

Supplementary Table S1. Questions of Eleven Check.

Eating habits

Do you try to eat healthier than persons of the same gender and age?

Do you eat both a vegetable dish and a main dish (meat or fish) at least twice daily?

Oral functions

Can you chew through even hard foods, such as "dried squid" and "pickled radish" normally?

Do you choke on tea or soup?

Motor functions

Do you exercise to the point of sweating for at least 30 minutes a day at least twice a week and more than a year?

Do you walk or engage in similar physical activity in your daily life for at least one hour a day?

Do you think you can walk faster than persons of the same gender and age?

Social and mental functions

Do you go out less often than you did last year?

Do you eat with others at least once a day?

Do you consider yourself to be vibrant?

Are you worried about forgetfulness more than anything else?
