

**Table S1: Physical performance tests according to demographic, socioeconomic, behavioral and health-related characteristics.**

	Low Gait Speed (baseline) <sup>a</sup>		Declined GS (2014-2019) <sup>b</sup>		Low PP by TUG (baseline) <sup>c</sup>		Worsening TUG (2014- 2019) <sup>b</sup>	
Variables	N*	<i>p-value<sup>d</sup></i>	N**	<i>p-value<sup>d</sup></i>	N*	<i>p-value<sup>d</sup></i>	N**	<i>p-value<sup>d</sup></i>
	1305	% (95%CI)	476	% (95%CI)	1433	% (95%CI)	471	% (95%CI)
<b>Sex</b>		<b>0.001</b>		<b>0.099</b>		<b>0.003</b>		<b>0.256</b>
Female	68	22.3 (18.0; 27.4)	198	65.1 (59.6; 70.3)	99	32.4 (27.3; 37.8)	118	71.5 (64.1; 77.9)
Male	16	9.7 (6.0; 15.3)	120	72.3 (65.4; 79.0)	32	19.4 (14.0; 26.2)	203	66.3 (60.8; 71.4)
<b>Age (completed years)</b>		<b>&lt;0.001</b>		<b>0.926</b>		<b>&lt;0.001</b>		<b>0.329</b>
60-69	34	11.9 (8.06 16.2)	195	68.2 (62.5; 73.3)	55	19.3 (15.1; 24.3)	189	66.3 (60.6; 71.6)
70-79	29	19.7 (14.1; 27.0)	98	66.7 (58.6; 73.8)	50	33.6 (26.4; 41.5)	103	69.1 (61.2; 76.0)
80+	21	58.3 (41.9; 73.1)	25	69.4 (52.7; 82.2)	26	70.3 (53.8; 82.7)	29	78.4 (62.3; 88.8)
<b>Skin color</b>		<b>0.277</b>		<b>0.525</b>		<b>0.895</b>		<b>0.899</b>
White	65	17.0 (13.5; 21.1)	257	67.1 (62.2; 71.6)	106	27.6 (23.4; 32.3)	261	68.0 (63.1; 72.5)
Other than white	19	22.1 (14.6; 32.1)	61	70.9 (60.5; 79.6)	25	28.7 (20.2; 39.1)	60	69.0 (58.5; 77.8)
<b>Marital status</b>		<b>0.008</b>		<b>0.152</b>		<b>0.002</b>		<b>0.294</b>
Married/with a partner	42	14.8 (11.1; 19.5)	197	69.6 (64.0; 74.7)	67	23.8 (19.1; 29.1)	196	69.5 (63.9; 74.6)
Without a partner/separated	10	13.9 (7.6; 24.0)	52	72.2 (60.8; 81.3)	16	22.2 (14.1; 33.3)	52	72.2 (60.8; 81.3)
Widow(er)	32	28.1 (20.6; 37.0)	69	60.5 (51.3; 69.1)	48	41.0 (32.5; 50.2)	73	62.4 (53.3; 70.7)
<b>Economic level<sup>e</sup></b>		<b>0.001</b>		<b>0.216</b>		<b>0.136</b>		<b>0.934</b>
A/B	18	11.2 (7.1; 17.1)	115	71.4 (64.0; 77.9)	38	23.3 (17.4; 30.4)	109	66.9 (59.3; 73.7)
C	47	19.4 (14.9; 24.9)	159	65.7 (59.5; 71.4)	72	29.8 (24.3; 35.8)	166	68.6 (62.5; 74.1)
D/E	16	34.8 (22.5; 49.5)	27	58.7 (44.1; 71.9 )	17	37.0 (24.3; 51.7)	31	67.4 (52.7; 79.3)
<b>Education level (completed years)</b>		<b>&lt;0.001</b>		<b>0.288</b>		<b>&lt;0.001</b>		<b>1.000</b>
None	15	27.8 (17.5; 41.1)	36	66.7 (53.1; 77.9)	25	45.5 (32.9; 58.7)	38	69.1 (55.7; 79.9)
1-7	58	22.0 (17.4; 27.4)	172	65.2 (59.2; 70.7)	79	29.7 (24.5; 35.5)	181	68.1 (62.2; 73.4)
≥8	10	6.7 (3.6; 12.0)	109	72.7 (65.0; 79.2)	27	18.1 (12.7; 25.2)	101	67.8 (59.9; 74.8)
<b>Current work situation</b>		<b>0.002</b>		<b>1.000</b>		<b>0.023</b>		<b>0.467</b>
Unemployed	71	21.0 (17.0; 25.7)	229	67.8 (62.6; 72.5)	104	30.5 (25.8; 35.6)	66	65.4 (64.1; 73.9)
Employed	8	7.8 (4.0; 14.9)	69	67.7 (58.0; 76.0)	19	18.8 (12.3; 27.7)	236	69.2 (55.6; 74.0)

