**Supplemental Digital Content 3**

Table S2. Path coefficients (standardized) for all parameters in the cross-lagged model.

|  |  |  |
| --- | --- | --- |
|  | Wave 2 | Wave 4 |
|  | Allostatic load | Self-rated health | Walking speed | Allostatic load | Self-rated health | Walking speed |
| Wave 2 |  |  |  |  |  |  |
| Allostatic load | - | - | - |  0.57\*\*\* | -0.05\*\* | -0.08\*\*\* |
| Self-rated health | - | - | - | -0.15\*\*\*  |  0.51\*\*\* |  0.11\*\*\* |
| Walking speed | - | - | - | -0.01 |  0.06\*\*\* |  0.44\*\*\* |
| Age |  0.05\*\*\* | -0.03\* | -0.06\*\*\* |  0.05\*\*\* | -0.03\* | -0.05\*\*\* |
| Gender | -0.05\*\*\* |  0.02\* | -0.06\*\*\* | -0.05\*\*\* |  0.02\* | -0.05\*\*\* |
| Education |  0.05\*\*\* | -0.06\*\*\* | -0.08\*\*\* |  0.05\*\*\* | -0.06\*\*\* | -0.07\*\*\* |
| Smoking (ref=never smoked) |  |  |  |  |  |  |
| Former smoker |  0.02 | -0.03\*\*\* | -0.02 |  0.02 | -0.03\*\*\* | -0.01 |
| Current smoker |  0.07\*\*\* | -0.06\*\*\* | -0.01 |  0.07\*\*\* | -0.07\*\*\* | -0.01 |
| Currently married | -0.03\* | -0.04\*\* |  0.03\*\* | -0.04 | -0.01 | -0.03 |
| Net wealth | -0.15\*\*\* |  0.13\*\*\* |  0.17\*\*\* | -0.02 |  0.01 |  0.02 |
| Physical activity | -0.20\*\*\* |  0.36\*\*\* |  0.33\*\*\* | -0.04 |  0.01 |  0.02 |
| Social support | -0.01 |  0.09\*\*\* |  0.03\*\* |  0.06\*\* |  0.02 |  0.03\* |
| Fasting | -0.10\*\*\* | - | - | - | - | - |
| Wave 4 |  |  |  |  |  |  |
| Currently married | - | - | - | -0.01 |  0.00 |  0.03 |
| Net wealth | - | - | - |  0.02 |  0.02 |  0.03 |
| Physical activity | - | - | - | -0.03 |  0.18\*\*\* |  0.15\*\*\* |
| Social support | - | - | - | -0.04 |  0.05\*\*\* |  0.01 |
| Fasting | - | - | - | -0.06\*\*\* | - | - |

\**p* < 0.05, \*\* *p* < 0.01, \*\*\* *p* < 0.001