

**Table 1***Descriptive statistics of numerical variables*

| Parameter   | Min   | Max    | Median (interquartile range) | Mean (standard deviation) |
|---|-------|--------|------------------------------|---------------------------|
| Age (years)   | 60    | 90     | 71 (10)                      | 71.11 (6.36)              |
| BMI (kg/m <sup>2</sup> )                                      | 19.02 | 46.05  | 29.67 (5.73)                 | 30.19 (4.49)              |
| Waist circumference (cm)                                      | 50.00 | 143.00 | 99.00 (16)                   | 99.91 (12.01)             |
| Mid arm circumference (cm)                                    | 18.00 | 45.00  | 31.00 (5)                    | 31.41 (3.59)              |
| A total number of diagnoses                                   | 0     | 10     | 3 (2)                        | 3 (1.79)                  |
| A total number of prescribed medications                      | 0     | 15     | 3 (3)                        | 4 (2.15)                  |
| A total number of medications with effect on mental functions | 0     | 9      | 3 (2)                        | 3 (1.67)                  |
| A total number of sensory/functional disorders                | 0     | 5      | 2 (2)                        | 2 (1.05)                  |
| Fasting glucose (mmol/L)                                      | 3.60  | 16.20  | 5.60 (1.7)                   | 6.24 (1.94)               |

|   |       |        |             |                |
|---|-------|--------|-------------|----------------|
| Total cholesterol<br>(mmol/L)                               | 2.90  | 9.70   | 5.70 (1,7)  | 5.76 (1.34)    |
| LDL cholesterol<br>(mmol/L)                                 | 1.20  | 8.90   | 3.50 (1.4)  | 3.58 (1.20)    |
| HDL cholesterol<br>(mmol/L)                                 | 0.60  | 2.30   | 1.40 (0.4)  | 1.39 (0.32)    |
| Triglycerides<br>(mmol/L)                                   | 0.60  | 7.70   | 1.70 (09)   | 1.82 (0.94)    |
| Glomerular filtration<br>rate (mL/min/1.73 m <sup>2</sup> ) | 18.00 | 191.00 | 85.00 (37)  | 86.42 (26.84)  |
| C-reactive protein<br>(mg/L)                                | 0.20  | 25.00  | 2.20 (3.2)  | 3.56 (3.98)    |
| Haemoglobin (g/L)   | 54.00 | 177.00 | 138.00 (15) | 137.10 (13.46) |
| Erythrocyte number<br>(x 10 <sup>12</sup> /L)               | 2.70  | 5.87   | 4.59 (0.5)  | 4.57 (0.43)    |

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**Table 2***Descriptive statistics of categorical variables*

| Parameter  | Values (%)  |
|--|---|
| Gender   | M – 35<br>F – 65  |
| Hypertension   | Yes (< 10 years) - 33<br>Yes ( $\geq$ 10 years) - 45<br>No - 22 |
| Diabetes mellitus type 2   | Less (< 5 years) - 10<br>More ( $\geq$ 5 years) - 13<br>No - 77 |
| Chronic obstructive pulmonary disease  | Yes - 5<br>No - 95  |
| Asthma or allergic rhinitis  | Yes - 8<br>No - 92  |
| Chronic heart disease (failure)  | Yes- 15<br>No - 246   |
| Coronary artery disease  | Yes - 12<br>No - 88   |
| Cerebrovascular disease  | Yes - 7<br>No - 93  |
| Periphery artery disease   | Yes - 3<br>No - 97  |
| Upper gastro-intestinal tract disorders  | Yes - 43<br>No - 57   |
| Chronic hepatic disorders  | Yes – 0.03<br>No – 99.97  |
| Malignant disease (excluding terminal phase and patients under active treatment, also skin tumors) | Yes - 11<br>No - 89   |
| Osteoporosis (diagnosis confirmed)   | Yes - 10  |

|  |   |
|--|---|
|  | No - 90   |
| Severe osteoarthritis (OA of major ankles - 3 or more attacks a year or deformities or continuous pain) or dg of rheumatic arthritis | Yes - 39<br>No - 61   |
| Syndroma lumbale (long lasting or frequently repeated)   | Yes - 39<br>No - 61   |
| Parkinson`s disease  | Yes - 2<br>No - 98  |
| Urogenital diseases (chronic cystitis/ pyelonephritis, hyperplasio prostatae – M)  | Yes - 13<br>No - 87   |
| Thyroid gland disorders  | Yes - 6<br>No - 94  |
| Anxiety/depression (excluding psychosis and dementias)   | Yes - 46<br>No - 54   |
| Incontinent and other urinary bladder disorders (having a urinary catheter, taking pads or anamnesis of urinary bladder disorders)   | Yes - 5<br>No - 95  |
| Significant visus loss   | Yes - 86<br>No - 14   |
| Registered hearing impairment or communication difficulties due to hearing loss  | Yes - 26<br>No - 74   |
| Experienced falls  | A fall with a fracture - 3<br>A fall without fracture - 25<br>No - 72 |
| Walking with support or visible impaired   | Yes - 7<br>No - 93  |
| Complaints on chronic pain   | Yes - 39<br>No - 61   |
| Dg of chronic diseases   | <3 - 107<br>≥3 - 154  |

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