<b>Diet quality<sup>f</sup></b>		<i>0.480</i>		<i>0.878</i>		<i>0.539</i>		<i>0.79</i>
Low	29	20.7 (14.8; 28.2)	97	69.3 (61.1; 76.4)	43	30.7 (23.6; 38.9)	92	65.7 (57.5; 73.1)
Average	32	18.3 (13.2; 24.7)	117	66.9 (59.5; 73.4)	49	28.0 (21.8; 35.1)	121	69.1 (61.9; 75.6)
High	23	15.2 (10.3; 21.9)	101	66.9 (59.0; 73.9)	38	24.8 (18.6; 32.3)	105	68.6 (60.8; 75.5)
<b>Leisure-time physical activity<sup>g</sup></b>		<i>0.128</i>		<i>1.000</i>		<i>0.245</i>		<i>0.900</i>
≤150 min/week	73	19.6 (15.9; 24.0)	253	68.0 (63.1; 72.6)	109	29.2 (24.8; 34.1)	255	68.4 (63.5; 72.9)
>150 min/week	11	12.1 (6.8; 20.6)	62	68.1 (57.9; 76.9)	21	22.8 (15.4; 32.5)	64	69.6 (59.4; 78.1)
<b>Smoking</b>		<i>0.065</i>		<i>0.626</i>		<i>0.053</i>		<i>0.624</i>
Not a smoker	55	21.4 (16.8; 26.9)	179	69.7 (63.7; 75.0)	83	31.9 (26.5; 37.9)	177	68.1 (62.1; 73.5)
Smoker	10	17.6 (9.7; 29.7)	38	66.7 (53.5; 77.6)	10	17.5 (9.7; 29.7)	36	63.2 (50.0; 74.6)
Former smoker	19	12.3 (7.9; 18.4)	101	65.2 (57.3; 72.3)	38	24.7 (18.5; 32.1)	108	70.1 (62.4; 76.8)
<b>Alcohol consumption<sup>h</sup></b>		<i>0.052</i>		<i>0.257</i>		<i>0.059</i>		<i>0.790</i>
No	70	20.0 (16.1; 24.5)	232	66.3 (61.2; 71.1)	106	30.1 (25.5; 35.1)	238	67.6 (62.5; 72.3)
Yes	14	11.8 (7.1; 18.9)	86	72.3 (63.5; 79.6)	25	21.0 (14.6; 29.3)	83	69.8 (60.9; 77.3)
<b>Multimorbidity</b>		<i>0.001</i>		<i>0.101</i>		<i>&lt;0.001</i>		<i>0.471</i>
Up to 4 diseases	18	10.3 (6.60; 15.8)	110	63.2 (55.8; 70.1)	31	17.8 (12.8; 24.2)	115	66.1 (58.7; 72.8)
5 or more diseases	65	22.7 (18.2; 28.0)	202	70.6 (65.1; 75.6)	99	34.3 (29.0; 39.9)	201	69.6 (64.0; 74.6)
<b>Depression<sup>i</sup></b>		<i>0.001</i>		<i>1.000</i>		<i>0.002</i>		<i>0.565</i>
No	61	15.2 (12.0; 19.1)	271	67.6 (62.8; 72.0)	100	24.9 (20.9; 29.3)	273	67.9 (63.2; 72.3)
Yes	22	34.4 (23.8; 46.8)	43	67.2 (54.8; 77.6)	29	44.6 (33.0; 56.8)	47	72.3 (60.2; 81.8)
<b>Polypharmacy<sup>j</sup></b>		<i>&lt;0.001</i>		<i>1.000</i>		<i>&lt;0.001</i>		<i>0.338</i>
0-4 medications	45	30.6 (23.7; 38.6)	100	68.0 (60.0; 75.1)	59	39.9 (32.3; 48.0)	96	64.9 (56.8; 72.1)
≥5 medications	39	12.1 (9.0; 16.2)	218	67.7 (62.4; 72.6)	72	22.3 (18.1; 27.2)	225	69.7 (64.4; 74.4)
<b>BMI<sup>k</sup></b>		<i>0.897</i>		<i>0.479</i>		<i>0.924</i>		<i>0.492</i>
<22.0 kg/m <sup>2</sup>	5	19.2 (8.2; 38.8)	16	61.5 (42.0; 77.9)	8	30.8 (16.2; 50.6)	15	57.7 (38.5; 74.8)
22.0-27.0 kg/m <sup>2</sup>	28	18.8 (13.3; 25.9)	106	71.1 (63.3; 77.9)	41	27.0 (20.5; 34.6)	105	69.1 (61.3; 75.9)
>27.0 kg/m <sup>2</sup>	51	17.5 (13.6; 22.3)	194	66.7 (61.0; 71.9 )	81	27.8 (23.0; 33.3)	201	69.1 (63.5; 74.1)

