, mean $\pm$ SD	-0.6 $\pm$ 2.3	-0.6 $\pm$ 2.3	-1.0 $\pm$ 3.2	0.773
$\Delta$ Balance, mean $\pm$ SD	-0.2 $\pm$ 1.2	-0.1 $\pm$ 1.2	-0.5 $\pm$ 1.4	0.062
$\Delta$ Gait Speed, mean $\pm$ SD	-0.2 $\pm$ 1.0	-0.2 $\pm$ 1.0	-0.3 $\pm$ 1.3	0.666
$\Delta$ Chair Stand, mean $\pm$ SD	-0.1 $\pm$ 1.1	-0.1 $\pm$ 1.1	0.0 $\pm$ 1.2	0.536
$\Delta$ Grip Strength, mean $\pm$ SD	-1.1 $\pm$ 5.5	-1.1 $\pm$ 5.5	-1.7 $\pm$ 6.1	0.430

**Abbreviations:** EQ-VAS, Euro-Quality of life visual analogue scale; BMI, Body mass index; MMSE, Mini-mental state examination; COPD, Chronic obstructive pulmonary disease; LUTS, lower urinary tract symptoms; CKD, Chronic kidney disease; eGFR, estimated glomerular filtration rate; CIRS-G, Cumulative Illness Rating Scale for Geriatrics; GDS-SF, Geriatric depression scale - Short Form; EQ-5D, Euro-Quality of life 5 dimensions; SPPB, Short physical performance battery. *Note:* negative value of  $\Delta$  eGFR,  $\Delta$  SPPB,  $\Delta$  Balance,  $\Delta$  Gait, indicates a progression of CKD and physical performance, respectively; while a positive value of  $\Delta$  GDS-SF indicates a progression in self-reported depressive symptoms.