Supplementary Table S1. Baseline demographic, clinical, and laboratory characteristics according to sex.

Variable	Male (n = 56)	Female (n = 92)	p value
Age (years)	72.8 ± 6.5	74.1 ± 6.9	0.28
BMI (kg/m²)	24.5 ± 3.8	23.9 ± 4.0	0.39
Serum 25(OH)D (ng/mL)	18.6 ± 7.5	17.5 ± 7.7	0.44
Vitamin D deficiency (<20 ng/mL)	34 (60.7%)	62 (67.4%)	0.41
Serum albumin (g/dL)	3.7 ± 0.5	3.6 ± 0.5	0.31
History of falls	21 (37.5%)	43 (46.7%)	0.29
Use of assistive walking device	17 (30.4%)	35 (38.0%)	0.35

Values are presented as mean ± standard deviation or number (%). Continuous variables were compared using the independent-samples t-test, and categorical variables were compared using the χ^2 test, as appropriate. Abbreviations: BMI, body mass index; 25(OH)D, 25-hydroxyvitamin D.

Supplementary Table S2. Baseline demographic, clinical, and laboratory characteristics according to age group.

Variable	65–74 years (n = 79)	≥75 years (n = 69)	p value
Female sex	47 (59.5%)	45 (65.2%)	0.48
BMI (kg/m²)	24.7 ± 3.6	23.4 ± 4.1	0.06
Serum 25(OH)D (ng/mL)	18.8 ± 7.3	16.8 ± 7.8	0.11
Vitamin D deficiency (<20 ng/mL)	47 (59.5%)	49 (71.0%)	0.14
Serum albumin (g/dL)	3.7 ± 0.4	3.5 ± 0.5	0.04
History of falls	28 (35.4%)	36 (52.2%)	0.04
Use of assistive walking device	23 (29.1%)	29 (42.0%)	0.09

Values are presented as mean ± standard deviation or number (%). Continuous variables were compared using the independent-samples t-test, and categorical variables were compared using the χ^2 test, as appropriate. Abbreviations: BMI, body mass index; 25(OH)D, 25-hydroxyvitamin D.