\*corresponding to the total sample that performed the physical tests at baseline (2014)

\*\*corresponding to the number of individuals who performed the physical tests in 2014 and 2019/20

<sup>a</sup> according to cutoff points recommended by the European Working Group on Sarcopenia in Older People 2 (2019).

<sup>b</sup> declined GS and increased TUG timed = declined physical performance. Clinically relevant changes were defined as a variation  $\geq 0.1$  m/s in the GS and  $\geq 5\%$  in the TUG time from 2014 to 2019-20.

<sup>c</sup> cutoff points according to sample distribution.

<sup>d</sup> Fisher's exact test.

<sup>e</sup> according to *Associação Brasileira de Empresas de Pesquisa* (ABEP): category A/B indicating higher socioeconomic status;

<sup>f</sup> assessed using the Diet Quality Index for the Elderly (*Índice de Qualidade da dieta do idoso* - IDQ-I);

<sup>g</sup> assessed by the International Physical Activity Questionnaire (IPAQ);

<sup>h</sup> alcohol consumption in the last month;

<sup>h</sup> according to the Geriatric Depressive Scale (GDS-10);

<sup>j</sup> continuous use of medications;

<sup>k</sup> cutoff points recommended by Lipschitz et al.

**Table S2: Baseline Gait Speed (GS) and Timed Up and Go (TUG) and change in both tests from 2014 to 2019 in older adults according according to the place of consultation with a health professional in the last year.**

Variables	Place of consultation (specialized care + emergency service) <sup>a</sup>	
	N=348	
	Crude <i>p-value</i> PR (95%CI)	Adjusted <i>p-value</i> <sup>b</sup> PR (95%CI)
<b>GS (m/s) in 2014<sup>c</sup> (n=1305)</b>	<i>0.574</i>	<i>0.599</i>
Normal (>0.8 m/s) (n=994)	1.00	1.00
Low (≤0.8 m/s) (n=311)	0.98 (0.92; 1.05)	1.02 (0.95; 1.09)
<b>Change in GS (2014-2019)<sup>d</sup> (n=476)</b>	<i>0.992</i>	<i>0.790</i>
Stability-Improvement (n=152)	1.00	1.00
Decline (n=324)	1.00 (0.95; 1.05)	1.01 (0.96; 1.06)
<b>TUG (s) in 2014<sup>c</sup> (n=1433)</b>	<i>0.367</i>	<i>0.067</i>
Normal (≤11 s) (n=1231)	1.00	1.00
Low performance (>11 s) (n=202)	1.02 (0.97; 1.08)	1.05 (1.00; 1.11)
<b>Change in TUG (2014-2019)<sup>d</sup> (n=471)</b>	<i>0.193</i>	<i>0.331</i>
Stability-Improvement (n=150)	1.00	1.00
Worsening (n=321)	0.97 (0.92; 1.02)	0.98 (0.93; 1.02)

