

## Dataset Description: HRSPoA

The dataset HRSPoA includes 13,358 participants and the following variables:

**paceofaging:** Pace of Aging is an individual's rate of biomarker change over the observation period. Values are scaled relative to the sex-specific mean derived from individuals younger than 65 years, making the ratio interpretable in terms of biological decline per calendar year. In this original scaling, a one-unit change in Pace of Aging corresponds to a doubling of the aging rate. We recommend converting these values to Z-scores ( $M=0$ ,  $SD=1$ ) for analysis.

**hhidpn:** Unique identifier for each individual.

**slope\_count:** The number of slopes contributing to the calculation of the Pace of Aging ( $\geq 6$ ).

**age\_baseline:** The individual's exact age at the first biomarker measurement included in Pace of Aging cohort (40-90).

**sex:** The individual's gender, labeled as "Male" and "Female".

**follow\_up\_time:** The duration in years from the participant's first biomarker measurement to the completion of Pace of Aging measurement.

**year\_baseline:** Year of first biomarker collection included in Pace of Aging measurement. Can be any year between 2006 and 2012.

**year\_2:** Year of 2<sup>nd</sup> biomarker measurement included in Pace of Aging. We recommend this year be used as the start of follow-up for any survival analysis as all participants with a calculated Pace of Aging value were observed for at least two timepoints.

**three\_time\_point:** Indicator variable denoting whether the Pace of Aging measurement is based on two or three timepoints.

***Descriptive Characteristics of the PoA Sample***

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<b>Variable</b>	<b>N = 13,358</b>
<b>Pace of Aging, Mean (SD)</b>	1.49 (0.89)
<b>Baseline Age (yrs), Mean (SD)</b>	64 (10)
<b>Range:</b>	40 - 90
<b>Sex, n (%)</b>	
Female	7,826 (59%)
Male	5,532 (41%)
<b>Number of Slopes contributing to PoA, n (%)</b>	
6	825 (6.2%)
7	2,011 (15%)
8	10,515 (79%)
9	7 (<0.1%)
<b>Duration of PoA measurement (yrs), n (%)</b>	
4	5,502 (41%)
8	7,856 (59%)
<b>Baseline Year, n (%)</b>	
2006	5,260 (39%)
2008	4,542 (34%)
2010	1,863 (14%)
2012	1,693 (13%)
<b>Year of 2nd Biomarker Measurement, n (%)</b>	
2010	4,972 (37%)
2012	4,408 (33%)
2014	2,151 (16%)
2016	1,827 (14%)
<b>PoA with three-timepoint measurement, n (%)</b>	7,434 (56%)

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