

17708 community-dwelling participants assessed

→ **10418** participants aged < 60 years excluded

7290 potentially eligible participants

→ **3587** participants excluded due to missing values on any study variable

1476 on body height

1460 on body weight

1509 on body mass index

3 on education levels

83 on hypertension

112 on diabetes

98 on heart disease

61 on alcohol drinking status

255 on smoking status

1550 on handgrip strength

1882 on total household income

1446 on life satisfaction score

9 on marital status

*An individual may have missing values for multiple variables

3703 potentially eligible participants

→ **54** participants excluded due to outlier values

1 participant with body mass index = 0

53 participants with handgrip strength = 0

3649 participants included for analysis

→ **2098** participants excluded due to outlier values

2082 on vigorous energetic physical activity

2082 on moderate energetic physical activity

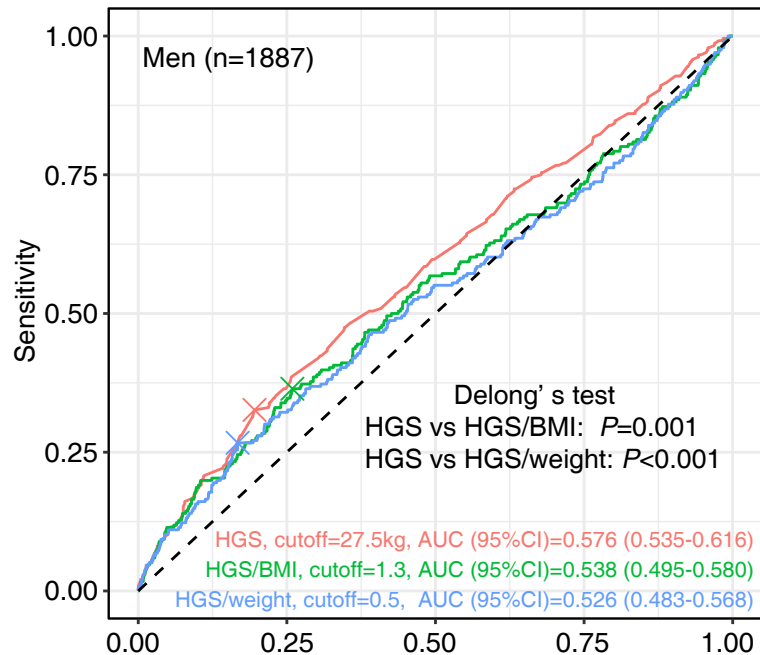
2086 on mild energetic physical activity

25 on sleep duration

*An individual may have missing values for multiple variables

1551 participants for exploratory analysis

A



B

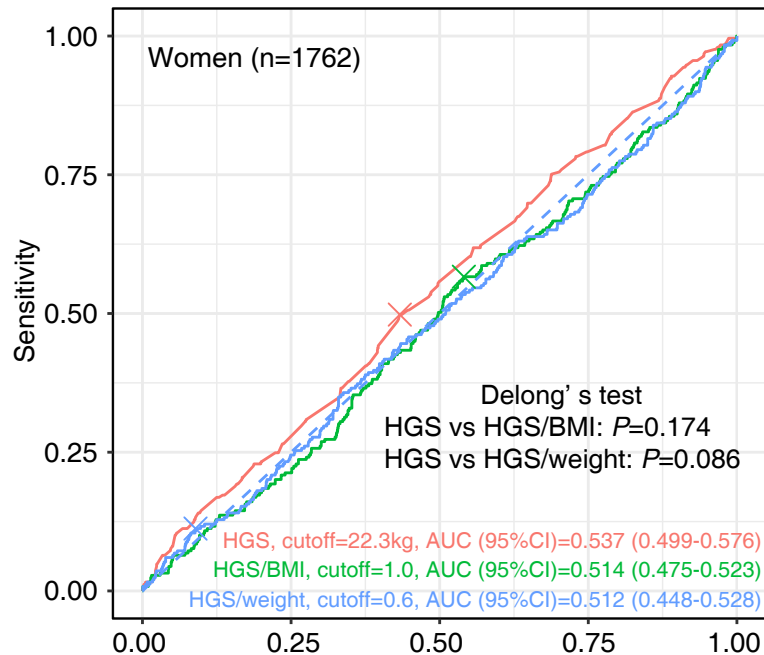
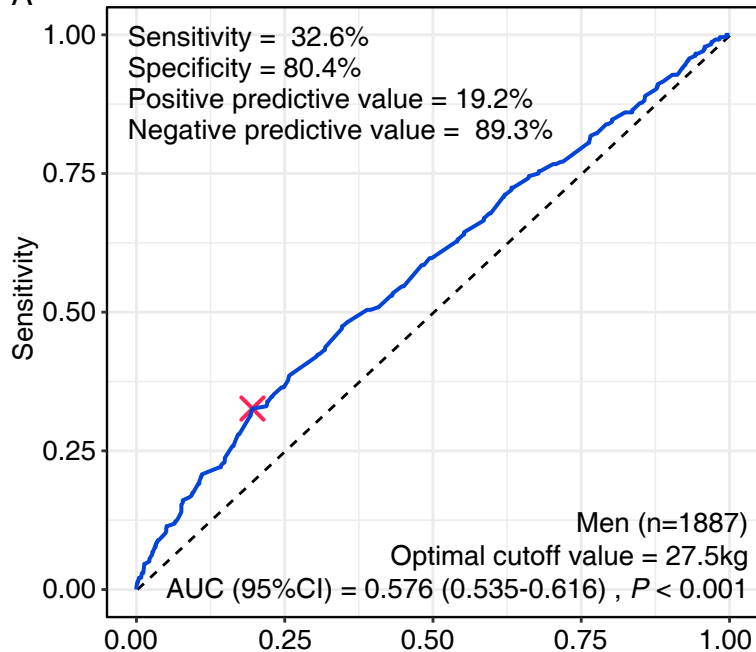