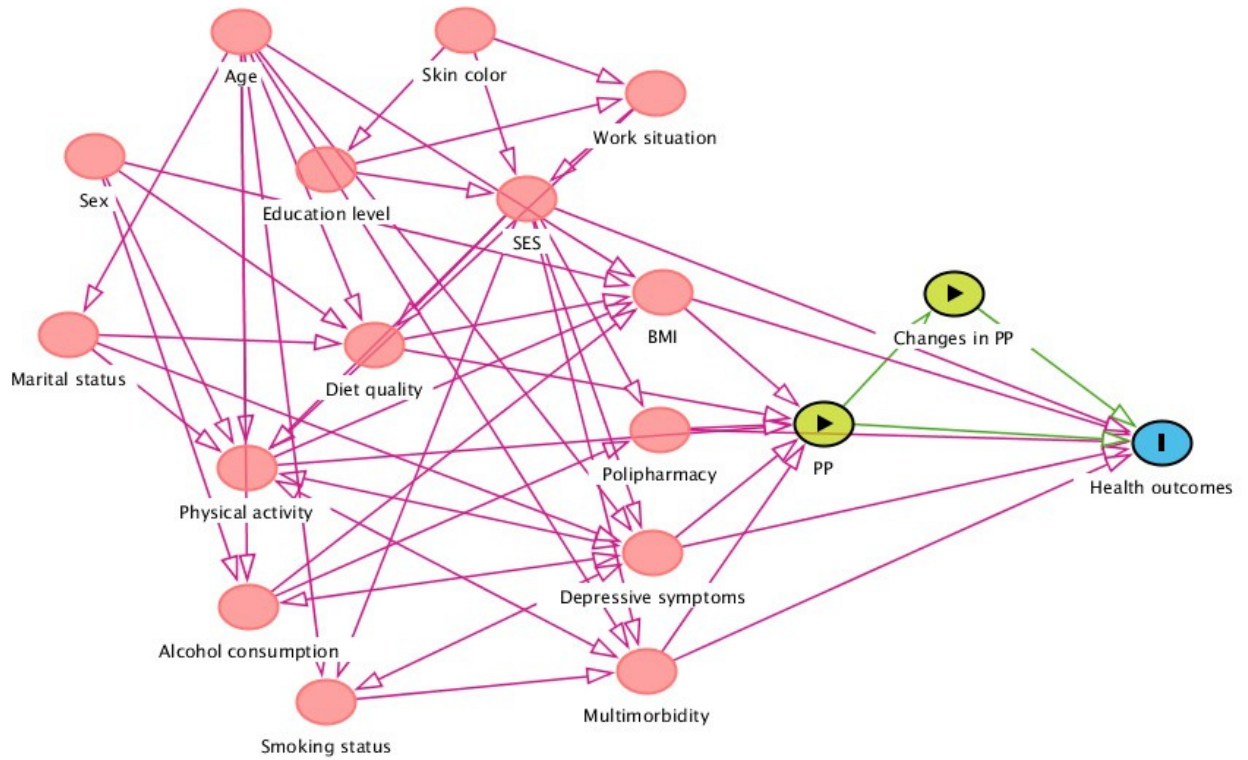
<sup>a</sup> this variable was dichotomized into: primary care consultation (reference group; N=126) and specialized care + emergency service (N=348)

<sup>b</sup> p-value obtained through robust Poisson regression including variables according to the DAG model: economic level, diet quality, physical activity, multimorbidity, depression, polypharmacy, and BMI.

<sup>c</sup> cutoff point recommended by the European Working Group on Sarcopenia in Older People 2 (2019).

<sup>d</sup> clinically relevant changes were defined as a variation of ≥0.1 m/s in GS and ≥5% in TUG time.

<sup>e</sup> cutoff points according to sample distribution: lower tertile defines low performance.



**Figure S1:** Adjustment model including sociodemographic, behavioral and health variables used for statistical analysis. Colors: pink=potential confounders (SES=socioeconomic status, BMI=body mass index); yellow=explanatory variables (PP=physical performance); blue=outcomes (negative health self-perception, consultations with health professionals, physical disability, falls, and hospitalization). Arrows: indicate the direction of the association between the variables (unidirectional or bidirectional).