

S1 Table. Hazard ratios for grip strength per 1-kg increase in total and gender-specific samples of Muscovite, Danish, English populations

Total sample	SAHR ^a			MADT and LSADT			ELSA					
	HR	95%CI	p-value	HR	95%CI	p-value	HR	95%CI	p-value			
Model 1												
Grip	0.95	0.93	0.96	<0.001	0.94	0.93	0.95	<0.001	0.97	0.96	0.98	<0.001
Men	4.14	2.78	6.15	<0.001	4.01	3.31	4.86	<0.001	2.45	1.99	3.02	<0.001
Height	1.02	1.00	1.04	0.109	1.01	1.00	1.02	0.027	1.00	0.99	1.01	0.829
Weight	1.00	0.99	1.01	0.510	0.99	0.98	0.99	0.001	1.00	0.99	1.00	0.261
Model 2												
Grip	0.95	0.94	0.97	<0.001	0.94	0.93	0.95	<0.001	0.98	0.97	0.99	<0.001
Men	3.20	2.10	4.86	<0.001	3.76	3.10	4.55	<0.001	2.21	1.79	2.73	<0.001
Height	1.02	1.00	1.04	0.114	1.01	1.00	1.02	0.039	1.00	0.99	1.01	0.716
Weight	1.00	0.99	1.01	0.865	0.99	0.98	1.00	0.013	1.00	0.99	1.00	0.504
Education (ref.: low)												
Middle	0.80	0.57	1.12	0.198	0.89	0.77	1.03	0.107	0.78	0.66	0.92	0.003
Higher	0.70	0.49	1.00	0.048	0.79	0.66	0.96	0.016	0.79	0.66	0.94	0.008
Smoking (ref.: never and ex-smoker)												
Current	2.01	1.48	2.72	<0.001	1.59	1.39	1.83	<0.001	2.07	1.74	2.46	<0.001
Men	HR	95%CI		p-value	HR	95%CI		p-value	HR	95%CI		p-value
Model 1												
Grip	0.96	0.94	0.98	<0.001	0.94	0.93	0.95	<0.001	0.97	0.96	0.99	<0.001
Height	1.02	0.99	1.05	0.120	1.02	1.00	1.03	0.012	1.01	0.99	1.03	0.188
Weight	0.99	0.98	1.00	0.205	0.99	0.98	1.00	0.031	0.99	0.99	1.00	0.131
Model 2												
Grip	0.96	0.94	0.99	0.001	0.94	0.93	0.95	<0.001	0.98	0.97	0.99	<0.001
Height	1.02	0.99	1.05	0.130	1.02	1.00	1.03	0.025	1.01	1.00	1.03	0.119
Weight	1.00	0.99	1.01	0.660	0.99	0.98	1.00	0.064	1.00	0.99	1.00	0.394
Education (ref.: low)												
Middle	0.87	0.57	1.32	0.506	0.88	0.73	1.07	0.195	0.77	0.63	0.95	0.015
Higher	0.78	0.50	1.23	0.282	0.78	0.61	1.02	0.067	0.72	0.57	0.91	0.005
Smoking (ref.: never and ex-smoker)												
Current	2.12	1.51	2.98	<0.001	1.45	1.22	1.73	<0.001	2.08	1.65	2.62	<0.001
Women	HR	95%CI		p-value	HR	95%CI		p-value	HR	95%CI		p-value
Model 1												
Grip	0.90	0.86	0.94	<0.001	0.92	0.90	0.94	<0.001	0.96	0.94	0.98	<0.001
Height	1.00	0.97	1.04	0.955	1.01	0.99	1.03	0.291	0.99	0.98	1.01	0.401
Weight	1.01	0.99	1.02	0.488	0.99	0.98	1.00	0.017	1.00	0.99	1.01	0.831
Model 2												
Grip	0.90	0.86	0.94	<0.001	0.92	0.90	0.94	<0.001	0.97	0.95	0.98	<0.001
Height	1.01	0.97	1.05	0.661	1.01	0.99	1.02	0.411	0.99	0.98	1.01	0.503
Weight	1.00	0.99	1.02	0.625	0.99	0.98	1.00	0.132	1.00	0.99	1.01	0.937
Education (ref.: low)												
Middle	0.61	0.34	1.09	0.095	0.90	0.71	1.14	0.385	0.78	0.60	1.01	0.063
Higher	0.54	0.30	0.98	0.041	0.80	0.61	1.05	0.111	0.90	0.68	1.20	0.466
Smoking (ref.: never and ex-smoker)												
Current	1.40	0.59	3.33	0.442	1.87	1.53	2.30	<0.001	2.07	1.59	2.70	<0.001

^a HR – hazard ratio, CI – confidence interval, SAHR – Study of Stress, Aging, and Health in Russia, MADT – the Study of Middle-Aged Danish Twins, LSADT – the Longitudinal Study of Aging Danish Twins, ELSA – the English Longitudinal Study of Ageing