Figure S3

A



B

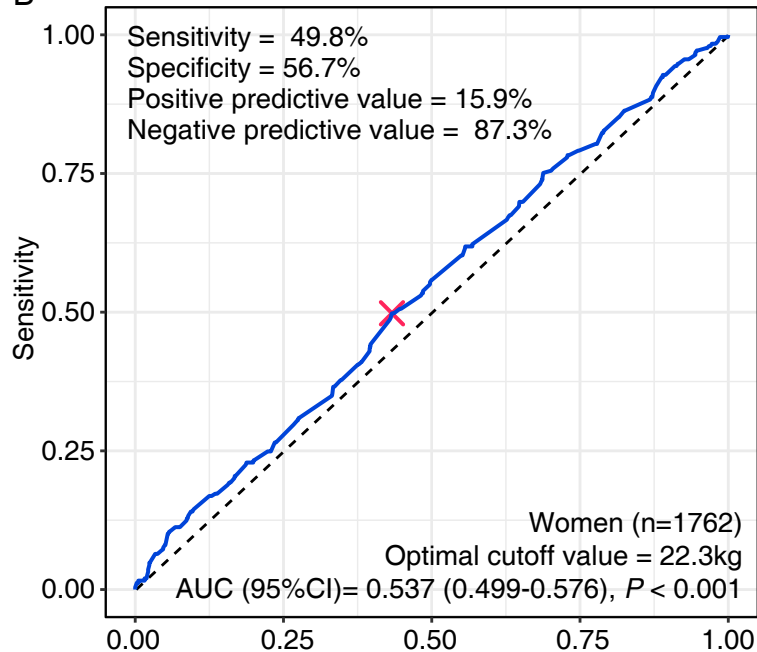


Table S1. Exploratory analysis of the relationship between handgrip strength and decline in life satisfaction

Models	No./events	Adjusted OR (95%CI) ^a
HGS, continuous	1551/201	0.971 (0.951-0.991)
Men	792/98	0.973 (0.948-0.999)
Women	759/103	0.962 (0.929-0.994)
HGS, per 1 SD ^b	1551/201	0.750 (0.616-0.913)
Men	792/98	0.787 (0.625-0.992)
Women	759/103	0.757 (0.592-0.956)
HGS, low vs. normal	1551/201	1.693 (1.175-2.484)

Abbreviations: OR (95%CI), hazard ratio (95% confidence interval); HGS, handgrip strength; SD, standard deviation.

^a Model is adjusted for the age at baseline (continuous), sex (reference=female), body mass index (continuous), education level (reference=lower), hypertension (reference=no), diabetes (reference=no) and heart disease (reference=no), alcohol drinking (reference=no), smoking (reference=no), residency (reference=dwell in urban community), total household income (continuous), marital status (reference=married), vigorous energetic physical activity at least 10 minutes every week (reference=no), moderate energetic physical activity at least 10 minutes every week (reference=no), mild energetic physical activity at least 10 minutes every week (reference=no), and sleep duration (average hours for one night sleeping time during the past month, continuous).

^b Standard deviations of HGS: overall=9.7kg, men=8.9kg, women =7.2kg.