**Supplementary Digital Content 1**

Table S1. Factor loadings from principal components factor analysis to derive the child muscular strength variable.

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| --- | --- | --- |
| Childhood muscular strength component |  | Factor 1 |
| Left grip strength |  | 0.459 |
| Right grip strength |  | 0.459 |
| Shoulder pull |  | 0.446 |
| Shoulder push |  | 0.439 |
| Leg strength |  | 0.432 |
| Total variance explained, % |  | 87.6 |